



Adult Service

Nuneaton & Bedworth

# Service Planner 2019 - 2020



[tabw.org.uk](http://tabw.org.uk)





## **Our Mission**

Take-a-Break Warwickshire provides community-based short breaks for children and young adults who have a disability or life-threatening illness, and adults with a learning disability. This support enables people to live their lives to their full potential, gain skills and move towards independence with confidence.

## **Overview**

We aim to provide a wide range of group based activities focused on life skills, all within a safe, friendly and relaxed environment. Our Individual Support sessions provide an opportunity to explore individual interests and develop independence outside of the group activities.

Our customers are empowered to focus on their own goals and ambitions, and are supported by a staff team who are skilled and experienced in helping them to achieve this through extensive training and ongoing staff development.

## **Group Services-Nuneaton & Bedworth**

TABLO stands for '**Take A Break Life Opportunities**'.

TABLO is an exciting day service programme of group activities for our adult customers. In addition to the day programme we offer a range of evening, weekend groups and activities. TABLO day service can be accessed as a full day or as a separate am or pm session.

**If you need support understanding this booklet, please contact 02476 644 909.**

## **Who is the service for?**

Within our activities, we cater for adults with a wide range of disabilities aged 18-65 years, living within the Nuneaton & Bedworth Borough.

## **How do I access this service?**

We work in partnership with you, your family members and professionals so that we can work together towards meeting your planned outcomes. The service can be accessed using local authority allocated hours, using direct payments, a personal budget or by purchasing hours directly. All sessions must be booked in advance and availability will be dependant on customer numbers and staffing ratios.

Contact our Care Co-ordinators to discuss your service and complete a formal service contract. All costs will be discussed and detailed in your service contract.

## **Does TAB provide transport?**

Transport for group activities will not be offered to new referrals as transport is not part of our main service delivery. We will continue to provide a limited transport service for our existing customers. All transport will be charged for separately, and detailed in the customer service contract.

## **Charging**

Hours and funding arrangements will be formally agreed in a service contract. The service cost is currently £15.90 per hour for all services. All sessions must be booked in advance.

## **Cancellation Costs**

We require a minimum of 48 hours' notice to avoid any cancellation charge. If less than 48 hours' notice is given, then the full cost of the session will be chargeable.



## Adult Site Base

## Hatters Space Community Centre Upper Abbey Street, Nuneaton, CV11 5DN

This is our Nuneaton & Bedworth Hub for our day programme, evening and weekends groups.

The venue is centrally located and within walking distance to Nuneaton & Bedworth town centre and a number of public transport routes.

## TABLO Opening Days & Times

Our TABLO day programme operates Monday-Friday, 52 weeks per year. The site will be closed on all bank holidays and will offer a limited service over the Christmas and New Year period.

<b>Session 1</b>	10am-12pm
Lunch time	12pm-1pm
<b>Session 2</b>	1pm -3pm

## Lunch time arrangements

Our TABLO day includes different lunch time options. All customers are required to bring their own lunch, along with the option to take part in activities such as a weekly local pub lunch and regular fish & chip Friday. Full lunchtime details and additional costs will be available on site and discussed with customers on an individual basis.

## Timetable

A full timetable of activities is detailed within this booklet, alongside a description of the groups and activities available for the Adult day, evening and weekend programmes.

# TABLO Weekly Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
10am-12pm	Shop to Cook TAB Voice & Engagement	Well-being & Yoga Walking Group	Healthy Eating Sports & Games	Creative Crafts Training	Music Dancercise
12-1pm	Shop to Cook Lunch	Lunch Club & Chat	Local pub lunch- Walking	Lunch Club & Chat	Fish & Chip Friday
1-3pm	Everyday Life & Living Well Technology	Baking Horticulture & Gardening	Art Indoor Skittles	Baking Dance	Choir Horticulture & Gardening

All groups are based at Hatters Space Community Centre

For evening and weekend groups, see the separate Social Groups Service Schedule at the back of this booklet

# Shop to Cook - Ready for Lunch



## **Mondays, 10am-12pm**

Customers choose a simple meal to cook. They plan the meal, shop for ingredients, then cook and eat the meal together. We focus on budgeting, food preparation, menu planning, money skills, and kitchen safety. Customers will have the opportunity to eat this for lunch their lunch time meal.

# TAB Voice Engagement & Plan



## **Mondays, 10am-12pm**

This session gives our customers the opportunity to take the lead in their TABLO support. This encourages and empowers customers to express their opinions on things that are important to them. This group will have the opportunity to contribute to the TAB website, newsletters and social media.



## **Everyday Life & Living Well**

### **Mondays, 1-3pm**

Living Well encourages customers to explore every day life situations, scenarios and learn how to deal with them independently and safely. This session offers support with important life skills such as money skills, travel training and internet safety.

# Technology



## **Mondays, 1pm-3pm**

A chance for customers to get creative and work together as a team, sharing ideas and developing communication skills. Customers will build confidence and self-esteem, whilst being creative and developing skills.

