

Redbridge Day Services

RCHL Day Services
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“We believe the future for people with learning disabilities should be away from segregated day centres and building-based services towards being given support to participate in ordinary activities in the community.” Changing Days, Kings Fund Publication

We offer a new way of providing day services for people with a wide range of learning and physical disabilities. Activities are not based at a centre, but take place using local community facilities – this means there are a wider range of activities and a better opportunity to be integrated into community life.

The person-centred programme is varied and stimulating, with each person having an individual programme of activities arranged to meet their needs, abilities and desires. Some activities aim to increase independence skills whilst others are pure fun.

Depending on the activity and the degree of support needed, individuals can participate on their own, with an Activity Worker or as part of a group.

Activities

Our aim is to enable people with learning disabilities to lead full and purposeful lives in their communities and develop both leisure interests and new friendships. We also enable people to access facilities within the community whilst recognising their individual needs, choices, likes and dislikes.

RCHL Day Services have already built up a network of community-based activities, including:

- Art, crafts and pottery

- College
- Conservation
- Cookery
- Hydrotherapy
- Literacy
- Multi-sensory activities
- Music and drama
- Relaxation

As well as keep fit activities such as outdoor pursuits, swimming, trampolining, wheelchair dancing, exercise classes and horse riding. And social activities such as bowling, cinema, day trips, shopping and the theatre.

Supporting people

Our service operates out of Goodmayes House. From this base our staff arrange activities, set programmes and keep records. There are opportunities within the programme for people to meet together, and enjoy a time of relaxation and refreshment.

Activity Workers support individuals at all times and take responsibility for meeting personal care and dietary requirements. Minibuses are also available, and people are encouraged to make use of public transport and taxis.

People using our services are able to prepare drinks and snacks at our base or, alternatively, they may choose to eat out locally. The expense of all local activities and fees within the timetable are usually covered by RCHL.

Success stories

Bob attends two days a week, taking part in a wide range of activities with great enthusiasm. Bob says he likes coming because he's made lots of friends here and he likes pottery, which he's good at.

"RCHL not only provides Bob with an excellent service, it's the only service that he's received that looks after family too." Bob's mum

Aarif has a visual auditory disability and attends three days a week. He particularly enjoys hydrotherapy, sensory and outdoor activities.

"This project is better for Aarif, as he can swim regularly and is becoming more confident. He also has sensory sessions and is able to join in with music activities holding an instrument and feeling the vibrations. He is also sleeping better at night." Aarif's mum





Get in touch

Call us on: 0208 510 1666

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Email: dayservices@rchl.org.uk

Or write to:

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