



**eastbourne
mencap**

**13 April to 19 June
2015**

Get Busy Workshops



For independence, work or just fun

Eastbourne and District Mencap Ltd
Local, Lasting Support



Get Busy Workshops



We are very excited to tell you about our workshops for Independence, Work or Just Fun.

- Do you want to learn some new skills to help you to be more independent?
- Perhaps you want to learn some new skills to help you find a job.
- Do you want to find a new hobby or interest?

At the Hive of Activity there is something for everyone.

Who are the workshops for?

The workshops are for people with learning disabilities who live in the Eastbourne and surrounding areas.

When will the workshops start?

The workshops will start on **13 April 2015**. They will run for **10 weeks** until **19th June 2015**. The morning workshops run from 10.30am to 12.00 noon and the afternoon workshops are from 1.30pm to 3.00pm.

Where will the workshops be held?

The workshops will be held at:
Hive of Activity
Eastbourne & District Mencap
113 Pevensey Road
Eastbourne BN22 8AD

What if there is not a workshop to suit you?

If you want to learn something that we don't have a workshop for don't worry, we may still be able to help you. Please contact us to find out more. You will find our contact details on the back of this booklet. ³



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How much do the workshops cost?

The workshops cost £15.00 each session but, if you are self-funding, they will cost just **£8 a session**. This means that the full **10 weeks will cost you £80**. We make up the rest from grants and donations.

If you have been assessed by Adult Social Care, they may be able to pay for a workshop. Please speak to your Social Worker or Social Care Assessor.



If you cannot afford the money and want to go to a workshop, please contact us. We will look at your personal situation and may find a way to help you.

How do I apply for a workshop?

- Once you have decided which workshops you would like to apply for, please complete the booking form at the back of the booklet with your details.
- Make sure you apply as soon as possible. Places on the workshops are taken quickly and there are a fixed number of places. A course may not run if there are not enough applicants.
- You can apply for more than one workshop if you wish.
- Send your application form to Eastbourne & District Mencap Ltd at the address on the back of this booklet.
- Please **do not** pay in advance for your workshops. You could either pay on the day for each workshop you attend, or pay in arrears when we will send you an invoice at the end of the 10 weeks.



Get Busy Workshops

These are the workshops that are run by Eastbourne Mencap. You can read more about them in the following pages of this book. Please do not attend a workshop without first reserving a place using the booking form provided.

No.	Name of Workshop	Session
W01	Cookery	Monday Morning
W02	Photography	Monday Morning
W03	Music and Movement	Monday Afternoon
W04	Fun with Sports	Monday Afternoon
W05	Cookery	Tuesday Morning
W06	“Green Fingers”	Tuesday Morning
W07	Fun with Words and Numbers	Tuesday Morning
W08	Stitchcraft	Tuesday Afternoon
W09	Drama	Tuesday Afternoon
W10	10 Pin Bowling	Wednesday Morning
W11	Cookery	Wednesday Morning
W12	Singing for Enjoyment	Wednesday Afternoon
W13	Sew Easy	Wednesday Afternoon
W14	Out and About	Thursday Morning
W15	Basic Cookery (<i>for people needing extra support</i>)	Thursday Morning
W16	Flower Arranging	Thursday Morning
W17	Keep Yourself Safe	Thursday Afternoon
W18	Cookery	Friday Morning
W19	News and Views	Friday Morning
W20	Working with Wool	Friday Afternoon

Cookery — Monday, Tuesday, Wednesday, Friday Mornings

If you are thinking of living on your own or sharing with friends, this workshop is ideal for you. If you want to be able to make meals for yourself or just help out in the kitchen, this workshop will give you the skills and confidence you need. This workshop is suitable for those who have not had any experience of cooking before, and enjoy being within a group.

During this 10 week workshop you will learn about:

- Safety in the kitchen
- Keeping the kitchen clean and tidy
- How to store food safely
- What food you need to make a meal
- Kitchen tools needed for cooking
- Different ways of cooking
- How to cook using easy to learn recipes



Please bring a container to take your food home in unless you wish to eat what you have made that day at lunchtime.

Please note there will be no workshop on the Bank Holidays—4th and 25th May.

