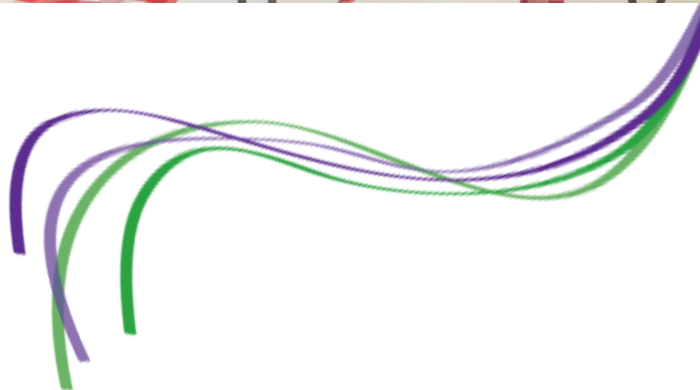




# GENEVA ROAD SERVICE



## SPRING PROGRAMME 2017







# ABOUT ENHANCEABLE



**EnhanceAble** has been working with people with disabilities in Kingston for over 60 years. Staff are highly trained to provide a safe, creative, and person centred service to each individual. Overall we strive to ensure disabled people receive the highest quality service from us!

The **Geneva Road Service** is a day service in Kingston upon Thames supporting over 60 disabled adults. The focus is on groups and activities that:

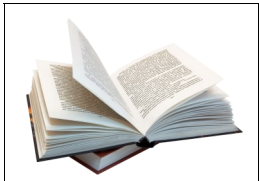











- Promote independence and well-being
- Are therapeutic
- Have an educational value
- Support service users in developing self-esteem

















Our programme changes regularly and is always varied, offering a choice for everyone. Service users can get involved with choosing what groups go in the programme and what goes on in the groups themselves. They also have lots of opportunity to be part of developing the service.

At the centre we have great facilities available to everyone:








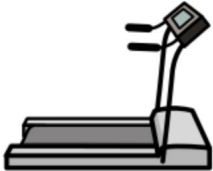




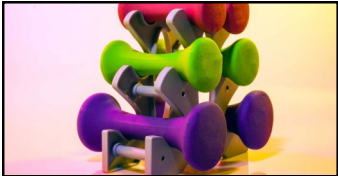



- Accessible training kitchen
- IT suite
- Sensory room
- Large garden
- 5 accessible toilets with specialist equipment
- Gym with treadmill and standing frame


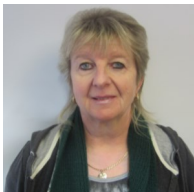
























WHAT	WHO	AIMS	KEY WORDS
<b>Book Group</b> 	 Sue	<p>Listen to exciting novels chosen by the group!</p> <p>Share your opinion about what is going on in the book.</p>	 Relax  Listen
<b>Publicity</b> 	 Abi	<p>Have fun working on a monthly newsletter for Geneva Road Service.</p> <p>Create headings, news, paste pictures and add information — be a journalist!</p>	 Skills  Teamwork
<b>Memory &amp; Mobility Class</b> 	 Your Healthcare	<p>Have fun exercising your physical and cognitive abilities with our qualified physiotherapy team.</p> <p>It is a session full of fun and energy!</p>	 Fitness  Fun

WHAT	WHO	AIMS	KEY WORDS
<b>Sensory Dough</b> 	 Abi	<p>Make doughs using the chosen recipes.</p> <p>Create shapes, decorate and take away with you!</p> <p>Fun guaranteed!</p>	 Sensory  Creative
<b>Memory &amp; Mobility Class</b> 	 Your Healthcare	<p>Have fun exercising your physical and cognitive abilities with our qualified physiotherapy team.</p> <p>It is a session full of fun and energy!</p>	 Fitness  Develop
<b>Cards</b> 	 Carol	<p>Have fun collaging to make cards for any occasion!</p> <p>Write your own messages inside and take the cards away with you!</p>	 Creative  Fun
<b>Physio 1-1</b> 	 Your Healthcare	<p>One to one physio sessions are run by a qualified physiotherapist.</p> <p>They aim to maintain and improve physical and functional abilities in seated and standing positions.</p>	 Supported Movement  Develop

