



**ST JOSEPH'S
PASTORAL CENTRE**
working with people with learning difficulties



Activities Centre Courses 2010 - 2011

Activities Centre Manager (L): Kennett Westmacott
St Joseph's Pastoral Centre
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www.stjoseph.org.uk

Reg Charity No. 233699



ST JOSEPH'S PASTORAL CENTRE

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Welcome to the 2010 – 2011 brochure

Learning and achieving

This year we are delighted to introduce four new courses:

Our Jewellery

Exploring Our World

St. Joseph's Dance Studio

My Creative Textiles

At our annual Open Day in June you have the opportunity to 'taste' all the sessions and talk to the tutors.

This year the titles of the courses hold a hidden meaning! MY shows that it is focused on the individual's learning skills – emotional, social or functional (for example using scissors safely). OUR means we are helping the individual work as part of a team and to make decisions together. These sessions help students develop the skills for working together, volunteering or employment in the wider world. As a result, some of our course titles have changed – for example 'Cook and Eat' has been changed to 'Our Restaurant'.



' Our aim is to walk with our students along the path to each person's full potential, and so help them to find their unique place in the community'.



The staff team has been working hard on using Makaton signs and symbols with an observable great improvement in student communication and confidence. With clear aims for each course and each student in place, the person-centred approach is flourishing.

Another key element of this learning environment are the funders to whom we say a warm 'thank you' for supporting the costs which cannot be met by the fees income. In particular, this year, we thank those who are supporting the new and exciting computer suite.

As always, courses will only run if we have sufficient numbers, so please ensure you complete your Application forms as soon as possible.

Social Life

Volunteers help with the courses and also with our social events at Hendon which are so greatly enjoyed by the students. We feel the social aspect is an important part of the St. Joseph's offering – and we all enjoy them too!

Values

Respect -

for the gifts and dignity of each individual

Love -

expressed in warm care and long term commitment

Community -

a welcome which creates friendship and belonging

Spirituality -

nurtured by that creativity and joy in activity which lifts the spirit

Our values underpin all that we do and influence all our decisions



Decorations made by the students for the Valentine's Disco

Looking forward

Last year our theme was

'Seeds'

This year we move onto



We are growing our students – developing their learning paths and inclinations - using the insights of the individual annual reports which are given to each student for their and their carer's benefit.

This coming year we will be developing the personal skills and capacity of each student with a clear aim in view. We are aiming to enable our students to participate in some way in the 2012 Olympics and Paralympics. For example, in the new computer course 'Exploring Our World' they will learn to plan, research and then experience a trip out. An exciting ambition for every London citizen including our students!

Kennett Westmacott

Activities Centre Manager (L)

May 2010



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Arts and Crafts

What is the aim?

The aim is to enable students to explore their creativity through a variety of mixed mediums ranging from printing to ink marbling, drawing to collage work.



Who is it for?

This course caters for a mixed ability group.



What are the benefits?

The emphasis is on learning new techniques and processes, building confidence, and producing a final picture or object that is unique to the individual.

Day and Time

Monday 14.00 - 16.00

Cost:

£15.50 per 2 hour session

St Joseph's
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Tel 020 8202 3999

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Web www.stjoseph.org.uk

Contact Kennett Westmacott
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Exploring My Artwork

formerly Arts and Crafts (Fine Arts)

What is the aim?

The aim is to develop and encourage each student's unique style and expression through a variety of mixed mediums especially painting and printing.

Who is it for?

This course caters for a mixed ability group who want to expand and improve their own style.

What are the benefits?

There is some emphasis on promoting observation and illustration skills through still-life exercises and other projects.

Day and Time

Wednesday 10.30 - 12.30

Cost:

£15.50 per 2 hour session



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Our Restaurant

formerly Cook & Eat

What is the aim?

This course offers training in the skills and safety practices needed for a job in a cafe or serving canapes and drinks at a function. It also aims to develop social skills around our community meal experience.

