



Leisure Activities for Adults with Learning Difficulties
South Gloucestershire Council,
Community Sport and Active Lifestyles
PO Box 2078
Council Offices, Castle Street
Thornbury, South Gloucestershire
BS35 9BJ

10/03/2011

LAAD Members

Dear parent/ carer

Please find attached to this letter the latest version of our LAAD “what’s on guide”

As part of a consultation process we are looking to extend the range of leisure opportunities we offer and we would like our members to be part of the decision making process. We have therefore added a feedback sheet at the back of the programme, we would like you to fill in and return to us with your booking form. We will then look to add the most popular options to our programme in the near future, subject to the LDDF funding.

We have had some teething issues with our new invoice system which is now sorted.

Please ensure that you fill out our booking form by ticking the activities that you are interested in attending as well as any of our weekly clubs that you would like to take part in even if you have previously attended.

Unfortunately due to staffing costs if you cancel any session less than 2 weeks before you will be charged the full fee of the session.

If you have any questions please feel free to contact me.

Kind Regards

Jay

Jay Lee

Tel: 01454 86 3852

Mobile: 07795 353 825

E mail: jay.lee@soughglos.gov.uk

When we receive your booking form we will send an invoice for the sessions you would like to do.

Leisure Activities for Adults with Learning Difficulties in South Gloucestershire

LAAD

We are Leisure Activities for Adults with Learning Difficulties, we call ourselves LAAD.

If you are over 18 years old and have learning difficulties we will support you to access leisure facilities in the community, make friends and most importantly to have fun.

If you need to ask any questions please call or write to:

Jay Lee

South Gloucestershire Council,
Community Sport and Active Lifestyles PO Box 2078
Council Offices, Castle Street
Thornbury

South Gloucestershire
BS35 9BJ

Main Tel: 01454 863852

Fax: 01454 868420

Email: Jay.lee@southglos.gov.uk

facebook

We're now on Facebook – Log on and
join our group.

facebook

Facebook is a social network website. We have set up a group for LAAD that you can join and keep in touch with friends or meet new friends. You can find out what activities are on. We would like to see some of your photos on there too.

To sign up log onto: www.facebook.com.

When you have joined you can find the LAAD group by copying this link into the web browser:

www.facebook.com/p.php?i=505478932&k=34133ZU2V5VM5FL1YJY5S4

You can then find your friends to add, upload photos, chat online, find out about events and meet new people.

Please remember that Facebook is not run by the council and therefore the council is not responsible for any messages you might receive other than those from LAAD.

Would you like a leisure buddy?

Spaces available now

The leisure buddy scheme supports adults with learning difficulties to travel and access leisure activities.



If you would like support our leisure buddy can meet with you and get to know you and find out what you would like to do. A leisure buddy is there to give you some encouragement and support.

A leisure buddy will travel with you to and from your chosen activity and take part with you.

We are looking for new placements for John to work with. Please contact Jay lee if you think this is something you would like to do.

Jay's contact details are

Tel: 01454 863852 or 07795 315 265

Tiffany Hewitt

I studied Beauty Therapy for two years at Chippenham College. I recently have been appointed as a trainee admin assistant. I felt it would be a brilliant experience for me. So far I have enjoyed working with adults with learning difficulties and have had lots of fun.

Part of my role here is to complete an NVQ2 in business studies so I am working on the computer a lot, editing websites, working on excel, and going to leisure centres to join in some of the activities that go on. So every day is something different.

I enjoy meeting new people, and going shopping and seeing friends and giving them manicures and doing their makeup etc. I dislike a lot of animals birds dogs and cats.





Leisure Programme





Cinema Club

At Aspects Leisure Park, Longwell Green
st

1st Thursday of every other month

Meet at **The Wishing Well Pub** at **6.30pm** – finishing about 9pm (Depending on what film we see)

Thursday 7th April

Thursday 9th June

Thursday 4th August

Cost will be **£4 per session**

You will also need to pay for your own cinema ticket (£7.50) plus any food and drinks

To book a place, please tick on the booking form.



