

Choices 4U

November 2016 | ISSUE 5

Supporting
people with
learning
difficulties



Introduction

This newsletter is a way for you to find out what we are doing at Choices 4 U. You can find all our newsletters reports and DVD at www.southglos.gov.uk/choices4u

Healthy cooking

Our Bradley Stoke group are using 'The Stokes' Community Centre on Thursdays for Independent Living Skills. They will be working with a nutritionist to plan and cook healthy balanced meals, using all the food groups in the 'Eatwell Guide'.

The group will be buying and cooking different foods including potatoes, rice, pasta, fruit, vegetables, dairy and foods that are high in protein such as fish, eggs, beans and meat.



The **conservation volunteers** and the **Viaduct Nursery**

Over the summer and autumn months our Bradley Stoke and Yate groups have been working with the Conservation Volunteers at Grimsbury Farm, in Kingswood and The Viaduct Nursery, in Coalpit Heath. We planted fruit, vegetables and salad seeds and watched them grow over the months. When the plants had grown into ripe produce, we harvested them. Some people had the opportunity to take home the produce and others cooked them during our Independent Living Skills. Also, the group built bird boxes and a bug hotel using re-claimed pallet wood. We learnt different skills including sawing, drilling, measuring and painting.

Members of the group who worked with the Conservation Trust joined with another group of volunteers during a team building day. They supported members at Choices 4 U, carrying out jobs to improve Grimsby Farm for everyone to enjoy. This included building raised beds for plants and flowers and painting them. We think this is a great example of people from different communities working together!



Jade who attends our Yate and Kingswood services has gone onto volunteer independently two days a week with the Conservation Volunteers. She is working with other people who give up their time to volunteer in the community.



Signalong

Community support workers at Choices 4 U and some parents and carers were invited to attend a fun session with a speech and language therapist from Sirona. The sessions helped us learn more about Signalong which is used to support people who have difficulties with verbal communication. It uses signing and speaking short simple words together.



History

Our Yate group recently went to the M Shed museum in



Bristol. The group have been learning about the history of Bristol including its people, places and Bristol life.

Over the next few months Choices 4 U will be working with Yate Heritage Centre to learn more about our local history and the changes through time.

Like to receive this newsletter by email? Just contact choices4u@southglos.gov.uk let us know your email address and you can receive future newsletters straight to your inbox.

Employment

Ben



Ben has carried out vocational training at the Park Centre café, learning about kitchen skills, cooking, managing money and customer service. Ben has now started a paid job at the Vassal Centre working in the café on Thursdays. Ben's success shows his commitment towards independence.

Callum

Callum has been successful in gaining paid employment with Brandon Trust running peer led training sessions to adults and young people with learning difficulties. Callum also provides training for those who work with people with learning difficulties about hate crime. Part of Callum's job is to show different types of bullying and how it can affect people with learning difficulties through acting.



We think it is important that we understand how bullying can affect people with learning difficulties and that people know how to report bullying. If you or someone you know has seen a hate crime, or if you have been the victim of a hate crime, you can telephone the free phone number [0800 171 2272](tel:08001712272).

If you'd like to know more about free training sessions Brandon Trust can offer email sarah.howard@brandontrust.org.

Run England

Our Kingswood and Yate groups have been working with England Athletics on a running programme aimed at getting people off the couch and running. The groups have been working on a programme that has got people moving by walking and running.



Wellbeats

Wellbeats is a virtual fitness programme that all members attending Choices 4 U can now use at Kingswood, Yate and Bradley Stoke Leisure Centres. There are lots of different classes to choose from including Zumba, total body training that involves martial arts, Yoga and Pilates that can improve our balance and mind. Classes last from 20 minutes to 50 minutes, they are fun and planned in a way that anybody at any age or fitness level can do.



Swimming success



On Saturday 1 October, eight members who attend

Choices 4 U competed in the annual 'Avon Swifts' swimming Gala at Kingswood Leisure Centre. Our team of eight swimmers all swam at their best and got a great result, winning a record number of medals including 10 gold, eight

silver and six bronze. Katie won the trophy for the best female swimmer of the event and Tom won the trophy for the best male swimmer. A fantastic night, and result achieved by the Choices 4 U team. Congratulations team!

Flash Mob

On Thursday 17 November members at our Yate service performed a flash mob at Yate shopping centre, near the Centre Square, to raise money for Children in Need. The group chose songs and worked on dance routines

for the event. With support from the local community the group successfully raised money to help the lives of disabled children and young people.

Dementia awareness

With support from South Gloucestershire Dementia Action Alliance, Choices 4 U have continued to offer dementia awareness sessions to all members at Choices 4 U. We last ran dementia awareness sessions at the beginning of the year and we learned that dementia was something some members who attend Choices 4 U had some experience of and that dementia was

something some people wanted to learn more about.

The aim of the sessions are to raise awareness about dementia and learn some of the facts and myths about dementia. Members who have chosen to attend the dementia awareness sessions have pledged an action to become a dementia friend.

If you would like information about Choices 4 U, please contact us by email:

choices4u@southglos.gov.uk or by telephone: **01454 864440** or mobile **07795 353927**

If you need this information in another format or language please contact 01454 868009

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