

ST ELIZABETH'S DAY OPPORTUNITIES

PROGRAMME OFFER SEPTEMBER 2019

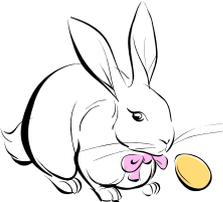
WORK OPPORTUNITIES

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|  | <p>Ash Vale & Orchard - Horticulture Project Work as part of the team growing organic vegetables and plants to sell locally within the centre and at markets and fairs throughout the seasons. Learn coppice skills through renovating trees in the Orchard. Work with willow to create saleable items. Marketing opportunities are available through harvesting apples and selling apple juice.</p> |
|  | <p>The Drawing Room - Arts & Ceramics Project Work as part of the Drawing Room team on various projects, using different mediums to produce quality canvasses and ceramics to sell at shows and retail outlets who choose to stock our products. Opportunity for work to be entered and displayed at exhibitions.</p> |
|  | <p>The Jewellery Project Work with different materials such as wire, beads, clay, silver and textiles to produce individual pieces of bespoke jewellery and upcycled craft for sale at retail outlets both on and off site.</p> |
|  | <p>Clothes' Shop Help to sort, price and label the donated clothes and toys for the clothes shop. Bagging up unsaleable items for recycling. Serve customers and learn to use the till.</p> |

ART & CRAFT

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|  | <p>Art, Craft & Textiles Create works of art and craft using a range of different paints and materials. Develop your art skills by working on a range of themed craft projects, to be displayed on and off site.</p> |
|  | <p>Needlecraft Develop and maintain your creativity and needle skills working on various projects using sewing and knitting. Creating individual pieces or collaborating on large textile art for display.</p> |
|  | <p>Sensory Art For clients with higher support needs who may also be non verbal. To enable self-expression through exploration of a range of creative and therapeutic activities.</p> |

MULTI SENSORY THERAPIES

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|  | <p>Multi Sensory Room Sensory activities designed to help you feel good. Relaxation techniques, exploring different senses, music, foot and hand massage, movement and gentle exercise.</p> |
|  | <p>Sensory Music and Movement Experience a wide range of different types of music, movement and dance. This activity will improve mobility and fitness whilst enjoying different musical styles and using a variety of instruments.</p> |
|  | <p>Computers Develop or maintain your computer skills by writing e-mails and stories, explore programmes, games and jigsaws and use the internet.</p> |
|  | <p>Library Visit Visit the library to look at the books or CD's, choose a book to read yourself or to have read to you. Opportunity to choose a book or a CD to borrow, enjoy at home and return to the library.</p> |
|  | <p>St Gabriel's - Activities Join in a group session on the bungalow in a relaxed and therapeutic environment with games, activities and music of your choice.</p> |
|  | <p>Therapeutic Options Choose what you would like to do each week from a variety of activities including games, puzzles, craft activities and drawing tasks in a relaxed and friendly atmosphere. The multi sensory room will be available for use during the session.</p> |
|  | <p>Harlow Pets Corner Weekly visit to enjoy learning about a wide variety of different animals and birds you will have the opportunity to assist in their daily care. Feeding, watering and seasonal tasks ie bottle feeding lambs.</p> |
|  | <p>Cedar's Park Weekly visit to assist in the community zoo, fully hands on looking after a variety of animals and assisting in their care. Opportunities to enrich the animal environments to encourage natural foraging behaviour.</p> |



Community Trip

Enjoy choosing different places of interest to visit in the locale. Improve your social skills.

MUSIC & DRAMA

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| | <p>CHOIR Enjoy singing as part of a choir and if desired sing solo. Experience a variety of songs musical tastes and styles.</p> |
| | <p>Drumming / Percussion workshops Learn to use drums and percussion instruments and experience a variety of different music and cultures. Opportunities for both individual playing and group participation.</p> |
| | <p>Gentle Exercise to music Relax and let go of your tensions. Listen to music and take gentle exercise with loosening up movements and breathing exercises, suitable for wheelchair users.</p> |
| | <p>Sing and Sign Learn to sign using Makaton whilst singing your favourite songs. Using an interactive white screen, dvd's or YouTube to access a variety of songs and rhymes.</p> |
| | <p>Drama and Performance Enjoy performing and acting out your favourite stories. Explore creative expression through role play and improvisation and using dance, music and percussion, work towards putting on a show at the end of the year. Interaction is encouraged between peers; participants are supported to communicate and deliver what each individual would like to share with the group.</p> |
| | <p>Community Musician Sound bath, short immersive small group sessions led by a professional community musician.</p> |

PHYSICAL ACTIVITIES

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|  | <p>Health Walks Enjoy a ramble through various parks, gardens and places of interest in the local area. Helping to maintain good health, fitness and wellbeing.</p> |
|  | <p>Trampolining Exercise on the trampoline, learn some basic moves that can be put together into a sequence at Harlow Leisurezone. Improves muscle strength, balance and co-ordination.</p> |
|  | <p>Therapeutic Trampolining A fun activity which combines occupational therapy and expert trampoline coaching to promote health and wellbeing. Trampolines are all at ground level.</p> |
|  | <p>Outdoor Pursuits Take part in a range of physical activities including climbing, abseiling, archery, canoeing and rope walks at the Outdoor Pursuits Centre in Harlow. Fully qualified and trained instructors will support you to achieve your goals.</p> |
|  | <p>Horseriding, Carriage Driving and Stable Work Exercise by riding the horses, learn to steer, stop and start the horse, trotting for those that choose to and enjoy the environment around the stables. Experience a carriage ride, or sit up front and assist with driving the horse.</p> |
|  | <p>Multi Gym Physical exercise using the gym equipment including cycling machines, walking machines rowing machines and steppers at Harlow Leisurezone.</p> |
|  | <p>Hydrotherapy Shallower, warm pool, enabling clients to enjoy exercise and a therapeutic environment. Windmill Hydrotherapy - ceiling track hoist access.</p> |
|  | <p>Swimming Opportunity to exercise in a deeper pool for the more confident and those able to swim. Enjoy exercising and improving fitness in a fun environment</p> |
|  | <p>Bowling Improve your eye and hand co-ordination whilst enjoying being part of a team playing at the bowling alley in Bishops Stortford. Keep an eye on your score and position in the league tables. Trophies will be presented for the winner and runner up in each league.</p> |
|  | <p>Sport and Fitness Take part in a range of sports, games and exercises in the ARC sports hall to improve fitness and maintain mobility. Develop personal and team working skills in a fun environment.</p> |