Dinner Club

st
1st Thursday of every other month

Meet at **6.30pm**. Finish by **8.30pm**

Thursday 5 th May	Bottelinos Italian Emersons green
Thursday 7 th July	The Huntsman carvery - Bristol Downend

Cost will be **£4 per session**

You also need to pay for your meal and drinks

To book a place, please tick on booking form.



Laser Fusion

Aspects Leisure Park, Longwell Green

2nd Thursday every three months

Meet at **6.30pm** at the Laser Fusion and finished by **8pm**

Thursday 12th May

Thursday 11th August

Cost will be **£3 per session.**

It costs £4.95 for 1 game or £8.95 for 2 games.

To book a place, please tick on booking form.



Beauty

Manicures

When: Wednesday June 8th

1.00pm – 3.00pm

Cost **£4 per person**

Where: Grimsby Farm

To book a place, please tick on booking form.



April Disco

At Longwell Green Community Centre

It's on 1st April 2011, 7pm – 10pm

Costs **£4 on the door**

Some transport is provided by People First 0117 941 5842

No need to book, Just turn up



June Disco

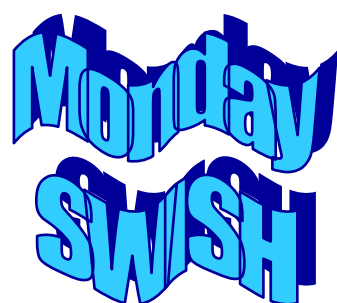
At Longwell Green Community Centre

It's on 10th June 2011, 7pm – 10pm

Costs **£4 on the door**

Some transport is provided by People First 0117 941 5842

No need to book, Just turn up



SWISH Monday Club

Every Monday, 7pm – 9pm

At Grimsbury Farm, Kingswood and various venues across South Gloucestershire

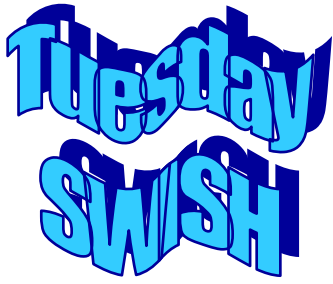
The SWISH Club is a social club for people with learning difficulties and disabilities. Different activities are run each week including arts, crafts, sports, cooking, etc.

Ages 18 and older.

It costs **£5 per session**

Transport is not provided. To join call on 01454 863852

Spaces currently available.



SWISH Tuesday Club

Every Tuesday, 7pm – 9pm

At Grimsbury Farm, Kingswood and various venues
across South Gloucestershire

The SWISH Club is a social club for people with learning difficulties and disabilities. Different activities are run each week including arts, crafts, sports, cooking, etc.

Ages 18 and older.

It costs **£5 per session**

Transport is not provided. To join call on 01454
863852

Spaces currently available.



Active Programme





Athletics/ Multi Sports Club

At Wise Campus, Filton, **Term Time Only**
every Monday Evening, 6.30pm – 7.45pm
It costs **£3 per session**

Transport is not provided

All abilities welcome. For males and females.

This is fully inclusive wheelchair users welcome

For more information call Alison:0117 3286258

No need to book, Just turn up



Tennis

Almondsbury Tennis Club, **Term Time only**
every Tuesday morning, 10.30am - 11.30am

It costs **£3 per session**. Transport is not provided

All abilities welcome. For males and females.

This is fully inclusive, wheelchair users welcome.

All equipment is provided

For more information call Lynda Riddle: 01454 616495

No need to book, Just turn up



Fun swimming club

At Bradley Stoke Leisure Centre

every Thursday morning, 10.30am – 11.30am

It costs £1.35 with Active card. Transport is not provided

No need to book, Just turn up



Fun swimming session

At Longwell Green Leisure Centre

on Tuesday morning, 10.00am – 11.00am

It costs £1.35 with Active card. Transport is not provided

No need to book, Just turn up



Disability Swimming Development Squad

At Bradley Stoke Leisure Centre

On Thursday Evening 7.00pm – 8.00pm

Need to be able to Swim 50 Metres

It costs £3.45 please pay at reception

Transport is not provided

No need to book, Just turn up

For more information contact Jay on 07795 353825



Judo

At Bradley Stoke Leisure Centre
every Tuesday evening, 6.15pm - 7.30pm
It costs £3.65 please pay at reception
No need to book, Just turn up

