



Geneva Road Day Service Programme of Activities Autumn 2019



ABOUT ENHANCEABLE

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



The Geneva Road Service is a day service in Kingston-Upon-Thames supporting over 60 disabled adults. We pride ourselves on providing high-quality groups that:









- Promote independence
- 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 in choosing which groups go in the programme and what goes on within the groups themselves. They also have lots of opportunities to be part of developing the service.









At the centre we have great facilities available to everyone:

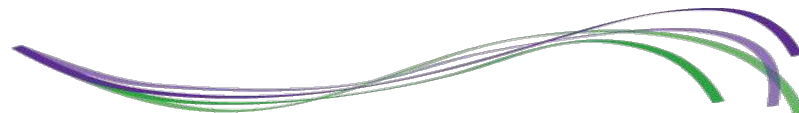
- Accessible training kitchen
- IT suite
- Sensory room
- Large garden
- 5 accessible toilets with specialist equipment
- Gym and treadmill with standing frame

MONDAY MORNING 11:00—12:00

WHAT	WHO	AIMS	KEY WORDS
<p>Book Group</p> 	 <p>Sue</p>	<p>Listen to exciting novels chosen by the group!</p> <p>Share your opinion about what is going on in the book.</p>	 <p>Relax</p>  <p>Listen</p>
<p>Healthy Options</p> 	 <p>Abi Jeanette</p>	<p>Have fun cooking healthy meals and discussing healthy options for the lifestyle!</p> <p>Great session with lots of interaction and fun!</p>	 <p>Skills</p>  <p>Teamwork</p>

MONDAY AFTERNOON 13:30—14:30









WHAT	WHO	AIMS	KEY WORDS	
<p>Physiotherapy</p> 	 <p>Sasha</p>	<p>Bookable physiotherapy sessions run by YourHealthcare where you can work towards achieving fitness goals and improving mobility.</p>	 <p>Gym Equipment</p>	 <p>Fitness</p>
<p>Zumba</p> 	 <p>Ciara</p>	<p>Keep fit and have fun with our Zumba class. Dance and aerobics set to music give you the perfect chance to exercise and relax.</p>	 <p>Fitness</p>	 <p>Fun</p>

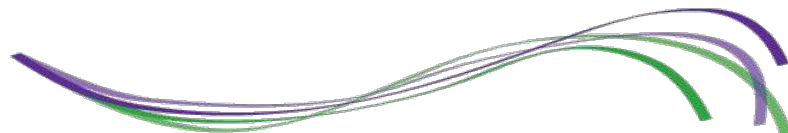


TUESDAY MORNING 11.00-12.00




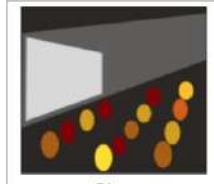



WHAT	WHO	AIMS	KEY WORDS
<p>Autumn Project Crafts</p> 	 <p>Sue and Barbara</p>	<p>Seasonal art and craft activities, including making Halloween masks, pumpkin carving, fireworks art, and much more!</p>	<p>Fun</p>   <p>Creative</p>
<p>Gym</p> 	 <p>Michelle and Jeanette</p>	<p>Travel to the Hawker Club gym with support workers and other service users. Get professional advice on site about how to use the equipment and keep fit.</p>	 <p>Trip out</p>  <p>Gym equipment</p>

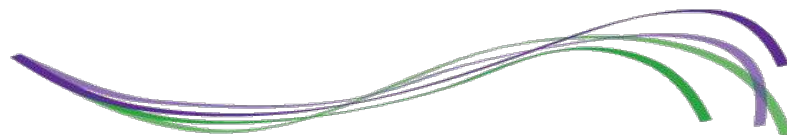
TUESDAY AFTERNOON 13.30-14.30

WHAT	WHO	AIMS	KEY WORDS
<p>Bowling</p> 	 <p>Jeanette</p>	<p>Bowling at Geneva Road always get a bit competitive! Choose which team you want to be on and see how many points you can score. Our Monday afternoon bowling never fails to excite.</p>	 <p>Fun</p>  <p>Fitness</p>
<p>Music and Dance</p> 	<p>Charlotte and Orchard Hill College</p> 	<p>Prepare for a Geneva Road musical spectacular as you have the chance to rehearse and then perform in a show!</p> <p>(Term time only)</p>	 <p>Fun</p>  <p>Skills</p>










WEDNESDAY AFTERNOON 13.30-14.30



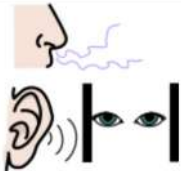
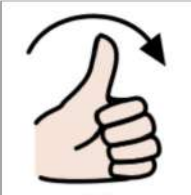




