



Day Services at the
Development Centre
Information Pack



Introduction

Description of Day Services at the Scotts Development Centre

On 1st April 2017, the Scotts Project Trust Development Centre was awarded a contract to offer individuals, new to the service and funded by KCC, sessions under the title 'Promoting Wellbeing'.



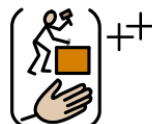

This service is designed 'to promote and support an individual's wellbeing, goals and aspirations in everyday community life with a view to sustaining choice, control, independence and personal aspirations which support the individual's Care and Support Plan'.

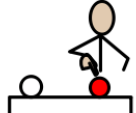
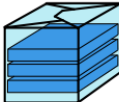



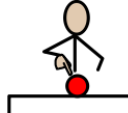
The documents in this information pack have been produced to help you understand and choose whether you would like to come to the Day Services at the Scotts Project Development Centre. When you have had a chance to look through them please telephone or email to arrange a Taster Day.

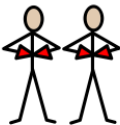


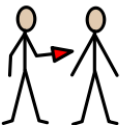
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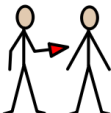

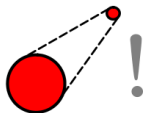



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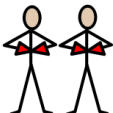
info@dayservices.scottsproject.org.uk





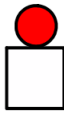
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Welcome to Day Services at **Scotts**

     
This pack has information about what

   
we can offer you.

...      
if you need further information please come

+  
and see us.

    
Telephone Claire or Clare on 01732 378944

 
or email clairedavies@scottstrust.org.uk



AN OUTLINE OF THE DAY TO DAY ROUTINE AT SCOTTS

We are **open** from 09.30am to 4.30pm.

We take a **register** at 09.45am and 1.45pm to check who is here.

If you are unwell, or cannot come to your session for any reason, please telephone on 01732 378944 or email info@dayservices.scottsproject.org.uk by 10.00am.

Lunchtime begins at 12.30pm but during each session we will make sure that you have a comfort break.

You can bring your own packed lunch or buy a freshly prepared lunch on Tuesday, Wednesday, Thursday and Friday. Menus are printed monthly so you can see what will be available.

Over lunchtime we have **extra activities**, for example, board games, choir, kwick cricket, learning to sign or chatting about general wellbeing.

Please wear **appropriate clothing** to come to the Centre, making sure that you will be comfortable. Please wear a black t shirt and black trousers to dance and drama. If you are coming to a cooking session please wear covered shoes, take off any nail varnish and tie back your hair.

Valuables should not be brought into the Centre in case they get lost or broken and mobile phones need to be clearly named. We discourage the use of mobile phones or other devices during sessions but they can be used at lunchtimes.

Communication is very important - Information about the Centre and important dates will be sent out in Newsletters and will also be available in easy read versions. Meetings are held on a regular basis for those attending Scotts and will be used to provide information and to discuss any issues you would like to bring up. The website will also have links to our policies and procedures. Questionnaires will also be sent out to get your feedback and ideas on how things can be improved-let us know what you think!



Scotts Development Centre Day Services

The Day Services at the Scotts Project Trust are intended to help you achieve your goals and aspirations to live your life to the full. Scotts aims to do this by promoting your well being and providing you with the practical and social tools to do this through well planned and supported activities. All of the activities offered cover different ways of working towards your goals in an enjoyable and friendly environment. The Day Services described below give an outline of the opportunities available but please contact the Centre for further details and to arrange a Taster Day.

Sessions

Life Skills

Personal, social, domestic and community skills are encouraged through discussion, worksheets, on line activities and games. Topics might include making personal choices, managing money; basic maths, health and safety, personal hygiene, healthy lifestyle, nutrition, food hygiene, appropriate behaviour, cooking and creative crafts. We keep this course flexible so that we can adapt it from time to time to take into consideration any areas of particular interest to the group.

Gardening

This course enables you to participate in all the activities of producing plants and growing vegetables in our own attractive gardens. We have a number of dedicated vegetable patches, a greenhouse and a potting shed.

Catering Skills

This course is very practical and it teaches you how to plan a meal, select your ingredients, prepare and cook healthy menus. There is an emphasis on the importance of healthy eating and what makes up a balanced diet; we use quizzes and puzzles to add to the variety of learning approaches.