Who is it for?

You could develop the skills learnt in Cookery or Healthy Living. You will enjoy the chance to taste different seasonal foods and take the recipe home.

What will you learn?

You will have the chance to learn different activities and learn from the three areas of planning, food preparation/cooking, and cleaning and serving. You will learn to be the perfect host by welcoming visitors. ASDAN certification an option.



Day and Time

Friday 11.00 - 14.00

Cost:

£17.50 per 3 hour session

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Enriching My Life

What is the aim?

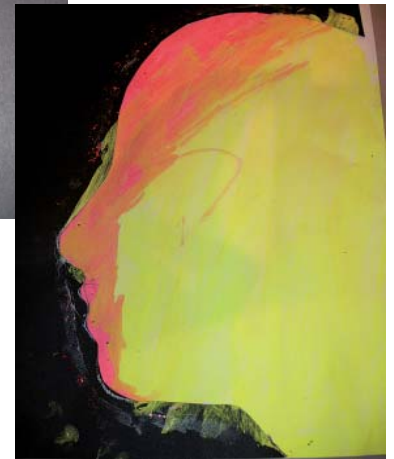
This course aims to enhance and enrich the individual's life by exploring his or her personal gifts, preferences and spirituality.

Who is it for?

Anyone who likes to explore your own experience of life and find how to express and understand your own emotions. This course helps new students to build up their identity and creates a pathway to other St Joseph's courses.

What will you learn?

Enhanced communication skills by use of key cards, symbols supported choice and expressive art. You will learn to share and empathise with each other in the group and take the benefits into your life.



Day and Time

Friday 10.30 - 12.30

Cost:

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Horticulture

What is the aim?

The aim is to let students experience the thrill of growing plants, both flowers and vegetables; to learn about the seasons and the effects of the weather.

Who is it for?

Anyone who would be interested in joining a team that is out in all weathers

- Growing flowers to make St Joseph's a beautiful place
- Producing vegetables for the kitchen
- Drinking tea

What will you learn?

Students will learn to work safely by use of correct tools and clothing and will have the chance to be responsible for a plant which they will have nurtured from seed to maturity. ASDAN certification is an option. You will be able to sell your produce from a stall.



Day and Time

Wednesday 14.00 - 16.00

Cost:

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Our Bazaar

What is the aim?

Our students will develop skills by making different types of jewellery and craft goods, discover how to work as a team and produce an end product which they will learn to develop for sale.

Who is it for?

This is for students who enjoy meticulous work and making desirable items. They will learn the skills of selling and marketing quality products. It will be seen as a pathway for students who want to develop their skills further for employment opportunities.

What are the benefits?

Being in a nice friendly environment, the person will develop their confidence and celebrate their achievements. Producing quality jewellery and other craft items, gaining customer service skills as well as working in a business-like environment.



Day and Time

Monday 10.30 - 12.30

Cost:

£15.50 per 2 hour session

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My Jewellery

formerly Jewellery Making

What is the aim?

We aim to help individuals to discover their creative abilities through making different types of jewellery.

Our passion is to build individuals' confidence and self-worth by helping them to monitor their own progress and to bring out their creativity.

Who is it for?

This is for people of all abilities who enjoy detailed work. We celebrate with them all their achievements.

What are the benefits?

The individual needs of each student are considered of the highest priority. This, together with the relaxing friendly environment, allows the development of confidence and skills.



Day and Time

Wednesday 10.30 - 12.30

Cost:

£15.50 per 2 hour session

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Music and Recording

What is the aim?

We will be drawing on our experiences of growing up and sharing these with others through music, drama, images, words, makaton signing and video. We will tie these images and stories together to create a DVD with a fictional TV channel format.



Who is it for?

Each student will be helped by the whole group to create an excerpt from a fictional TV Programme – it might be a soap, comedy sketches, a spoof documentary or a news report.

What will you learn?