WHAT	WHO	AIMS	KEY WORDS
<p>Quiz/ Karaoke</p> 	<p>Geneva Road Staff</p>	<p>Alternating weeks of quiz and karaoke, always a fantastic afternoon of competitive brain-power or belting power-ballads.</p>	 <p>Communicate</p>  <p>Fun</p>
<p>Cinema Club</p> 	 <p>Barbara</p>	<p>Once a month we open the Geneva Road Cinema Screen! 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>	 <p>Watch</p>  <p>Socialise</p>

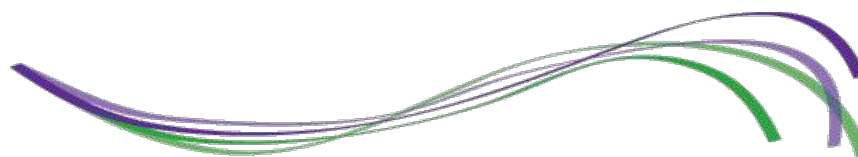


THURSDAY MORNING 11.00-12.00



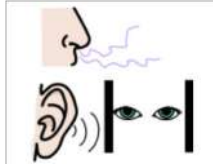
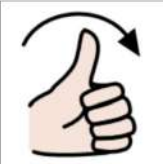




WHAT	WHO	AIMS	KEY WORDS
<p>Exercise for Fun</p> 	<p><i>your</i>healthcare</p> <p>YourHealthcare Physiotherapist</p>	<p>Keep fit and have fun in exercise group. Work and stretch every part of your body and enjoy breathing exercises.</p>	 <p>Movement</p>  <p>Fun</p>
<p>Bloom and Groom</p> 	 <p>Charlotte and Sue</p>	<p>During the school holidays Music and Dance will be replaced with Bloom and Groom- the ultimate pampering session! Enjoy face masks, hand massages, nail painting, amongst other treatments.</p>	 <p>Relax</p>  <p>Fun</p>

THURSDAY AFTERNOON 13.30–14.00

WHAT	WHO	AIMS	KEY WORDS
<p>Hair Care</p> 	 <p>Michelle</p>	<p>Learn how to tame your mane and fight the frizz with this all-encompassing hair care session. Our resident hairdresser will be available to style your hair, as well as provide tips on how to properly care for your mane.</p>	 <p>Sensory</p>  <p>Skills</p>
<p>TacPac</p> 	 <p>Abi</p>	<p>TacPac combines music and sensory touch to help with communication skills.</p>	 <p>Sensory</p>  <p>Communicate</p>

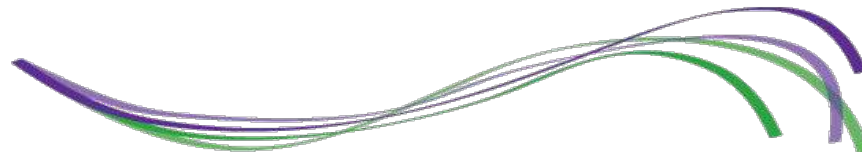


FRIDAY MORNING 11.00-12.00

WHAT	WHO	AIMS	KEY WORDS
<p>Baking</p> 	 <p>Abi and Amy</p>	<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>	 <p>Sensory</p>  <p>Skills</p>
<p>Card Making</p> 	 <p>Amy and Sasha</p>	<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>	 <p>Creative</p>  <p>Fun</p>

FRIDAY AFTERNOON 13.30-14.30

WHAT	WHO	AIMS	KEY WORDS
<p>Disco Fever</p> 	<p>Geneva Road Staff</p>	<p>Come and enjoy a dance to your favourite pop legends of the past and present</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="1512 627 1720 866">  <p>Fun</p> </div> <div data-bbox="1892 592 2116 866">  <p>Social</p> </div> </div>
<p>Life Stories</p> 	 <p>Maizie</p>	<p>Time to talk about your feelings, memories and emotions. In the group you can learn strategies to help you deal with many different emotions and ups and downs that life brings.</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="1512 935 1720 1190">  <p>Communicate</p> </div> <div data-bbox="1803 946 2011 1169">  <p>Listen</p> </div> </div>



Additional Services

- **Physiotherapy** service provided by YourHealthcare available on **Monday afternoons** and **Wednesday mornings**
- Bookable **massage** sessions available on **Wednesday** and **Thursday mornings**

Service User Forum

Please join us for our first meeting on:
Friday, 20th September 14.00
at Geneva Road

Come and have your say- we'd love to hear from you! Tell us what's working, what we could do better or any general feedback you would like to share!



Tea and cake provided





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