

Beds Garden Carers

Day Opportunities



A forward looking organisation that works with people - who have a learning disability. Giving life, work experiences and supporting people to learn, grow and develop.

Creating a society that values and includes every adult with a learning disability.

*We want to be like you, do the things you do and take for granted.
'Independent' living for us is still having someone to help us with such things as paying bills, doing the shopping, housework, reading letters.*

We are trying but some of us will never get there on our own.

We want to choose who we live with and where just like you can.

We want to go out to work like you but for most of us this will not happen.

*Not all of us can read and write - most of us will never drive a car.
Freedom of choice and the ability to make informed choice is not ours.*

*We want to have intimate relationships, maybe have children,
but very few of us will.*

We live next door to you but in a different world.

*We have been hidden in institutions for decades and now want
to be part of your society, just like you*



Beds Garden Carers, a company limited by guarantee, registered in England number 4327714.
Registered Office 1 Brereton Road, Bedford. MK40 1HU.

Contact Us.

If you wish to find out more information about the services that we provide, prices or have a taster day then please contact us.

Email: Sharon@bedsgardencarers.org.uk

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Beds Garden Carers.

Beds Garden Carers was set up in April 1997 originally as a garden maintenance project that offered work experience. It has since flourished into a project that offers a huge array of not only work experience but educational course/workshops and meaningful day services for adults with learning disabilities and challenging behaviour.

Beds Garden Carers offers a number of things in addition to our day-care, these include the following and more.

- A social club that is run on a Saturday's.
- Evening functions such as theme nights and quiz evenings.
- After school clubs and holiday clubs.
- Short breaks and holidays.

And more.

The staff and volunteer team have a wide range of experience, coming from many different walks of life and working backgrounds, this enable us to offer the project members as many different skills and opportunities as possible.

The project is constantly evolving to fulfil the needs of everyone that uses our services and as part of this suggestion and ideas are always welcome.

Day Care Opportunities.

Our aim is to give all adults with learning disabilities/challenging behaviour the opportunity to access fulfilling and meaningful day services. We aim to give each individual a sense of purpose and achievement, helping them to build their self-esteem whilst giving them the chance to discover and develop their own individual abilities.

The range that we offer is constantly evolving and expanding meaning that there is something for everyone and the opportunity to try new things.

Listed below is what we currently offer with a short introduction to each.

Gardening - We offer project members the opportunity to attain a wide range of skills, including: mowing, planting, pruning, hedge-cutting and all aspects of garden maintenance. When involved with garden design, construction skills such as fencing, turf laying and patio construction are also developed.

Furniture - We have a charity furniture shop which is open to the general public. This run by our project members with staff support. The people working within the shop gain experience working within retail, using tills, handling money, customer service experience, pricing and stock taking.

To compliment the furniture store we have a furniture workshop in which project members restore and mend furniture and build an array of bird and insect boxes, garden benches and garden furniture, giving them work experience and skills that are not on offer elsewhere.

Office and Admin - Working within our office at BGC project members get to experience working in a busy office, answering phones, booking appointments and dealing with money. The project members learn to develop employment and life skills as well as building self esteem, confidence levels and communication skills.

Fundraising - We offer project members the opportunity to join the BGC fundraising team, helping to brain storm and put into action fundraising ideas. People involved learn computer skills, letter writing, communication skills and event planning skills.

Independent Living Skills - This is a set of small courses that include group and individual work looking at what being independence means to them, set goals that are achievable for the individual. This will include completing projects, one of which we are currently looking at is a transport project, which is will result in members of the group undergoing bus or train training. We also look at and learn the skills that will enable the individual to become more independent these include house hold tasks, shopping and budgeting, personal hygiene and interpersonal relationships.

Healthy and Wellbeing - This course was set up to encourage and support the group and individuals to have a greater awareness of how they can look after and improve their Health and Wellbeing enabling them to take a more active part.

The course includes a vast range of subject areas including.

- Learning about foods for a healthy lifestyle, this includes growing our own fruit, vegetable and herbs at our own allotment, there are specially raised beds which enable less able to people to take part in growing and harvesting the produce.
- Cooking - how to plans menu's, shop, prepare and cook and balanced meals, snacks and drinks.

- Relationship courses - including looking at the different types of relationship we have, how to maintain and improve these, including sexual wellbeing.
- How to access health resources - this has included looking at the difficulties that the group has found when accessing resources such as GP's, how we can communicate with professionals.
- Fitness - encouraging the group and individuals to become active, this includes using the local facilities, Wii fitness.
- Mental Wellbeing - exploring how to maintain a good mental health, who can help in time of poor mental health, how to manage stress and other contributing factors.

Music and Drama - This is a place that people can be creative and express their individuality and increase their confidence whilst developing skills. We make up our own plays and acting out stories we already know. Within the singing time we have general sing along times and also we learn specific songs. Included in the music part of the work is dance and use of musical instruments. We have a wide range of instruments that we use to create our own music. Most of the work we do with in the drama and music is group work. We mix the groups up so every one gets a chance to work with different people and learn new things.

