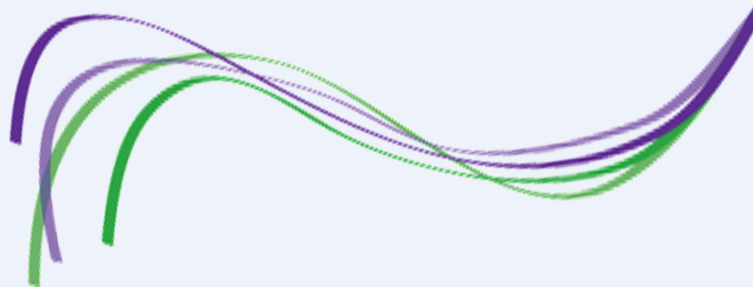




GENEVA ROAD SERVICE



Spring 2018



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

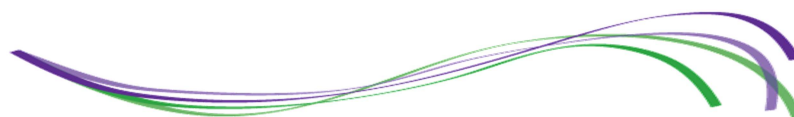


MONDAY MORNING 11:00—12:00

WHAT	WHO	AIMS	KEY WORDS
Book Group 	 Sue	Listen to exciting novels chosen by the group! Share your opinion about what is going on in the book.	 Relax  Listen
Healthy Options 	 Abi	Have fun cooking healthy meals and discussing healthy options for the lifestyle! Great session with lots of interaction and fun!	 Skills  Teamwork
Exercise for fun 	 Alys	Keep fit and have fun in exercise group. Work and stretch every part of your body and enjoy breathing exercises.	 Fun  Movement

MONDAY AFTERNOON 13:30—14:30















WHAT	WHO	AIMS	KEY WORDS
1:1 Physio 	 Your Healthcare	One-to-one physio sessions, run by a qualified physiotherapist. They aim to maintain and improve physical and functional abilities in seated and standing persons.	 Fitness  Develop
Card Making 	 Carol	Have fun collaging to make cards for any occasion! Write your own messages inside and take the cards away with you!	 Creative  Fun
Sensory Experiences OR Tac Pac 	 Abi	Tac Pac combines the sense of touch and music through social interaction. It is delivered in the environment that is clear of other sensory interferences!	 Communicate  Sensory
Football and Other Sports 	 Prince	Come along and chat about how your favourite football, rugby or cricket team are doing. Talk about transfers, latest scores and what you predict from the season.	 Socialise  Communicate

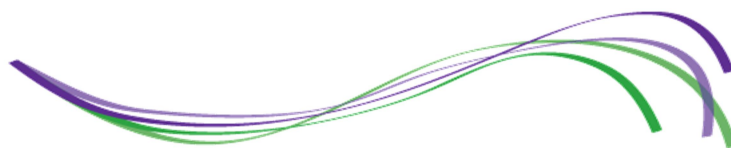


TUESDAY MORNING 11.00-12.00












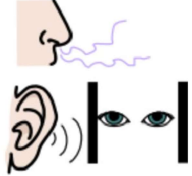




WHAT	WHO	AIMS	KEY WORDS
Bits and Bobs 	  Barbara and Cara	<p>Participate in a different small craft project each week. Bits and bobs will get your creativity flowing and will give you something lovely to take home.</p>	 <p>Creative</p>  <p>Make</p>
Gym 	 Richard	<p>Travel to the Hawker Club gym with support workers and other service users.</p> <p>Get professional advice on site about how to use the equipment and keep fit.</p>	 <p>Trip out</p>  <p>Gym equipment</p>
Fun with French 	 Amy	<p>Come along and explore French culture, language, food, geography and much more!</p>	 <p>Communicate</p>  <p>Listen</p>