There will be two classes working on different programmes, that will feed into the same final product which students will be able to take home with them. Students can attend both sessions.

Day and Time

Thursday 10.30 - 12.30

Thursday 14.00 - 16.00

Cost:

£15.50 per 2 hour session

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My Creative Textiles

What is the aim?

Learn how to create various textiles and how to colour fabrics using different methods.

Decide on your own colour schemes and arrangements of patterns and shapes.

Enjoy the fun of learning new crafts together and seeing each others' work develop.



Who is it for?

All those who will enjoy working with a wide variety of craft materials to create their own designs.

Day and Time

Friday 10.30 - 12.30

Cost:

£15.50 per 2 hour session

What will you learn?

You will develop your needle craft skills, and work with dyes on a variety of fabric items.

Projects will include how to use a basic peg loom to weave textiles, and



how to turn a plain top into a brightly-coloured Hawaiian top.

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My Healthy Living (Keep Fit)

formerly Healthy Living (Exercise)

What is the aim?

To participate in some form of group exercise and learn about the body.

Who is it for?

Anyone who wants to feel healthy. A special welcome to those working towards independent supported living.

What will you learn?

You will learn different types of exercise; choose which you find most suitable and enjoyable. ASDAN certification an option.

What the students experienced during the relaxation technique:

Paul - 'More clear mind'

Joanna - 'Felt by the sea and sun on a cloudy day'

Jackie - 'At peace'

Philip - 'Fine'



Day and Time

Thursday 10.30 - 12.30

Cost:

£15.50 per 2 hour session

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Our Healthy Living

formerly Healthy Living (Lifestyle)

What is the aim?

The aim is to support you in making good lifestyle choices.

Who is it for?

Anyone who wishes to take this opportunity to improve his lifestyle and gain some practical experiences in cleaning, reception work and cooking, and then....some of you moving towards getting, a paid job or becoming a volunteer!

What will you learn?

- to make balanced choices for a healthy and fun lifestyle
- you will learn about making small changes for a healthy life - adding fruit to your cereal, moving around the house, having an extra glass of water, doing some housework, taking the stairs instead of the lift
- life-skills to help you to become a volunteer or to gain supported employment



Before



After

Exploring the role that cosmetics make in your appearance

Day and Time

Thursday 14.00 - 16.00

Cost:

£15.50 per 2 hour session

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Experience Cooking

formerly Introduction to Cookery

What is the aim?

The aim is to learn how to make simple and tasty dishes and to take them home to enjoy them.

Who is it for?

All abilities welcome.



What are the benefits?

Working in our dining room and kitchen, you will learn the skills and safe working practices for cooking. You will join in a group activity to make cakes and other dishes. You will also create your own recipe book to try them out at home.

Day and Time

Tuesday 10.00 - 12.00

Cost:

£15.50 per 2 hour session

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My Photos: My Story In the new Computer Suite

What is the aim?

Learn to take photos using a digital camera and the computer.

Choose the ones you need to tell your story and create your own portfolio.

Enjoy sharing your work with others.



Who is it for?

For anyone who wants to tell their story or record an enjoyable activity in a creative way. No literacy or numeracy skills required.

What will you learn?

How to take and use digital photographs, and how to use the computer and artwork to create your final document. ASDAN certification an option.

Day and Time

Tuesday 14.00 - 16.00

Cost:

£15.50 per 2 hour session

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Exploring Our World In the new Computer Suite

What is the aim?

- Learn to use the computer to explore enjoyable possibilities – music concerts, cinema, shopping, interesting places
- Choose something you would like to do
- Enjoy sharing with the group to decide what to do – and then go and do it together!

Who is it for?

Anyone who wants to learn how to use the computer, working in a group, to make life better. Literacy or numeracy skills are not required. People in wheelchairs easily accommodated.

What will you learn?

How to use the computer to explore different possibilities and then make choices for yourself and with your friends. ASDAN certification an option.



