

## Learning Disability Day Opportunities

### Current Out-of-Centre Activities/Opportunities

Service Point	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Amblecote</b>	Bowling (6) Community Access (6/7)	Comm. Access (5) Snooker (7) Golf Range (8) Library (5)	Crystal Leisure (8) Public Transport (6) Fitness First (11) Social Skills (4)	Comm. Access (5) Fitness First (8) Retreat Café (10) Bowling (5)	Resource Team (7) Brett Young (7) Social Coffee (6) Comm. Access (5)
<b>Lower Gornal</b>	Comm. Access (4) Voluntary Placement (1)	Brine Baths PMLD (3)	Nil	Comm. Access (4)	Comm. Visits (3) Voluntary Work (1) Swimming (8)
<b>Stourbridge</b>	Social Skills (5) Hydrotherapy (1)	Bowling (7) Coach House (8)	Crystal Leisure (4) Comm. visits (2)	Walking group (6) Physiotherapy (2)	Walking Group (9) Walking group – multiple disabilities (2) NCFE Group (6)
<b>Pulse North</b>	Dudley Leisure Centre (8) Drama Role play (9) Sedgley YC (2) BCLM & Canal Trust(5)	Dudley Leisure (10) BCLM & Canal Trust (7)	BCLM & Canal Trust (8) Dudley Leisure (5) Newsletter (6) NCFE (8)	Dudley Leisure (8) NCFE (10) Comm.Access (3) Elder Support (9) BCLM& CanalTrust (7)	LGYC (24)
<b>Pulse South</b>	Working together (4) Comm.Access/Travel (6) Dingle Com. Centre (8)	Dingle Social Group (10) Working together (6) Age Concern (5) Walking Group (6) Comm.Access (2)	Norton Comm.Cen (9) Comm.Access (3) NCFE (3) Comm.Access (5) Grounds Maintenance (6)	Comm.Access (3) Walking Group (3) Drama (7) Comm.Visits (8)	Dingle (25) Walking Group (7)
<b>Vocational Opportunities</b>	10	8	11	4	7

(Numbers of Service Users supported in each activity / venue given in brackets)

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### Brief Description of some of the activities/opportunities

**NCFE** : As part of the Franchise with Stourbridge College, service users are assisted to achieve a variety of nationally recognised qualifications.

**Community Access/Visits** : Service users visit, use and learn about ordinary community resources within their local (home) areas.

**Elder Support** : Gentle exercise, art and craft, cookery.

**Dudley & Crystal Leisure Centres** : A variety of sports and physical activity promoting Healthy Lifestyles with the emphasis on fitness.

**Fitness First** : A partnership arrangement with a local commercial Gym, facilitating social integration and healthy lifestyles based upon physical fitness.

**Walking Groups** : Physical activity for fun and fitness, whilst also exploring and learning about different environments and resources.

**Black Country Living Museum and Canal Trust** : Site conservation and maintenance.

**Social Days (LGYC and Dingle)** : Allows people who spent many years together prior to the closures of Coseley EPU and Audnam SEC, to keep in contact with each other, and maintain friendships and other relationships.

**Vocational Opportunities** : Supporting people to find and maintain voluntary placements and/or work experience opportunities within real work environments.

### ***Service Users' Personal Stories***

**Karl** (Stourbridge Centre) said, "I go to the Crystal Centre and play tennis, badminton, basketball, and table tennis. It all helps me to keep fit and active. I meet other people from other centres and we play against them and have a chat together. There is a special trainer there to teach us different sports. I have lots of fun there."

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**Nicky** (Stourbridge) said “I go with the walking group to the Wyre Forest, Bridgnorth, Worcester, Stourport, Clent Hills, and other places. We have a long walk and then have our packed lunches. The walking gives us exercise and is good for your heart. We also learn about the places we visit. I like walking, even in the rain.

**Robert and Richard** (Pulse) said, “We enjoy looking after the grounds at the church, picking up litter and uncovering graves which have been covered with weeds, we have got tools to do this job i.e. Litter Picker, Police told us we do a great job”.

**Mathew** (Pulse) said, “I have learnt about road safety skills and using money”.

**Linda** (Lower Gornal) said, “I have been doing a college course about being a volunteer. I go out to places like the pub, shopping, Himley Hall and go for walks. When I go out I help other people. I would like to work with children in a nursery”.