TUESDAY AFTERNOON 13.30-14.30








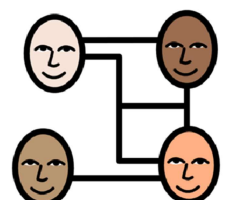




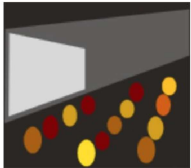



WHAT	WHO	AIMS	KEY WORDS
Zumba 	 Hannah	Keep fit and have fun with our Zumba class. Dance and aerobics set to music give you the perfect chance to exercise and relax.	 Fitness  Fun
Life Stories 	  Alys and Amy	Time to talk about your feelings, memories and emotions. In the group you can learn strategies to help you deal with many different emotions and ups and downs that life brings.	 Communicate  Listen
Art Therapy 	 Sharon	Express yourself through the medium of creative art with our art therapy sessions. Learn how to channel your emotions and use your creative instinct at the same time!	 Creative  Communicate
Dead Legends 	 Sasha	Choose a different music legend to focus on each week. Listen to their greatest hits and talk about their remarkable life.	 Socialise  Listen

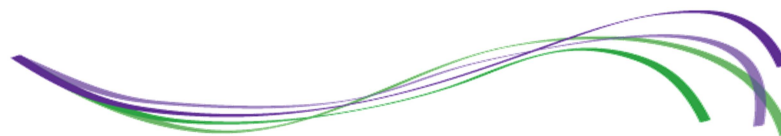


WEDNESDAY MORNING 11.00-12.00

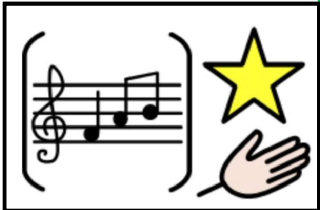

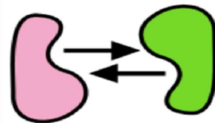













WHAT	WHO	AIMS	KEY WORDS
1:1 Art Therapy 	 Sharon	One-to-one sessions with our art therapist, where you can learn to channel your emotions in a creative manner.	 Creative  Communicate
Relaxation 	 Diana	Close your eyes, listen to the sounds of nature... and relax! This class will combine the techniques of meditation with reflexology and Indian massage.	 Sensory  Relax
1:1 Massage 	 Heather	Enjoy a relaxing massage in our one to one bookable sessions with Heather.	 Relax  Sensory
1:1 Physio 	 Your Healthcare	One to one physio sessions are run by a qualified physiotherapist.	 Exercise  Fun

WEDNESDAY AFTERNOON 13.30-14.30












WHAT	WHO	AIMS	KEY WORDS
1:1 Art Therapy 	 Sharon	One-to-one sessions with our art therapist, where you can learn to channel your emotions in a creative manner.	 Creative  Communicate
Us in the World 	 Carol	Let us take you for a journey across the globe to learn about different cultures! Taste some food, make traditional crafts, learn the most popular phrases, and be diverse!	 Communicate  Socialise
Sensory story 	 Linda and Sue	Listen to a story and engage your senses at the same time. Get to grips with what the characters are thinking and feeling.	 Sensory  Listen
Cinema Club 	 Barbara	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!	 Watch  Socialise

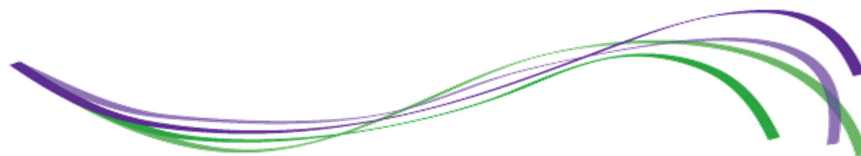


THURSDAY MORNING 11.00-12.00








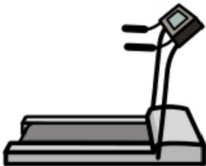







WHAT	WHO	AIMS	KEY WORDS
1:1 Music Therapy 	 <p>David</p>	<p>Participate in a fabulous music therapy 1:1 or small group session!</p> <p>Set goals relevant to you and accomplish them though engaging with music.</p>	 <p>Interactive</p>  <p>Creative</p>
Lunch Club 	 <p>Linda and Carol</p>	<p>Join our lunch 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>	 <p>Skills</p>  <p>Teamwork</p>
Massage 	 <p>Heather</p>	<p>Enjoy a relaxing massage in our one to one bookable sessions with Heather.</p>	 <p>Relaxation</p>  <p>Sensory</p>
Exercise for fun 	 <p>Barbara and Cara</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>