Jobs Unlimited

This course has nature and the environment at its heart but also provides unlimited opportunities for you to carry out useful tasks to help the smooth running of Scotts and contribute to society. For example, you might carry out health & safety checks around the site, participate in nature watch programmes and learn first aid techniques.

Healthy Living and Relaxation

These sessions are designed to show you how to follow healthy lifestyles by developing an understanding of how the body works and the importance of good diet, exercise and teaching massage and relaxation.

Drama

These very popular sessions will help you to gain self-confidence through self-expression in music, movement, dance and song. You will learn about the history and culture of dance, comedy and theatre. We often put on performances either in our own hall or in community spaces and these provide an opportunity for you to be on the stage or help in valuable backstage roles.

Arts and Crafts

Do you love to paint and draw? This course provides the chance to draw and paint and experiment with different colours, textures and techniques. We also explore the lives and works of famous artists and use this knowledge to enhance your own creativity. You will make items for special events throughout the year for example, Easter, Mother's Day and Father's Day.

Music

This is a wide ranging course is designed to give you the chance to gain an extensive knowledge of music in a practical and relaxed environment. You will learn about different styles of music, cultures, composers, instruments and you will have the opportunity to try and to play different instruments (keyboard, drums, percussion, guitar, etc.). Music is at the heart of other courses like dance and drama and our own productions at Scotts and in the community.

Dance/Fitness

These fun-packed sessions are a chance for you to increase your fitness and improve mobility. Many different dance styles and types of music are introduced and you will be given the opportunity to learn set dance routines as well as free dance expression time.

IT/Social Media/Journalism

This course enables you to stay in touch with current affairs and learn about the world today, looking at a wide range of media – papers, radio & TV, internet, they discuss topical stories, share opinions and learn about what makes a great story.

The Journalism group produces our quarterly Scotts News full colour magazine and is involved in all aspects of its production. The group also maintains a distribution database and pack the magazine ready for distribution. We give training on a wide range of software applications so you can learn how to make the most of your computer skills.

Friendship and Faith

This session is designed to help you understand social relationships and everyday situations through stories, role play, quizzes etc. You will also help to organise the 'Mini Morning Celebrates' during the year as well as helping to organise charity projects, for example, the Christmas Shoebox Appeal.

Contact

Claire Davies

Development Centre Manager

Scotts Project Trust

Delarue Close,

Shipbourne Road,

Tonbridge,

01732 378944

clairedavies@scottspjctrust.org.uk

info@dayservices.scottspjctrust.org.uk



RECENT FEEDBACK

We ask people coming to the Day Services and those who care for them to give us feedback on how we are doing and here are some of their recent comments:

'I am very happy coming to the Day Centre and the people are always so helpful and kind.'

'I just enjoy everything.'

'I love Scotts Project because I love to see my friends with disabilities and they are amazing.'

'I like being in the shows.' ***'I enjoy coming to Scotts.'***

'I like coming to see my boyfriend. I like seeing all my friends. I like going on trips.'

'I like the staff at the Day Centre.'

'Meeting with friends and I like Scotts the best.'

'A enjoys attending Scotts, being surrounded by a caring peer group and supportive staff. She benefits greatly from structured sessions, her eyes light up and she smiles at familiar activities.'

'N is thoroughly enjoying coming to the Day Service. Is always keen to come and is very happy. Thank you.'

'As a volunteer, I am always struck by the care that the staff give everyone and the lengths that they go to include and consider each individual.'



What to do if you have a complaint

All the staff at the Day Services want you to enjoy coming.

If something or someone is making you unhappy please tell a member of staff.

Most problems can be sorted out by talking and listening.

If you are still unhappy or worried this sheet helps you know what to do next:

- 1) Explain your concern to a member of staff.
- 2) If they cannot help and you are still worried talk to Claire or Clare and they will try and help you by listening.
- 3) If they cannot help you, you should talk to your Care Manager
- 4) You can get further help from the Local Government Ombudsman.



History of Scotts

In 2015 we celebrated our 25th anniversary - the idea for Scotts Project Trust came to Jill and Denis Scott in 1990.

Their daughter Henny was 24 and had a learning disability; she needed somewhere to live but there was nowhere locally.

After much soul-searching, Jill and Denis decided to build their own residential home.

The first fundraising event was a jumble sale in Hildenborough which raised £500. Craft fairs, dinners, dances and concerts followed.