# Well-being & Yoga



## **Tuesdays, 10am-12pm**

An opportunity to relax and meditate with a qualified yoga instructor followed by a gentle hand and foot massage. This group encourages individuals to think about keeping the body and mind healthy. We aim to promote confidence, self-esteem and independence.



## **Walking Group**

### **Tuesdays, 10am-12pm**

Walking group offers customers the chance to explore different local walks. Focusing on personal and road safety, fitness, route planning and getting to know the local community. It is a good opportunity to work on personal fitness.

# Baking



## Tuesday & Thursday, 1-3pm

Baking group focuses on traditional baking skills. It also supports customers to develop kitchen safety, food hygiene, and number skills through weighing ingredients. Needless to say, the cakes and treats always taste fabulous and can be taken home!

# Horticulture & Gardening



## Tuesday & Friday, 1-3pm

Our local allotment offers customers the opportunity to be part of a community group which works on cultivating and learning about horticultural skills in a practical setting. The group also has the opportunity to work on small outdoor projects within Take-a-Break.



# Healthy Eating

## Wednesdays, 10am-12pm

Healthy Eating group focuses on planning, preparing, cooking and eating a healthy, reasonably priced meal. The group will take into account any special dietary needs. It also involves food hygiene, preparation skills, portion control and budgeting skills in addition to basic cooking skills.



# Sports & Games



**Wednesdays, 10am-12pm**

A chance to get active and participate in a range of fun team games, including sports and traditional games, promoting keeping healthy and active in a small group. The group works together developing social skills, coordination, self-esteem and confidence.

# Art



**Wednesdays, 1-3pm**

An opportunity for customers to express themselves through sensory art activities, whilst contributing to projects within Take-a-Break groups. These include scenery and prop design for our drama productions.

# Skittles



**Wednesdays, 1-3pm**

This is the TAB in house skittles league. There are certificates for individual challenges and player improvement. The session offers a chance to develop hand to eye co-ordination and numerical skills.



# Creative Crafts

**Thursdays, 10am-12pm**

Creative craft offers opportunities to try new crafts and develop new skills. It focuses on fine motor skills and safety when using crafting materials.

# Training



**Thursdays, 10am-12pm**

These sessions are an opportunity for customers to access a range of supported eLearning, classroom based training and courses such as Food Hygiene, First Aid and many more. Customers will have the opportunity to plan their own learning programme.

# Dance



**Thursdays, 1-3pm**

Dance group focuses on choreographing and learning dance routines which are great for improving memory and flexibility. Customers can work on personal fitness whilst learning more about the art of dance.



## Music

**Fridays, 10am-12pm**

Music group offers a chance to learn about different types of music, whilst developing skills playing instruments and singing. The group will have the opportunity to take part in Take-a-Break Productions.

## Dancercise



**Fridays, 10am-12pm**

Keep fit using dance types such as Clubbercise and Zumba. Customers choreograph and learn their own routines while keeping fit at the same time.

## Choir



**Fridays, 1-3pm**

Choir encourages customers to choose, plan and sing both individually and collectively. Our choir plan their own showcases which they perform twice a year. A great group for developing confidence and performance skills.



## **Evening & Weekend Social Groups**

### **Site Based Groups - Hatters Space**

**MAC TABS Monday Night and Saturday afternoon  
FAB TABS Life Skills  
Women's Group and Men's Group**



### **Community Based Groups**

**MFA Bowling, Drama Group and Disco  
Additional costs and charges may apply**

# Social Groups Timetable

For weekday groups, see the separate TABLO Service Schedule at the front of the booklet

	Monday	Tuesday	Wednesday	Thursday	Friday
Evening	Mac Tabs	Drama Group	Women's Group Fab Tabs Life Skills Disco (Monthly)	Men's Group	Bowling Group

	Saturday	Sunday
Daytime	Saturday Mac Tabs	Sunday Activity Days (Monthly)

## Venue Key



**Hatters Space Community Centre**  
Upper Abbey Street, Nuneaton, CV11 5DN



**Griff & Coton Sports Club**  
Heath End Road, Nuneaton, CV10 7JQ



**MFA Bowling**  
Bermuda Park, St David's Way, Nuneaton, CV10 7SD

**Mondays** 7-9pm

Hatters Space  
Community Centre,  
Upper Abbey Street,  
Nuneaton, CV11 5DN

## Mac Tabs

Weekly



**2 hours**

Age 18+ years

Mac Tabs stands for Meet and chat. These sessions are planned with customers and are designed to give a sense of achievement as well as developing social and life skills. This session has a friendly relaxed atmosphere and provides a safe environment where customers can meet with friends and make new friendships.

**Tuesdays** 7-9pm

Griff & Coton Sports  
Club, Heath End Road,  
Nuneaton,  
CV10 7JQ

## Drama

Weekly



**2 hours**

Age 18+ years

Drama group enables customers to use their ideas and develop performance and confidence skills. We have now a costume team who focus on design skills and a stage crew who learn about the technical aspect of the shows as well as making scenery and props. The group take an active role in the managing and running of the performances.

