



Geneva Road Day Service Programme of Activities Summer 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



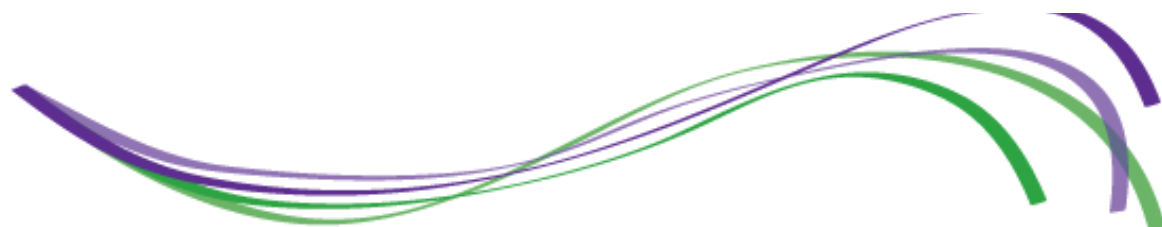
- Are therapeutic
- Have an educational value
- Support service users in developing self-esteem

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

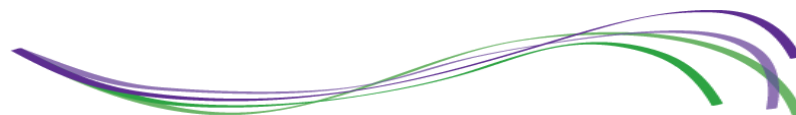


MONDAY MORNING 11:00—12:00








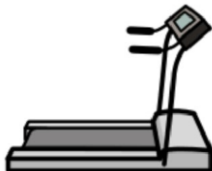







WHAT	WHO	AIMS	KEY WORDS
Book Group 	 Sue	<p>Listen to exciting novels chosen by the group!</p> <p>Share your opinion about what is going on in the book.</p>	 Relax  Listen
Healthy Options 	 Abi	<p>Have fun cooking healthy meals and discussing healthy options for the lifestyle!</p> <p>Great session with lots of interaction and fun!</p>	 Skills  Teamwork
Football and Other Sports 	 Prince	<p>Come along and chat about how your favourite football, rugby or cricket team are doing.</p> <p>Talk about transfers, latest scores and what you predict from the season.</p>	 Socialise  Communicate





MONDAY AFTERNOON 13:30—14:30

WHAT	WHO	AIMS	KEY WORDS	
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
Bowling 	Geneva Road Staff	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.	 Fun	 Fitness












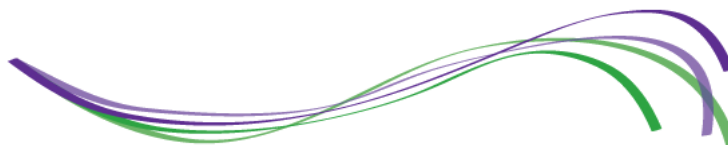
TUESDAY MORNING 11.00-12.00

WHAT	WHO	AIMS	KEY WORDS
Bloom and Groom 	 Barbara	Join in the weekly Geneva Road Bloom and Groom session. Get your nails painted, do face masks and enjoy massages. An all-round pamper session!	 Sensory  Socialise
Gym 	 Richard	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.	 Trip out  Gym equipment
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
News group 	Geneva Road Staff	Come along to News Group to hear about current events, and give your opinions on the important issues of the moment.	 Socialise  Listen







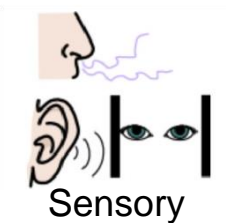






Computer Course 	<p>Cara and Orchard Hill College</p> 	<p>Learn how to use Facebook, Twitter, Instagram and other social media sites, as well as the Microsoft Office Package and many other useful computer skills.</p>	 Skills	 Listen
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TUESDAY AFTERNOON 13.30-14.30











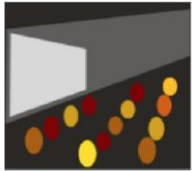

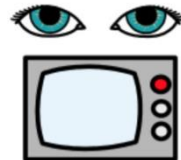

WHAT	WHO	AIMS	KEY WORDS
<p>Zumba</p> 	 <p>Hannah</p>	<p>Keep fit and have fun with our Zumba class. Dance and aerobics set to music give you the perfect chance to exercise and relax.</p>	 <p>Fitness</p>  <p>Fun</p>
<p>Life Stories</p> 	  <p>Alys and Amy</p>	<p>Time to talk about your feelings, memories 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>	 <p>Communicate</p>  <p>Listen</p>