The Tonbridge Courier and other local magazines helped to raise awareness.

St Peter's Row, our residential care home, opened in 1998.

The hall started to be used for Day Services and sessions in drama, dance, music and art began; an old barn on the site was refurbished and opened in 2000.

The Trustees recognised many people with a learning disability wanted to live more independently and in 2003 we bought two supported living houses, Oaks and Willows, for nine new residents.

Our Vision: People with a learning disability gain the confidence they need to lead fulfilled, happy and independent lives.

Our Mission: To deliver an excellent service in a friendly, nurturing environment where people with a learning disability can choose how they are supported, and develop their skills to realise their aspirations.

Our Values

Care: People with a learning disability enjoy homelike surroundings, are supported in a way that meets their individual needs and develop mutually enjoyable relationships.

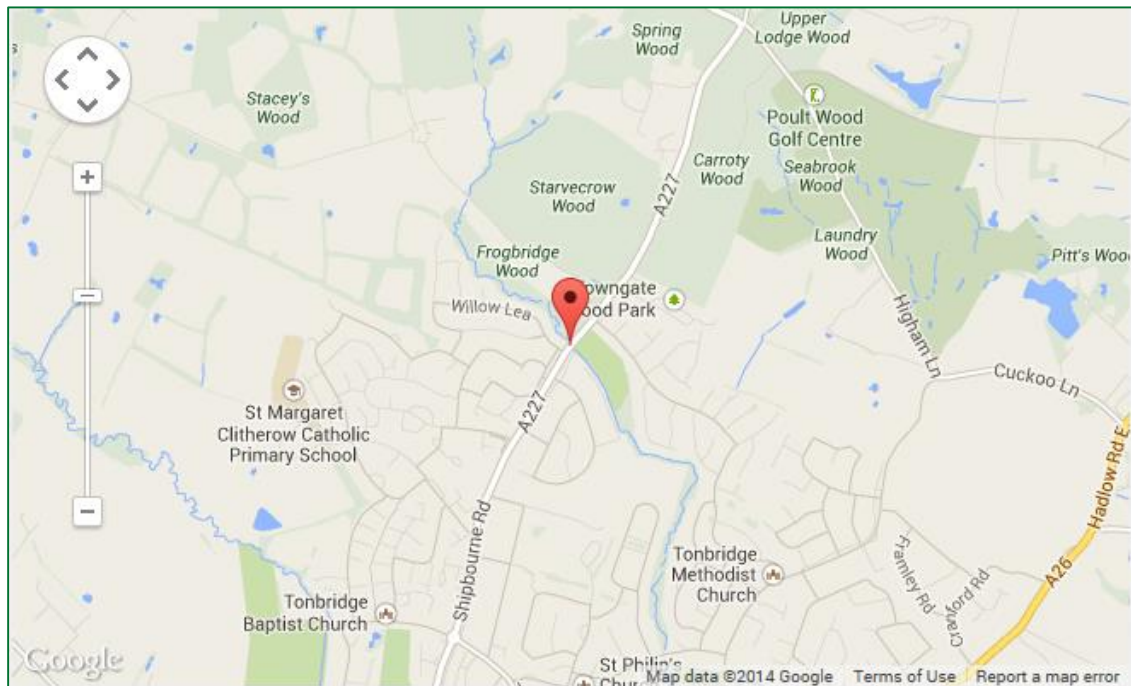
Support: People with a learning disability can expect their mental, physical and emotional needs to be understood and supported with empathy, recognising the person rather than their physical or intellectual limitations.

Develop: People with a learning disability are encouraged to realise their aspirations and potential, living as independently as they can.



Directions

Scotts is located just off the Shipbourne Road (A227) on the north side of Tonbridge. As the Shipbourne Road leaves the residential area, Delarue Close is located on the left hand side just after the 50mph sign. **Please enter Delarue Close slowly.** All visitors are to park in the gravel car park on your left and walk to your destination.





Taster Day Feedback Form

What sessions did you try?

What did you enjoy about the Sessions?

What did you not enjoy about the sessions?

What did you think of the Sessions group size?

Were the staff friendly and helpful?

Did you buy a lunch?

Please turn over ...



What did you think of the lunch?

Was it easy to move around the site?

Did you have any access issues ?

Would you like to be a student at Scotts Development Centre?

Have you any ideas for new sessions?