



Geneva Road Day Service Programme of Activities Summer 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:

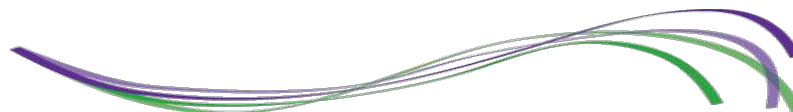
- Accessible training kitchen
- IT suite
- Sensory room
- Large garden
- 5 accessible toilets with specialist equipment
- Gym and treadmill with standing frame

MONDAY MORNING 11:00—12:00




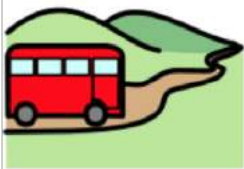

WHAT	WHO	AIMS	KEY WORDS
Book Group 	 Sue	<p>Listen to exciting novels chosen by the group!</p> <p>Share your opinion about what is going on in the book.</p>	 Relax  Listen
Healthy Options 	 Abi  Jeanette	<p>Have fun cooking healthy meals and discussing healthy options for the lifestyle!</p> <p>Great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

MONDAY AFTERNOON 13:30—14:30










WHAT	WHO	AIMS	KEY WORDS
Physiotherapy 	  Alys and Sasha	Bookable physiotherapy sessions run by YourHealthcare where you can work towards achieving fitness goals and improving mobility.	 Gym Equipment  Fitness
Zumba 	 Ciara	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

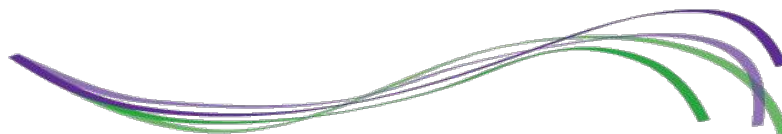


TUESDAY MORNING 11.00-12.00









WHAT	WHO	AIMS	KEY WORDS
<p>Summer Project Crafts</p> 	 <p>Sue and Barbara</p>	<p>Help to prepare for the Geneva Road Annual Project- this year themed around World War 2. Create decorations for the centre as we gear up for one of the best days in the Geneva Road calendar!</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






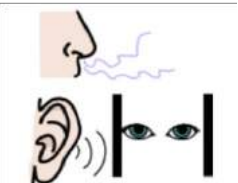

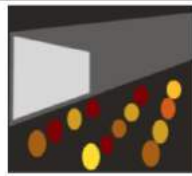



WHAT	WHO	AIMS	KEY WORDS
Bowling 	 Jeanette	Bowling at Geneva Road always get a bit competitive! Choose which team you want to be on and see how many points you can score. Our Monday afternoon bowling never fails to excite.	 Fun  Fitness
Music and Dance 	Charlotte and Orchard Hill College  	Prepare for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

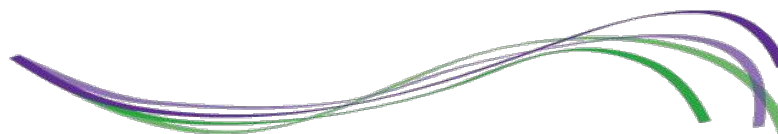


WEDNESDAY MORNING 11.00-12.00









WHAT	WHO	AIMS	KEY WORDS
Juke Box Classics 	 Ciara and 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
Physiotherapy 	 Alys and Sasha	Bookable physiotherapy sessions run by YourHealthcare where you can work towards achieving fitness goals and improving mobility.	 Gym Equipment  Fitness

WEDNESDAY AFTERNOON 13.30-14.30











WHAT	WHO	AIMS	KEY WORDS
Quiz/ Karaoke 	Geneva Road Staff	Alternating weeks of quiz and karaoke, always a fantastic afternoon of competitive brain-power or belting power-ballads.	 Communicate  Fun
TacPac 	 Abi	TacPac combines music and sensory touch to help with communication skills.	 Sensory  Communicate
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

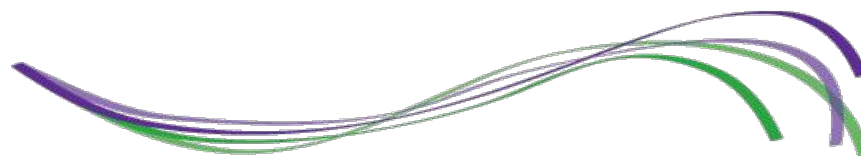


THURSDAY MORNING 11.00-12.00

WHAT	WHO	AIMS	KEY WORDS
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
Bloom and Groom 	 Charlotte and Sue	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.	 Relax  Fun

THURSDAY AFTERNOON 13.30–14.00









WHAT	WHO	AIMS	KEY WORDS
Hair Care 	  Diana and Michelle	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.	 Sensory  Skills
Relaxation 	  Diana and Michelle	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

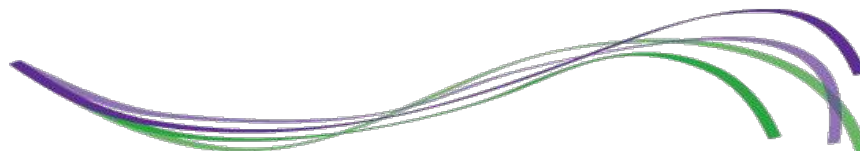


FRIDAY MORNING 11.00-12.00

WHAT	WHO	AIMS	KEY WORDS
Baking 	 Abi and Amy	<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
Card Making 	 Amy and Sasha	<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

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>  <p>Fun</p> </div> <div>  <p>Social</p> </div>
<p>Life Stories</p> 	<div>   </div> <p>Alys and 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>  <p>Communicate</p> </div> <div>  <p>Listen</p> </div>



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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