For more information contact Jay on 07795 353825



Gym and Swim at your nearest Leisure Centre

Doing exercise **3 times** a week can help you to stay fit and healthy.
Going swimming and / or to the gym can be fun and you can make new friends too.
It costs £3 for the gym and £1.35 for swimming with Active card
To find out more contact your local SG Leisure Centres



Bristol Rovers Ability Football Club

At WISE campus, Filton
Training ends on Sunday 17th April 2011
Pre Season starts Sunday 21st August 2011
every Sunday morning 11am – 12pm
For males and females. All abilities welcome.
Limited transport is available
It costs £3.50 for no transport £4.50 with transport
For more information contact Jay on 07795 353825



Indoor Disability Cricket Session

Venue UWE sports centre
Wednesday morning 10:30am – 11:30am
For males and females. All abilities welcome.
It costs **£2 per session**.
Sessions end on the 30th April 2011
For more information contact Olly on 07982196023
Transport is not provided



Outdoor Disability Cricket Session

At Frenchay Cricket Club, Filton Road, Frenchay starting 6th May 2011 Wednesday morning 10.30am – 12am

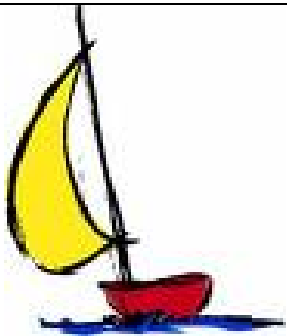
For males and females. All abilities welcome.

It costs **£2 per session.**

N.B. No wheelchair access or accessible toilet at venue.

Transport is not provided

For more information contact Olly on 07982196023



Sailing with Bristol Sailability

At Baltic Wharf Bristol City Docks, next to The Cottage pub.

All adapted boats and equipment supplied.

Every Saturday during Summer months

It costs £5 a session

For more information contact Steve Evans 07747 714856

Please call Steve to let him know you are coming.



Boccia

Indoor Boccia club at Kingswood leisure centre

Friday mornings 10:30-11:30

Term time only

It costs **£2.50 per session**

No need to book, just turn up

Please contact Jay Lee

Transport is not provided

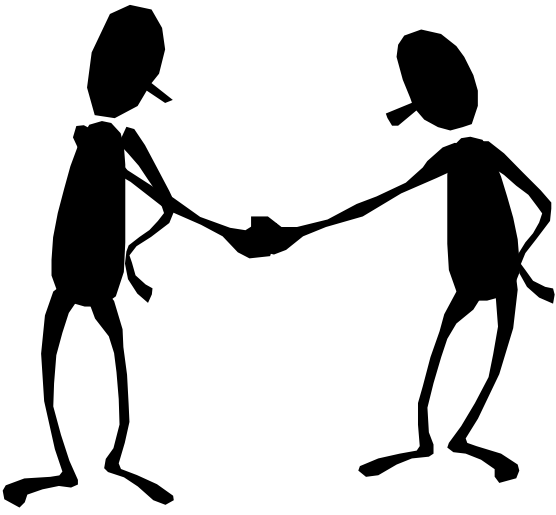
For more information contact Jay on 07795 353825