**Wednesdays** 6-8pm

Hatters Space Community  
Centre, Upper Abbey  
Street, Nuneaton, CV11 5DN

## **Fab Tabs Life Skills - Transition Group**

Weekly



**2 hours**

**Age 16+ years**

Fab Tabs session activities are planned with customers to explore every day life situations and scenarios, learning how to deal with them independently and safely. This is done by taking part in fun activities in a safe and secure environment amongst friends.

**Wednesdays** 6-9pm

Hatters Space Community  
Centre, Upper Abbey  
Street, Nuneaton, CV11 5DN

## **Women's Group**

Weekly



**3 hours**

**Age 18+ years**

Women's group offers our ladies a chance to meet and develop new skills together.

The group planned activities include:  
Crafts, baking, personal safety and personal health issues and many more.

**Wednesdays** 7-10pm  
Griff & Coton Sports Club,  
Heath End Road,  
Nuneaton, CV10 7JQ

## Disco

Dance the night away with  
your friends.

Monthly



**3 hours**

**Age 18+ years**

Dates:

26th June 2019

31st July 2019

28th August 2019

25th September 2019

30th October 2019

27th November 2019

18th December 2019

29th January 2020

26th February 2020

25th March 2020

**Thursdays** 6-9pm  
Hatters Space Community  
Centre, Upper Abbey  
Street, Nuneaton, CV11 5DN

## Men's Group

Weekly



**3 hours**

**Age 18+ years**

Men's social group focuses  
on both physical and  
mental health, trying new  
activities in a relaxed  
environment with friends.  
The group also discuss  
health issues with a  
particular relevance to men.



**Fridays** 5.30-7.30pm

MFA Bowl, Bermuda Park,  
St David's Way, Nuneaton,  
CV10 7SD

## **Bowling Group**

Weekly



**2 hours**

**Age 18+ years**

Bowling group runs a bowling league with certificates for individual challenges and player improvement. It offers a chance to develop hand to eye co-ordination and numerical skills.

**Saturdays** 1pm-4pm

Hatters Space Community  
Centre, Upper Abbey  
Street, Nuneaton, CV11 5DN

## **Saturday Mac Tabs**

Weekly



**3 hours**

**Age 18+ years**

Mac Tabs stands for Meet and chat. These sessions are planned with customers and are designed to give a sense of achievement as well as developing social and life skills. This session has a friendly and relaxed atmosphere and provides a safe environment where customers can meet with friends and make new relationships.

# Sunday Activity Days

Hatters Space Community Centre,  
Upper Abbey Street, Nuneaton,  
CV11 5DN

**Monthly**  
**10am-4pm**



**6 hours**

**Dates**

**Age 18+ years**

14th July 2019	Riversley Park sports day
11th August 2019	Garden Party and afternoon tea
8th September 2019	Drayton Manor theme park *10am-6pm
13th October 2019	Halloween Party
10th November 2019	Come dine with me
8th December 2019	Birmingham Christmas market trip
12th January 2020	New Year, health & well-being day
9th February 2020	Animal roadshow
8th March 2020	Cadbury World trip

Activity days will run from Hatters Space Community Centre.

Transport for any off site activities may be provided using public transport, additional transport charges and activity costs will apply and must be paid in advance.

## Individual Support Service

A minimum booking of 2 hours is required

**Flexible Hours**

Individual Support sessions provide an opportunity to explore individual interests and develop independence outside of the group activities. These short activity-based sessions are planned in consultation with our customers and their families.

Individual sessions can be home based or within the customers local community. To access a session outside of the customers home, staff will support customers with the use of public transport or meet the customer at the activity venue. Additional transport requests will be considered on an individual basis and will be subject to additional charges.

Customer and staff activity costs, including the costs of transport are payable by the customer.

**Our current charge is £15.90 per hour.**

## Person Centred Support

We can provide specialist support to our customers following the full assessment and completion of detailed care planning. Our risk managers will complete full protocols and risk assessments, where required.

### Communication

Our staff use a range of specialist communication tools including, PECS, visual timetables, Makaton and a person centred approach.

### Personal Care

Our staff are trained to support customers with a range of personal care needs, including safer people handling with specialist equipment.

### Behaviour

All our staff are trained in Positive Behaviour Management and are skilled at preventing and resolving conflict.

### Health and Medication

Our staff are trained to support customers who have epilepsy and diabetes, and are fully trained and equipped to support customers with a range of mobility and health requirements. Our staff are fully trained to administer prescribed medication.

# we're hiring!

## Sessional Support Staff

- Community-based support
- Receive comprehensive and accredited training
- Operating in Warwickshire, Coventry, and Solihull



## Visit [tabw.org.uk](http://tabw.org.uk) to apply

### Head Office Address

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CV6 6BN

### Contact

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Published: April 2019

Registered Charity No: 1086774  
Company Guarantee No: 4075624