Day and Time

Tuesday 10.30 - 12.30

Cost:

£15.50 per 2 hour session

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St Joseph's Dance Studio

What is the aim?

- To learn new dance skills and explore dancing in a fun, energetic and stimulating class.
- Enjoy learning, creating and sharing dances within a group.



Who is it for?

For anyone who is fond of going out partying/discos and being part of a fun movement group.

What will you learn?

- To explore music and different forms of dance (group, partner and individual)
- To gain dance skills, including coordination and balance.
- To explore dancing with props and creating new routines.
- To perform a routine to a live audience.

Day and Time

Tuesday 10.30 - 12.30

Cost:

£15.50 per 2 hour session

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Internet Cafe Plus

formerly Computer Club

What is the aim?

Our computer suite has the latest equipment gives you good access to programmes and interactive applications, as well as the world wide web.

Plus= Touch screen large print keyboards enabling all to use the facilities.

Plus = Helpers on hand to guide you when you ask for help or rescue you when in trouble. Come and spend an hour or two working on computers.

Who is it for?

Anyone who enjoys exploring computers on their own.

What can you achieve?

In our computer suite you can work at your own pace, improve your skills and knowledge

- Stretch your computer skills with interactive puzzles
- Design and print your own cards



Day and Time

Wednesday 9.30 - 12.30

Cost:

Club £6.00 per hour

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TV and Film Club

What is the aim?

To offer a social experience and allow students to express their preferences and likes.

Who is it for?

All those who enjoy watching television and DVDs with a group.

What are the benefits?

You can enjoy the social side of watching a film or television programme with friends and practise singing your favourite songs.



Day and Time

Tuesday 14.00 - 16.00

Cost:

Club membership included
£8.00 per 2 hour session

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Music and Movement

What is the aim?

To find expression in physical movement through music and sound.



Who is it for?

You will like working as part of a group in a free and creative environment.



What will you learn?

You will be working towards public performance by learning what you can contribute and how you respond to others - audience and friends.

Day and Time

Monday 14.00 - 16.00

Cost:

£12.50 per 2 hour session

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Musical Showtime

What is the aim?

The aim is to experience various types of music and build up confidence to perform for an audience.

Who is it for?

You will enjoy music and be happy to share your gifts with others.

What are the benefits?

You will enjoy singing along to your favourite songs accompanied by our experienced pianist. Music is a form of healing art which energises the body, motivates the mind and lifts the spirits.



Day and Time

Monday 10.30 - 12.30

Cost:

£12.50 per 2 hour session

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Pottery

What is the aim?

The aim is to offer students an enjoyable, fulfilling and therapeutic experience.

Who is it for?

This is for individuals at any level.

What will you learn?

Beginners to pottery will learn the basic techniques of pinching, coiling, slabbing, glazing, pottery decoration and clay management. Simple sculpture is also taught.

More experienced potters can work at their own pace on projects. Students derive great satisfaction from producing ornaments and objects for their own use.



Day and Time

Monday 10.30 - 12.30

Wednesday 14.00 - 16.00

Cost:

£12.50 per 2 hour session

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Tai Chi - Chi Kung

What is the aim?

Tai Chi -Chi Kung promotes health and well-being and through a series of movements one learns to relax and breathe deeply.

Who is it for?

This is a simple form of exercise that anyone can learn.



What are the benefits? Day and Time

It reduces stress, improves balance, builds strength and joint flexibility and reduces anxiety. The body, mind and spirit are brought into balance producing a calming and meditative experience. The benefits of these simple movements can be felt after a short period of training.

Tuesday 14.00 - 15.30

Cost:

£8.50 per session

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Yoga

What is the aim?