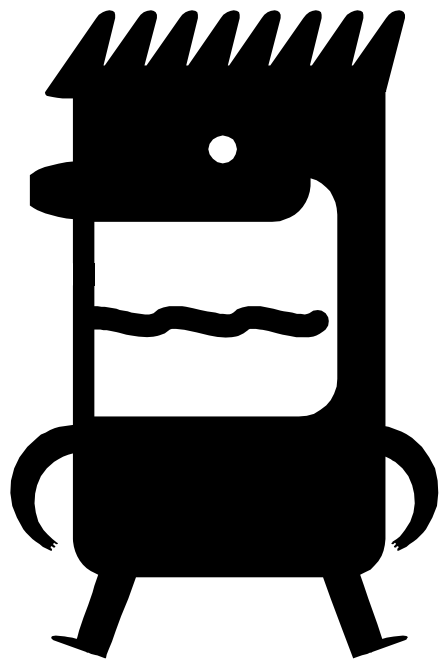
Bowls

Indoor bowls club in Bedminster
Thursday mornings 10:30-12:00 pm
Starts 19th May 2011
It costs **£2.50 per session**
Transport is not provided

No need to book, just turn up
For more information contact Jay on 07795
353825



**other
clubs**





The Meeting Place – Saturdays

The Meeting Place has monthly drop-ins on the 1st Saturday of each month at various places around South Gloucestershire.

People can take part in a wide range of activities, meet their friends and make new ones.

To become a member please call 0117 958 9924 or email admin@aspmile.gotadsl.co.uk.



The SMILE Friendship Club

The SMILE Friendship Club is an activities club that provides a safe, social environment where people can engage in activities, have fun and make new friends.

The Friendship Club organise an assortment of interesting and fun events where any person with Learning Disability can mix with similar people in a relaxed and safe environment.

The club is every other Tuesday

It costs £2.50 each session

No need to book, just turn up

Its at Shire Way Community Centre, Shire Way, Yate

The Friendship Club also organise special trips throughout the year.

For more information call SMILE 01454 853199



Star kids – Youth Club for people with learning difficulties

At Little Stoke Youth Centre

Tuesday nights, 7pm – 9pm, Term Time Only

Ages 11-19

It costs £1 each time you go

For more information call Catherine Challinor: 01454 865730



Star kids – Youth Club for people with learning difficulties

At St Andrews MYC:

Thursday's ages 15-25 years 7pm-9.30pm

It costs £1 each time you go

For more information call Debbie Teml, 0117 9691938 / 07789 947506



Bridging Club Youth Centre

Brimsham Green Youth Wing, Brimsham Green School, Broad Lane, Yate.

Wednesday 7-9pm, Term Time Only

The Bridging Club is youth provision for people with learning difficulties and disabilities. Arts, crafts, sports, cooking, independent living skills etc.

Ages 13-19 years. It costs £1 each time you go

For more information call Dawn Young: 01454 868998



Support Workers and Personal Assistants

It is ok if to bring a support worker or personal assistant on any of the activities and trips.

If you need 1:1 support you **must** bring your support worker with you. LAAD staff are not qualified or trained to handle personal care needs.



Who we work with and useful phone numbers

- Bristol and South Gloucestershire People First: 0117 941 5842
- Travel Buddy Scheme: 01454 866808
- Aspects and Milestones: 0117 970 9300
- Brandon Trust: 0117 9077200
- Mencap: 0117 9614372
- Turnberries: 01454 868485

Transport and Travelling

We always encourage you to be as independent as possible.

The Travel Training and Buddy Scheme provides you with:

- A person centred approach to travelling to meet your individuals needs, build on skills you already have, learn new skills and support you achieve your own goals
- Support from a Travel Buddy on your chosen route of travel until you feel that you are confident to travel independently
- Information about safe travel in a format that you will understand
- A travel wallet containing information to support you to travel safely.



If you think you would like a Travel Buddy to help you learn the skills to travel independently contact Teresa Derrick, the Travel Co-ordinator:

phone: 01454 86 6808

email: teresa.derrick@southglos.gov.uk



Transport

If you would like help to book a taxi and to find out if there is someone who lives near to you that you can share a taxi with call Jay on: 01454 863852

Recommended Taxi:

Active Cabs Phone 0117 9477 477

Community transport operators:

Four Towns & Vale Link Community Transport

Telephone: 01454 868529

Kingswood Community Transport

Telephone: 0117 961 6016

Yate, Sodbury & District Community Transport,

Telephone: 0845 241 0985 or 01454 228706



Disclaimer: Whilst we encourage physical activity, we cannot give medical advice. You need to satisfy yourself that you are fit enough to take part.