Photography — Monday Morning

Taking photographs is a good way to remember events or places. You can also take pictures to tell people about yourself, your favourite place or even a story. In this workshop you will learn how to snap the perfect picture. Enjoy being creative and get the satisfaction of other people enjoying your work. ***You will need to bring your own camera.***

During this 10 week workshop you will learn about:

- Care of your camera
- Choosing something to photograph
- How to take the perfect picture
- Using pictures to tell a story
- Using pictures to tell people about yourself



Limited places, please book early!

Please remember to bring money with you if you wish to purchase refreshments during an outing.

Please note there will be no workshop on the Bank Holidays—4th and 25th May.

Music and Movement — Monday Afternoon

In this workshop you can learn how to show your feelings and emotions through movement to music. You will discover new ways to express yourself. Participants are encouraged to bring in their own music to dance and move to. This is optional. This workshop is also great fun and helps you to keep fit.

During this 10 week workshop you will:

- Listen to different kinds of music and discover how it makes you feel
- Learn how to move to the music to express your feelings
- Improve your self-confidence
- Take part in gentle, mainly chair-based, exercises and other fun activities



Please note there will be no workshop on the Bank Holidays—4th and 25th May.

Fun With Sports – Monday Afternoon

If you like sport why not give this workshop a go? In this workshop you will have an opportunity to try different sports, at your own pace, which will improve your stamina and overall health and wellbeing. You will have an opportunity to play within a team and enjoy healthy competition.

Within the 10 week course you will:-

- Learn the rules of different sports
- Learn to play within a team
- Play and exercise at your own pace
- Improve your co-ordination, stamina and general health
- Have a sense of achievement



N.B. Please wear appropriate clothing and footwear i.e. loose clothing and trainers.

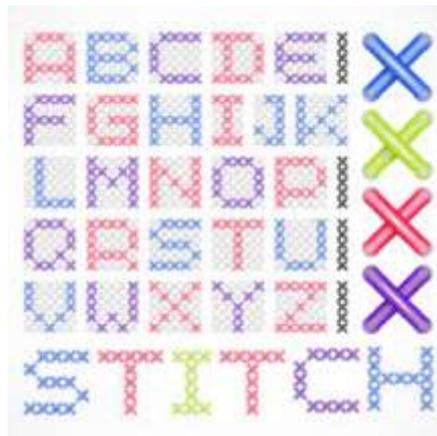
Please note there will be no workshop on the Bank Holidays—4th and 25th May.

Stitchcraft — Tuesday Afternoon

If you enjoy a relaxed afternoon making decorative articles using cross stitch and other stitches, this is the workshop for you.

During this 10 week workshop you will learn about:

- Colour, texture and patterns
- A variety of stitches
- Making gifts
- Having fun and making friends in a relaxed group



Drama — Tuesday Afternoon

Drama empowers people to express themselves, to improve self-esteem and teach the importance of teamwork.

If you like theatre and always had a desire to take part in drama/theatre activities, this would be a great opportunity for you. The aim of this course is to inspire you and help you to develop confidence, creativity and imagination. It is a course which will enable you to have fun, make friends and learn about the art of performing.

During this 10 week course you will learn:-

- How to change character and become someone else while you perform
- How to interact with others
- How to plan scenery
- How to design and plan costumes



10 Pin Bowling — Wednesday Morning

In this workshop you can enjoy being with your friends or making new ones. This sport is very good for stretching and exercising your body and helps you to keep fit. You will also learn about being in a team and gain confidence of being in a group.

During this 10 week workshop you will:

- Learn how to play bowling
- Be out and about in the community
- Exercise and keep fit
- Gain confidence and be part of a group



Please note that there will be a charge of £2.00 each week towards the fee for the bowling lane apart from Wednesday 27th May, which is during the half-term week, when the charge will be £3.00.

Singing for Enjoyment— Wednesday Afternoon

Singing can be fun and gives people great opportunity to express themselves in a positive way. If you like music and enjoy singing for people or with people you will have a great time during these 10 week sessions where:

- You will be able to sing accompanied by a musician
- Sing your favourite songs
- Listen to other people singing
- Use simple musical instruments
- Make friends and boost your confidence
- Identify and choose different songs for different occasions



Sew Easy — Wednesday Afternoon

It can be very useful to know how to sew. Make something new or mend something old, using your hands can be very rewarding and can save you money. This workshop will give you the skills you need to make or mend things that are made from material.