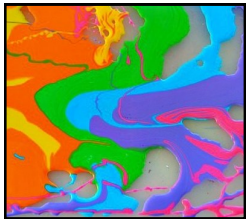






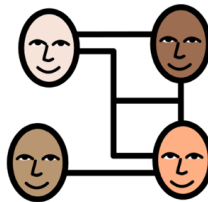




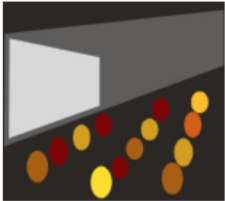





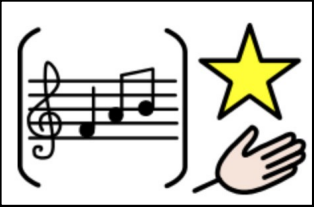
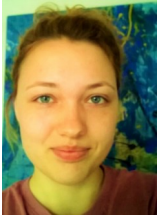
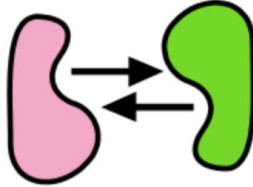













WHAT	WHO	AIMS	KEY WORDS
<b>Bits &amp; Bobs</b> 	 Barbara	<p>Try out a range of different crafts and materials to produce beautiful bits and bobs you can take away or give as presents.</p>	 Creative  Make
<b>Gym</b> 	 Richard	<p>Travel to the Hawker Club gym with support workers and other service users.</p> <p>Get professional advice on site about how to use the equipment and keep fit.</p>	 Trip out  Gym equipment
<b>Bike Group</b> 	 Linda	<p>A group for all those who love motor-bikes! A fun hour of talking all things bikes, including a look into how they work.</p> <p><b>PLEASE NOTE THIS SESSION STARTS AT 12 O'CLOCK.</b></p>	 Watch  Information
<b>Exercise</b> 	 Diana	<p>Join in our fitness fun! Take part in light fitness based exercises in our Thursday morning group.</p> <p>Interact with your friends as you take part in fun and active games.</p>	 Learn  Social

WHAT	WHO	AIMS	KEY WORDS
<b>Pop Legends</b> 	 Linda	<p>Listen to the tunes of your favourite pop legends.</p> <p>Watch music and video clips, share the memories of the music and have a boogie!</p>	 Listen  Socialise
<b>World of Music</b> 	 Sasha	<p>How does music shape the world?</p> <p>Find out interesting information on how music has brought world harmony, whilst listening and watching music pieces.</p>	 Watch  Facts
<b>Tac Pac</b> 	 Mat	<p>Tac Pac combines the sense of touch and music through social interaction.</p> <p>It is delivered in the environment that is clear of other sensory interferences!</p>	 Sensory  Communicate

WHAT	WHO	AIMS	KEY WORDS
<b>Cheerleading</b> 	 Alys	Have fun learning different choreographies! Fantastic combination of music and dance!	 Movement  Fun
<b>Crafts &amp; Gardening</b> 	 Sue	Make large scale models and display pieces in Wednesday craft group. The group will also focus on gardening if the weather is fine!	 Model making  Display
<b>Massage</b> 	 Katrina	Enjoy a relaxing massage in our one to one bookable sessions with Heather.	 Relax  Sensory



WHAT	WHO	AIMS	KEY WORDS
<b>Sensory Art</b> 	 Alys	<p>Join in the expression of art in this sensory session focused on creation through feeling, listening and smelling.</p> <p>Play through painting and create with crafts. Interact in this sensory, messy activity!</p>	 Art Therapy  Fun
<b>Us in the World</b> 	 Carol	<p>Let us take you for a journey across the globe to learn about different cultures!</p> <p>Taste some food, make traditional crafts, learn the most popular phrases, and be diverse!</p>	 Communicate  Socialise
<b>1:1 Physio</b> 	 Your Healthcare	<p>One to one physio sessions are run by a qualified physiotherapist.</p> <p>They aim to maintain and improve physical and functional abilities in seated and standing positions.</p>	 Movement  Health
<b>Cinema Club</b> 	 Barbara	<p>Once a month we open the Geneva Road Cinema Screen!</p> <p>Vote for a film of your choice over the month leading up to the screening. On the day, enjoy popcorn and ice cream as you watch!</p>	 Watch  Socialise