We recommend that if you are starting physical activity you should speak with your doctor. We cannot accept responsibility for injury or health problems which may arise from taking part in physical activity.

How to book a place

Please fill in your details and tick, in the box provided, witch of the following activities you wish to attend and return along with Booking Form to the address on the back of this form.

Name.....

Address.....

.....

Telephone Number.....

Leisure Programme

Date	Time	Activity	Activity Venue	Cost	Tick if you wish to come
Mondays	7pm – 9pm	SWISH	Various Spaces available now	£5 per session (Invoice)	
Tuesdays	7pm – 9pm	SWISH	Various Spaces available now	£5 per session (Invoice)	
Friday 1 st April	7pm – 10pm	April Disco	Longwell Green Community Centre	£4 (on Door)	
Thursday 7 th April	6.30pm-9ish	Cinema Club	Aspects Leisure Park, Longwell Green	£4 (Invoice)	
Thursday 5 th May	6.30pm-8.30pm	Dinner Club	Bottelinos, Emerson's green	£4 (Invoice)	
Thursday 12 th May	6.30pm-8.pm	Laser Fusion	Aspects Leisure Park, Longwell Green	£3 (Invoice)	
Wednesday 8 th June	1pm – 3pm	Manicures (Beauty)	Grimsby Farm, Kingswood	£4 (Invoice)	
Friday 10 th June	7pm – 10pm	June Disco	Longwell Green Community Centre	£4 (on Door)	
Thursday 7 th July	6.30pm	Dinner Club	The Huntsman, Downend	£4 (Invoice)	
Thursday 9 th June	6.30pm	Cinema Club	Aspects Leisure Park	£4 (Invoice)	
Thursday 11 th August	6.30-8pm	Laser fusion	Aspects Leisure Park, Longwell Green	£4 (Invoice)	
Thursday 4 th August	6.30-9ish	Cinema club	Aspects Leisure, Longwell green	£4 (Invoice)	

Active Programme

Day	Activity	Activity Venue	Cost	Tick if you wish to come
Monday	Multi Sports Club and Athletics (Term time only)	Wise Campus, Filton	£3	
Tuesday	Tennis (Term time only)	Almondsbury Tennis Club	£3	
Tuesday	Fun swimming session	Longwell Green Leisure Centre	£1.35	
Tuesday	Judo	Bradley Stoke Leisure Centre	£3.45	
Wednesday	Indoor Cricket (ends 30 th April)	U.W.E Sports Centre, Frenchay	£2	
Wednesday	Outdoor cricket(Starts 6 th May)	Frenchay Cricket Club	£2	
Thursday	Fun Swimming Club	Bradley Stoke Leisure Centre	£1.35	
Thursday	Bowls (Starts	Bedminster Indoor Bowls Club	£2.50	
Thursday	Disability Swimming Squad	Bradley Stoke Leisure Centre	£3.35	
Friday	Special Olympics Boccia (Term time only)	Kingswood Leisure Centre	£2.50	
Saturday	Sailing with Bristol Sails ability	Baltic Wharf Bristol City Docks	£5	
Sunday	Bristol Rovers Football Club	WISE campus Filton	£3.50	

Return to:

Jay Lee

South Gloucestershire Council, Community Sport & Active Lifestyles,

PO BOX 2078

Council Offices, Castle Street

Thornbury

South Gloucestershire

BS35 9BJ

Main Tel: 01454 863852

Fax: 01454 868420

Email : Jay.lee@southglos.gov.uk

Feedback sheet



Name.....

Telephone Number.....

This is a consultation form to help us develop possible future activities. Please tick boxes below if you would like to try any of the activities.

Activities	Tick	Activities	Tick
Power lifting		Cycling	
Table Tennis		Gymnastics	
Bowling		Basketball	
Golf		Volley ball	
Badminton			

If you would like to try any other activities please list them below

.....

Please can you mark when you will be available to try these activities

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Please use space below to comment on our current laad programme. Please include any good and bad points.

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Return to:

Jay Lee

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