During this 10 week workshop you will learn about:

- Colour, texture and patterns
- Different kinds of sewing
- Making gifts
- Making something to take home and use



Out and About — Thursday Morning

Going out into town or to public places is a good way to build confidence and meet new people. This workshop will improve the skills you need to go out safely and have the confidence to do the things you want to do. This workshop will include visits to places of interest and cafes so you will need to **bring a minimum of £3 with you for every trip.**

During the 10 week workshop you will learn about:

- Safety in the community
- Managing your money
- Deciding which items to buy
- Talking to new people



Basic Cookery (for people needing extra support) - Thursday Morning

If you would like to learn to prepare and cook simple meals this workshop will give you the training and confidence you need. With a little extra support you will be able to produce tasty, sweet or savoury dishes or snacks.

During this 10 week workshop you will learn about:

- Safety in the kitchen
- Keeping the kitchen clean and tidy
- How to store food safely
- What food you need to make a meal
- Kitchen tools needed for cooking
- Different ways of cooking
- How to cook using easy to learn recipes
- Tasting new types of food



Please bring a container to take your food home in.

Flower Arranging — Thursday Morning

Lots of people enjoy flower arranging and in this workshop you will learn about different plants and flowers and how to arrange them in an attractive display.

During this 10 week workshop you will:

- Learn about different kinds of plants and flowers
- Learn how to arrange flowers
- Learn what makes plants grow
- Find out what you can do with dried flowers



Please return equipment that is used during the Workshop

Keep Yourself Safe—Thursday Afternoon

This workshop will teach you how to keep safe around all aspects of your daily living; when out and about in the community, e.g. who to go to if you get lost, keeping your money safe, road safety, etc. or in your own home, e.g. safety on the stairs, in the kitchen or bathroom, etc.

In this 10-week workshop you will:-

- Be made aware of situations which may put you at risk
- Learn how to avoid or deal with risky situations
- Learn how to avoid accidents in the home
- Learn how to keep your money safe
- Learn about personal safety



News & Views — Friday Morning

Have your say on current events both here in Eastbourne and around the world. This group reviews newspapers, radio and television and discusses how they report events.

During this 10 week workshop you will:

- Discuss the events of the day with other people
- Learn how to work in a small group exchanging opinions and thoughts
- Look through local and national newspapers and see how news is reported
- Try reporting on an event yourself



Working with Wool—Friday Afternoon

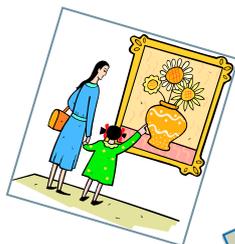
You can do many creative things with wool, whether it be knitting, crochet, French knitting or making pom-poms. Why not come and try something new, or pick up an old hobby? Materials supplied.

During this 10-week workshop you will:-

- Learn a new skill or improve your existing skills
- Experience the different ways you can create something with wool
- Learn about texture and colour
- Be part of a group and have the opportunity to share ideas



**If you have any suggestions
for future workshops,
please let us know**



Get Busy Workshops—Booking Form

Places are limited. Please book early to avoid disappointment.

Fees (full) £15.00 per session £150.00 for 10 weeks	Fees (subsidised self funding) £8 per session £80 for 10 weeks	Pay as you go <input type="checkbox"/> or Pay in arrears at end of 10 weeks <input type="checkbox"/> <i>(please tick relevant box)</i>
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WORKSHOP REGISTRATION DETAILS

ABOUT YOU

Your Name	
Address	
Postcode	
Telephone Number	
Do you want to tell us anything about yourself?	

ABOUT YOUR SUPPORT

Will you be supported by your own carer at the workshops?	YES / NO
If yes, please give carer's name	
Carer's telephone number	

How to Contact Us

If you would like more information or to make a donation please visit our website.

www.eastbournemencap.org.uk



By Post

Eastbourne & District Mencap Ltd.
113 Pevensey Road
Eastbourne
BN22 8AD



By Telephone

Telephone: 01323 722034
Fax: 01323 748926



By Email

info@eastbournemencap.org

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Eastbourne and District Mencap Limited
(A company limited by guarantee)
Company Registration No: 6182982
(England and Wales).

Registered Charity No: 1125686

Reg. Office: 113 Pevensey Road
Eastbourne
BN22 8AD

(Affiliated to Royal Mencap Society)

An East Sussex County Council
Approved Provider of Residential
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