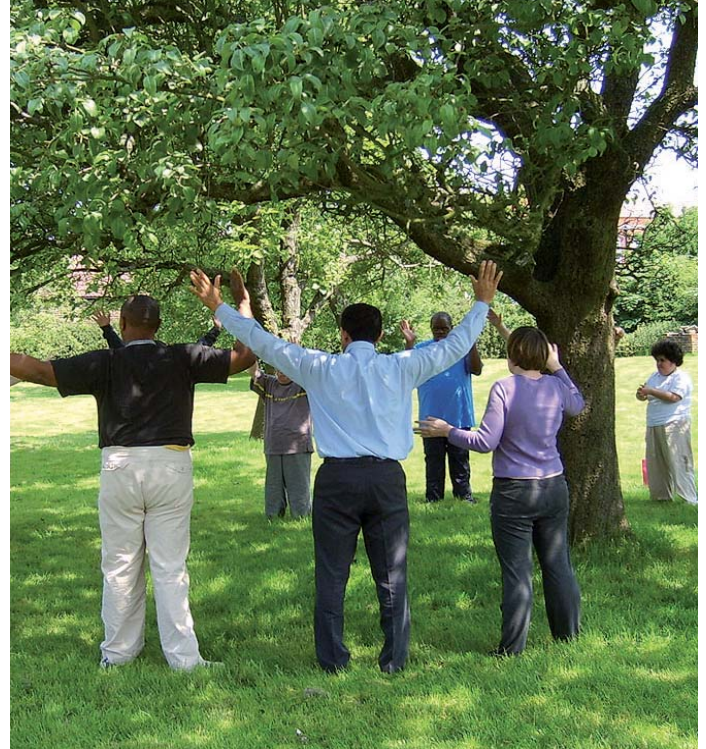
To allow an individual to develop in accordance with their own requirements recognising the body's natural capabilities and limitations and adopting a yoga practice accordingly.

Who is it for?

Anyone regardless of age or fitness level can enjoy and benefit from these practices.

What are the benefits?

The benefits include enhancement of flexibility, strength, co-ordination, concentration and body awareness. It promotes confidence and self-esteem and encourages calmness, breath awareness, co-operation and compassion.



Day and Time

Monday 11.00 - 12.30

Cost:

£12.50 per session

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Person Centred Package

What is the aim?

The aim is to offer short, focused created activities which include group games, art and craft, music and use of the sensory room to teach basic skills in sharing, co-operation, social rules and turn-taking.

Who is it for?

These packages are for students with complex needs or challenging behaviour.

What are the benefits?

This course offers a person-centred approach. We provide structure throughout the session but also give freedom to play so that individuals will not become dependent on prompts. Supported choice is an important feature.



Day and Time

Tuesday 10.30 - 12.30

Tuesday 14.00 - 16.00

Cost:

£45.75 per 2 hour session

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Therapies:

Touch Massage, Reflexology & VRT

What is the aim?

We aim to create and build relationships on a one to one basis. Touching is a basic human necessity and the sessions help discover and explore this sense.



Before



After

Who is it for?

Anyone who would enjoy the benefits of therapy including those who are reluctant to accept touch.

What are the benefits?

- * Encourages relaxation
- * Builds relationships
- * Creates body awareness
- * Releases tension & stress
- * Enhances sensory awareness

'Challenging behaviour is now much easier to control. This has enriched his relationship with all staff.' Comment by a Carer

Day and Time

Appointments Monday to Friday, subject to availability

Cost:

£18.75 per 30 minutes session

£25.75 per 45 minutes session

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Music Therapy

What is the aim?

The aim is to use music so that the person is enabled to find appropriate ways of addressing a wide variety of everyday issues and difficulties. It helps the person to develop an awareness of self and others, to build trusting and meaningful relationships and to increase self confidence.

Who is it for?

For anyone who might find it hard to express their feelings or is experiencing some changes or a mental health problem in their life.

Small friendship groups.

Closed groups of up to 4 participants.

Percussion Group work.

Together up to 8 participants will explore creative ways to express themselves and connect with others through music within a safe environment.

What are the benefits?