WHAT	WHO	AIMS	KEY WORDS
<b>Music Therapy</b> 	 Afra	<p>Participate in a fabulous music therapy session!</p> <p>Set goals relevant to you and accomplish them though engaging with music.</p>	 Interactive  Creative
<b>Life Story / Discussion</b> 	 Abi / Sue	<p>This group will give you a chance to reflect on important moments and relationships in your life. In the group you can learn strategies to help you deal with many different emotions and ups and downs that life brings.</p>	 Vision  Ideas
<b>Lunch Club</b> 	 Carol / Cara	<p>Join our lunch club to experience and learn about cooking and nutrition—giving you the skills needed to cook independently. The group chooses recipes together and enjoys the prepared food for lunch, sharing views about their cooking.</p>	 Skills  Teamwork
<b>Massage</b> 	 Katrina	<p>Enjoy a relaxing massage in our one to one bookable sessions with Heather.</p>	 Relax  Sensory










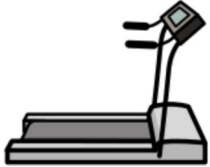



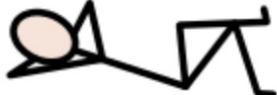




# THURSDAY AFTERNOON












13:30—14:30

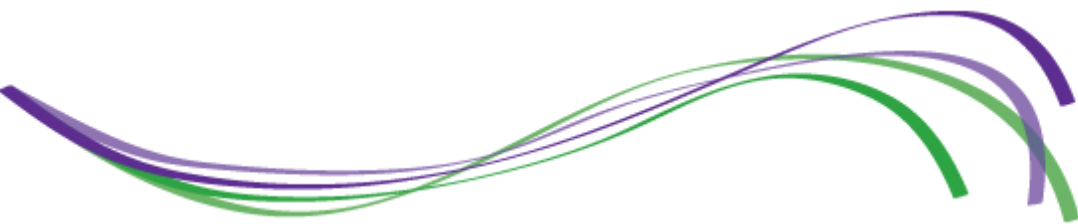
WHAT	WHO	AIMS	KEY WORDS
<b>Zumba</b> 	 Hannah	Have fun dancing to the top hits with our Zumba instructor!  Dance fitness class that is fun, energetic and will make you feel amazing!	 Fitness  Fun;
<b>Music Therapy</b> 	 Afra	Participate in a fabulous music therapy session!  Set goals relevant to you and accomplish them though engaging with music.	 Interactive  Creative
<b>Special Project</b> 	 Alys	Join in this exciting special project group. This term, we will having fun with the country music, dance and costumes, which will then lead to the Country Fair!	 Fun  Movement





WHAT	WHO	AIMS	KEY WORDS	
<b>Baking</b> 	 Abi	<p>We love to bake!</p> <p>Join us in our baking group for some end—of—week chillaxing. We will share our treats at tea time.</p>	 Sensory	 Skills
<b>Gym</b> 	 Richard	<p>Accompanied visits to the Gym at the Hawker Centre in Kingston are on offer.</p> <p>Professional advice is given to you on-site, helping you to keep fit and get the best out of the equipment available.</p>	 Trip Out	 Gym Equipment
<b>Relaxation</b> 	 Diana	<p>Close your eyes, listen to the sounds of nature... and relax!</p> <p>This class will combine the techniques of meditation with reflexology and Indian massage.</p>	 Sensory	 Relax
<b>Speak Out!</b> 	 Mat	<p>Mat runs Speak Out sessions on the last Friday of every month.</p> <p>The aim is to give you a chance to feedback with issues, comments and ideas for the centre.</p>	 Ideas	 Our Centre

WHAT	WHO	AIMS	KEY WORDS	
<b>Friday Night Fever!</b> 	All Staff	Join us for EnhanceAble disco party! Pick you favourite tunes and have a boogie with your friends!	 Fun	 Social
<b>Maths</b> 	 Sue	Exercise your maths skills in this group, work together to solve puzzles and answer the questions.	 Skills	 Practice
<b>Jewellery</b> 	 Linda	This groups will enable you to make your won jewellery. Are getting ready for an important event and need some accessories to the costume? Or perhaps you want to enhance your skills with crafting? This group will be great for you!	 Social	 Creative





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