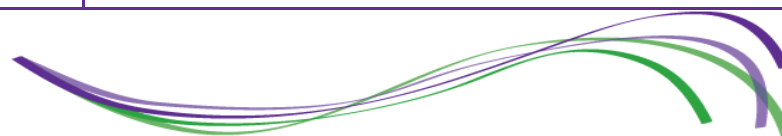


WEDNESDAY MORNING 11.00-12.00













WHAT	WHO	AIMS	KEY WORDS
Fun with French 	 Amy	Come along and explore French culture, language, food, geography and much more!	 Communicate  Skills
Sensory Experience 	 Abi	Messy and sensory play. Have fun whilst exploring your senses and enjoy creating a mess in the process! Takes place every other week.	 Sensory  Fun
Juke Box Classics 	  Ciara Sasha	Choose a different music legend or band each week. Listen to their greatest hits and hear about their history, band members and creative processes. Speak to Ciara or Sasha to put in your suggestions for bands/ artists.	 Listen  Socialise

WEDNESDAY AFTERNOON 13.30-14.30
















WHAT	WHO	AIMS	KEY WORDS
Us in the World/ Quiz/ Karaoke	 Carol	<p>Every other week journey across the globe to learn about different cultures!</p> <p>Every 3rd week participate in a quiz, and on the fourth have a sing with our Karaoke session.</p>	 Communicate  Fun
Jewellery Making 	 Linda	<p>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.</p>	 Socialise  Creative
Bingo 	Geneva Road Staff	<p>Your chance to win great prizes in Geneva Road's weekly bingo game.</p>	 Listen  Fun
Cinema Club 	 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

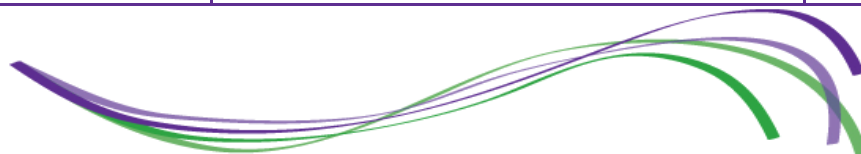


THURSDAY MORNING 11.00-12.00

WHAT	WHO	AIMS	KEY WORDS
Exercise for Fun 	 Alys	Keep fit and have fun in exercise group. Work and stretch every part of your body and enjoy breathing exercises.	 Movement  Fun
Lunch Club 	 Linda and Carol	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	 Skills  Teamwork
TacPac 	 Abi	TacPac combines music and sensory touch to help with communication skills.	 Sensory  Communicate

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
News Group 	Geneva Road Team	Come along to News Group to hear about current events, and give your opinions on the important issues of the moment.	 Communicate  Listening
Gardening-Planting 	 Sue	Green fingers at the ready as you prepare for summer by planting flowers, vegetables and herbs for the Geneva Road Garden. Who knows- a carrot you planted could end up on your plate!	 Sensory  Skills
Looking Back 	 Linda	Each week we will be choosing a different year and looking at what happened during that time period. Expect music, world events and fashion talks... Could it be the year you were born this week?	 Listening  Socialise



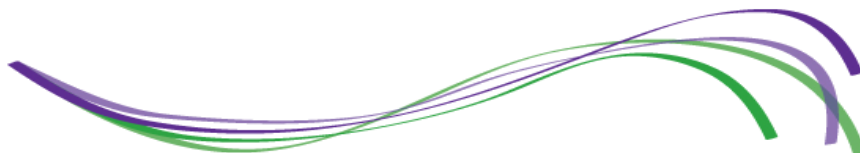
FRIDAY MORNING 11.00-12.00

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  Gym Equipment
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
<p>Disco Fever</p> 	 <p>Linda</p>	<p>Come and enjoy a dance to your favourite pop legends of the past and present</p>	 <p>Fun</p>  <p>Social</p>
<p>Gardening- Decoration</p> 	 <p>Michelle and Cara</p>	<p>Time to get outdoors and get creative as you help to jazz up the Geneva Road garden.</p>	 <p>Creative</p>  <p>Fun</p>



Additional Services

Physiotherapy service provided by YourHealthcare available on **Monday afternoons** and **Wednesday mornings**

Bookable **massage** sessions available on **Wednesday** and **Thursday mornings**





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