





Le Geyt Activity Brochure







2024-2025 Winter Timetable Choices

Name:

Activity		Please tick if you would like to take part in activity.
<p>Jabadao/ chair exercise/ just dance</p> 	<p>Jabadao/Chair exercise/just dance is a fun activity which is full of music, dance and interaction with other service users and staff members. A great way of communicating through music. An opportunity to express yourself and have fun with music. These sessions can help develop communication skills as you will be interacting within a larger group</p>	
<p>Lunch club</p> 	<ul style="list-style-type: none">➤ This will give you the chance to learn how to make snack's, light lunches independently.➤ You will be learning from start to finish. Starting with going to the shops to buy what you need.	

<p>Trinity Youth Club</p> 	<ul style="list-style-type: none"> ➤ This will be our community base socialising for Monday and Wednesday. This will be for everyone to get together to join with their carer. This is a base that will cover indoor and community activities. 	
<p>Walks and outdoor exploring</p> 	<ul style="list-style-type: none"> ➤ Jersey is a great place to explore. Together we can learn lots of things about the island. We can take the bus, use a car or simply walk out to the place of your choice. Bring your camera and take lots of photos (and some cash if you would like a well-earned drink afterwards). 	

<p>Bramble Farm</p> 	<ul style="list-style-type: none"> ➤ We would like everyone to have opportunity for people to learn how to treat and care for different animals. 	
<p>Lunch out</p> 	<ul style="list-style-type: none"> ➤ You will have the opportunity to go out with friends and have lunch. The kitchen is a great place for people to explore different ingredients and learn the different processes of all things food. Our aim at Le Geyt is to look at different ways to be happy and healthy and a great place to start is the kitchen. 	

<p>Relaxing</p> 	<ul style="list-style-type: none"> ➤ This will be the time when you can relax and enjoy a stretch. ➤ Your feet will be massaged using a foot spa in a lovely peaceful room, with calming music being played. 	
<p>Fun Friday</p> <p>IT'S FRIDAY!!!</p> 	<ul style="list-style-type: none"> ➤ This will be a fun afternoon when you can get together with your friends to have loads of Friday fun! 	

Creative Crafts





- This will be a chance for you to make something ready for our Fun Friday's. This is an opportunity to get creative and express your personality with art. Art and Crafts is a great way to allow people the chance to learn new skills, develop and support sensory needs and a great way to express yourself! such as sewing, Card Making, Seasonal Crafts, Recycling crafts.

Photography



- Join in a session of putting some of our old photo's into a collage to be displayed onto our walls around the Day Centre.

<p>Life skills</p> 	<ul style="list-style-type: none"> ➤ An opportunity to develop your life skills through everyday activities and practice 	
<p>Sensory Sessions</p> 	<ul style="list-style-type: none"> ➤ Come and join us in our lovely sensory room! Relax on the waterbed, bean bag, sofa or on the Achiever bed and listen to the calming music and drift away into a peaceful and tranquil world. You can also enjoy a more lively time of music choices and use of the sensory equipment. 	

Gardening/Forestry Skills





- These sessions will create opportunities for people to develop skills in the garden. This can be choosing plants in a garden centre, growing vegetables, or simply a sensory experience with different smells and textures from the garden.

Gardening at Maison des Landes



- We will look after all of the plants and flowers in our sensory garden for the year.
- You can help us to choose flowers to grow and to keep the garden neat and tidy.

<p style="text-align: center;">Sports</p> 	<p>This is your chance to have some fun and join us for indoor games</p> <ul style="list-style-type: none"> ➤ This will include: ➤ Bowls ➤ Healing waves ➤ Football ➤ Horse riding/therapeutic session (£40 a session) 	
<p style="text-align: center;">Swimming</p> 	<p>We love swimming and it's a fun way to get exercise! We can use the pool at Les Quennevais, Merton or Aqua Splash</p>	

Gym



We will go to the gym together. We will use the machines to help us become fit and healthy.

Communication groups



We will learn lots of ways to communicate to each other and other people by using:

- Signs & Symbols
- PECs
- Makaton

Recycling



- We would like to create an opportunity for people to learn about recycling and support Le Geyt to become more environmentally friendly.

Occasional Events





We often have occasional events throughout the year that only happen at certain times:

- Wet wheels
- A visit to The Amazing Maize
- Visiting Jersey Heritage sites
- The Zoo
- Samares Manor
- Cinema
- Healing Waves
- Helping Wings
- Move More Bikes

Do let us know what you would like to visit.

- **You will be required to bring money for this activity**

<p>Have your say group</p> 	<ul style="list-style-type: none"> ➤ This will be the chance for you to have your say about all of the things that are important to you about your day service and what we can do to make it better. ➤ It will also be about making sure we are meeting your needs and wishes by having up to date information. 	
<p>What the Service Users Want</p> 	<p>If there is anything that you would like to try that is not in the brochure, please write the activity below.</p>	