Arts and Crafts - The arts and crafts session offers a place for all people to express themselves freely in one form or another. There is something for everyone and every level of ability can easily be catered for. The group can work on individual craft projects, with a friend or as a group, this is all dependant on what they want to do. A lot of the ideas come directly from the group, some of the crafts that we have done recently include :-

- Sewing. Glass painting. Painting. Working with clay.
Pottery painting. Collage. Paper Mache.
Drawing. T-shirt making. Jewellery making. Seasonal work such as Christmas cards, gift tags, decorations, snow

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globes etc. Written stories and then picking the pictures to go with the stories, these were then bound.

A good arts or crafts session is always marked by the amount of mess we have made, a messy session is always fun. All of the art work within the building has been created by project members as BGC and is something that we are all very proud, in fact BGC is becoming a bit like an art gallery! We are having a potters wheel and kiln installed, which will add endless possibilities, and even more opportunity to get even more messy!!!

Saturday Club At BGC

BGC runs a Saturday Club, which is open to adults with learning disabilities. The idea for the club came about 6 years ago after talking with our project members about what they did at the weekends.

What we discovered from talking with them was that they were not getting the opportunity to access leisure facilities, spend time with their friends or meet new people. The Saturday Club was born in June 2004 and is ongoing.

- Staff have a minimum of 8 years experience of working with adults with learning disabilities and challenging behaviour
- Drinks and lunch provided when at base.
- Hire and use of BGC buildings, where we have our own comfortable rooms with wide screen TV, play station 2, Wii, DVD player, CD player, games, sofa's beanbags etc.
- Fully insured.

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- All staff and volunteers are CRB checked.



Day outing to Wicksteed

Park

Saturday Club is unable to provide transport to and from home, but does provide the transport for day trips.

Saturday Club runs for 5 hours, times dependant on activities being offered, times are stated on the rota, and we meet at the BGC building on 1 Brereton Road, Bedford. MK40 1HU

Activities that we currently offer: bowling, pub lunches, evening meals out to a restaurant, cinema, shopping, Wicksteed Park, bingo, crafts, trips to the seaside, Alton Towers, Chinese meals out and more including local activities such as the river festival..

Saturday Club charges a base rate of £12.50 per session any extras are stipulated on the rota.

Saturday Club produces a four week rota, which is given out to all people who are interested in attending. Pre booking is preferred so that food can be purchased and to ensure adequate staffing levels

All that is needed to join is an informal chat, and a copy of your personal details and a copy of up to date risk assessments for our insurance purposes.

Sarah & Steven riding the



carousel

Please remember that the club is open to everyone. For further information, to attend or be put on the monthly mailing list please call Zoe or Nick on 01234 352899 or 07795564675 or email zoe@bedsgardencarers.org.uk

Current rota can be found on the Diary Page of our website

Holidays with BGC

BGC has been offering holidays for over 8 years now. Holidays started as a result of the project members wanting to have a holiday with their friends, not necessarily with their parents or people that they lived with.

The project members often flood us with ideas where they would like to go, often surprising us with their out of the blue suggestions. Over the years we have been to far and wide,

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from Norfolk to Florida, Devon to Egypt, Horse riding to Cruising the Ocean Waves.

Our holidays are very competitively priced and always include staffing, insurance, travel and transport and are usually full board, therefore only requiring personal spending money.

We offer at least 4 different holidays each year, including a New Year holiday with often gives parents and carers a much needed rest. Holidays are always offered with payment plans which make paying easier. There is a holiday to suit even the smallest budget and everyone is welcome whether they are current project member or not.

What our project members say about their holidays.

"I went on a fabulous holiday to Northumbria. It was a very long journey it and we stopped off for lunch at a service station and later we had to stop at a supermarket for our weekly shop as it was a self catering holiday. We stayed in a converted old school house in the beautiful village of Frosterley. It was a big house and it was a very nice place to stay. I Went to Beamish museum Alnwick castle and did many other fabulous things while there I enjoyed my holiday very much. My friends and I had a fantastic time."

"My holiday to a castle in Devon with BGC.

When we got there we have a looked round the castle. It was a huge castle on top of a hill, I could see for miles around, there was a games room and a big trampoline outside. The lounge was big, one of the showers was an old phone box!!! There was another fatalistic lounge up stairs, and the on the top of the castle there was a lovely hot tub, which was really nice and warm. We when to Seaton and had fish and chips by the sea and to Lyme Regis, it was nice and we had fun on the beach. We went to the cinema to watch Harry Potter, it was Lucinda's birthday while we were away, and we had a big party and danced the night away."

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PERSONAL DETAILS.

Private and Confidential.

Full Name:

Address:

.....

Next of Kin:

Home Phone Number/Mobile Phone Number

.....

Emergency contact, Name and Number:

.....

.....

Date of Birth Age:

Allergies:

Medication?

Do you carry medication? Do you self administer

If not, please give full written instructions of how the medication
is to be given if you wish BGC staff to administer

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Please give details of Medical conditions, if any (e.g Epilepsy)

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2.

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Do you carry an Epi-Pen?

If so, what are you allergic to:

Special requirements, Dietary, Cultural or Religious?

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.....

Name of Doctor/Telephone Number:

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.....

Permission yes/no to the following:.....

Administer Analgesics, Plasters, Sun Tan Lotions, and take to
Accident and
Emergency if necessary.

Signed: Date:

Print Name

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