The Music Therapist will listen to your sounds, music and words and helps you to understand what is happening in your life and find ways to have emotional and social well-being.



Day and Time

It currently runs on Fridays with possibility of Thursdays.

Groups need to be consistent, therefore joining and leaving the group should coincide with the term dates wherever possible.

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Sensory Room

What is it about?

Equipped to the highest standard our 'Sensory Room' offers a safe space, with light, sound and sensory stimulation. We focus on particular senses such as feel, vision, sound and smell.



Who is it for?

Anyone who needs a calming space in their lives to that they can cope with the turmoil of everyday events.



Booking Information:

The room can be booked for 30 minutes or 60 minute sessions. A support worker must accompany each student.
Contact: Kennett Westmacott

Cost:

£15.50 per single user, 30 minute session

Day and Time

By appointment

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	2010-2011	Session Time	Fee (£) per session
Page No.	Vocational / Life Long Learning		
3	Arts & Crafts	2 hours	15.50
4	Exploring My Artwork	2 hours	15.50
5	Our Restaurant	3 hours	17.50
6	Enriching My Life	2 hours	15.50
7	Horticulture	2 hours	15.50
8	Our Bazaar	2 hours	15.50
9	My Jewellery	2 hours	15.50
10	Music & Recording (morning)	2 hours	15.50
10	Music & Recording (afternoon)	2 hours	15.50
11	My Creative Textiles	2 hours	15.50
	Well Being & Life Skills		
12	My Healthy Living (Keep Fit)	2 hours	15.50
13	Our Healthy Living	2 hours	15.50
14	Experience Cooking	2 hours	15.50
15	My Photos: My Story	2 hours	15.50
16	Exploring Our World	2 hours	15.50
17	St Joseph's Dance Studio	2 hours	15.50
	Leisure		
18	Internet Cafe Plus	price per hour	6.00
19	TV & Film Club	2 hours	8.00
20	Music & Movement	2 hours	12.50
21	Musical Showtime	2 hours	12.50
22	Pottery	2 hours	12.50
23	Tai Chi - Chi Kung	1 hr. 30 mins	8.50
24	Yoga	1hr. 30 mins.	12.50
	Individual Programmes		
25	Person Centred Package (morning)	2 hours	45.75
25	Person Centred Package (afternoon)	2 hours	45.75
26	Touch Massage, Reflexology & VRT	30 mins	18.75
		45 mins	25.75
28	Exculsive Sensory Room Hire	30 mins	15.50
	Group Programmes		Fee (£) per person
27	Music Therapy	Adult	22.75
		Child 30 mins	12.50
		Child 45 mins	15.50
28	Sensory Room Hire (Multi-user, max 3)	30 minutes pp	10.50

Courses will be run subject to sufficient numbers



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Term Dates 2010/2011

Term	Dates	Number of Weeks
Autumn Term 2010		
First Half:	Monday 6 September - Friday 22 October	7
Half Term:	Monday 25 October - Friday 29 October	
Second Half:	Monday 1 November - Friday 17 December	7
Spring Term 2011		
First Half:	Monday 10 January - Friday 18 February	6
Half Term:	Monday 21 February - Friday 25 February	
Second Half:	Monday 28 February - Friday 15 April	7
	Good Friday 22 April	
Summer Term 2011		
First Half:	Tuesday 3 May - Friday 27 May	4
Half Term:	Monday 30 May - Friday 3 June	
Second Half:	Monday 6 June - Friday 22 July	7
Autumn Term 2011	starts on Monday 5 September 2011	
<i>Other dates</i>		
Staff training day	<i>Thursday 2 September 2010</i>	
	<i>Friday 3 September 2010</i>	
	<i>Friday 7 January 2011</i>	
Open day	<i>Thursday 2 June 2011</i>	
Certificate day	<i>Wednesday 20 July 2011</i>	



ST JOSEPH'S PASTORAL CENTRE

working with people with learning difficulties



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