THURSDAY AFTERNOON 13.30- 14.30

WHAT	WHO	AIMS	KEY WORDS
Hair Care, Fashion and History 	 Michelle	Learn how to tame your mane and fight the frizz with this all-encompassing hair care session. As well as current hair styling tips you will be looking back to hairstyles of the past.	 Sensory  Skills
Jewellery Making 	 Linda	This group will enable you to make your own 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
Music Therapy	 David	A group music therapy session, aiming to encourage rhythm, participation, and most importantly to have a sing!	 Sensory  Listening















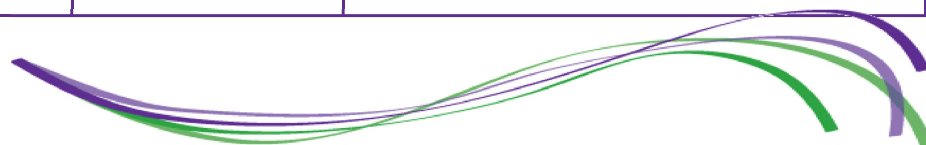
FRIDAY MORNING 11.00-12.00

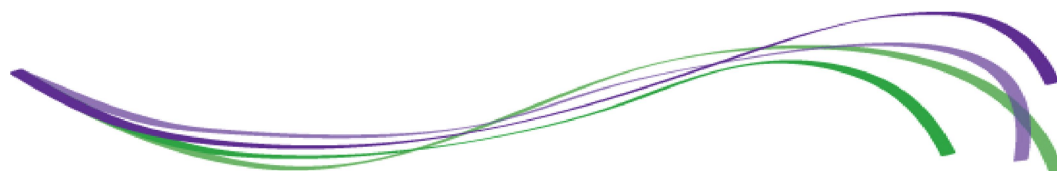
WHAT	WHO	AIMS	KEY WORDS
Baking 	 Abi	<p>We love to bake!</p> <p>Join us in our baking group for some end—of—week chillaxing. We will share our treats at tea time.</p>	 Sensory  Skills
Gym 	 Richard	<p>Accompanied visits to the Gym at the Hawker Centre in Kingston are on offer.</p> <p>Professional advice is given to you on-site, helping you to keep fit and get the best out of the equipment available.</p>	 Trip Out Equipment  Gym
News group 	Geneva Road Team	<p>Come along to News Group to hear about current events, and give your opinions on the important issues of the moment.</p>	 Communicate  Listening
Bike group 	 Linda	<p>A chance to explore the exciting world of motorbikes. Watch videos and listen to talks, as well as contributing your own opinions and ideas.</p>	 Listening  Social

FRIDAY AFTERNOON

13:30—14:30

WHAT	WHO	AIMS	KEY WORDS
Pop Legends Dance Around 	 Linda and Kai	Come and enjoy a dance to your favourite pop legends of the past and present	 Fun  Social
Time and Money 	 Sue	Find Sue any time throughout Friday to practice your timekeeping and finance skills, either in pairs or on your own.	 Practice  Skills
Creative Art 	 Sharon	Express your creative side and have fun with this activity. Enjoy glitter, paint and all manner of arts in this messy session.	 Creative  Fun







EnhanceAble

13 Geneva Road

Kingston Upon Thames

KT1 2TW

Service Managers: Virginie Guyotjeannin
Virginie.guyotjeannin@enhanceable.org
Sam Coe
Samuel.coe@enhanceable.org

020 85467350

www.enhanceable.org