

**April 2020**

# **Alternative Service Schedule**

**Children and Adult Services**



[tabw.org.uk](http://tabw.org.uk)  
[info@tabw.org.uk](mailto:info@tabw.org.uk)  
02476 644 909

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

**Nuneaton & Bedworth, South Warwickshire,  
Rugby, Coventry and Solihull**

# Alternative Service Plan

Following the closures of all planned building based support and direct support services, we have the following alternative service offer in place. Services have been implemented across the organisation, and covers Warwickshire, Coventry, Solihull.

## Building Based Support

Support for an individual customer to access a building based activity with sole use or in a small group

## TAB Virtual Support

**Safe and Well Calls - TAB Welfare Calls**

**Zoom Group Based Sessions/Activities**

**Individual Telephone and Video Support Sessions**

**Children's Services Virtual Schedule**

**Adult Service TABLO Virtual Schedule**



## Direct Support

**Individual Support-Home Based Support**

**Door Step Welfare Checks**

**One to One Direct Support with Physical Exercise**

**Essential Shopping/Medication Collection**

**TAB Activity Resource Packs**

## Contact Details:

Web: [tabw.org.uk](http://tabw.org.uk)  
Email: [info@tabw.org.uk](mailto:info@tabw.org.uk)  
Tel: 02476 644 909

Take A Break Warwickshire Ltd  
Phoenix House,  
343 Bedworth Road  
Longford  
Coventry  
CV6 6BN

Emergency On Call:  
07774 914 061

# Direct Face to Face Support Services



## Building Based Support

COVID-19 referral to access a specialist building based activity. To provide a safe environment and to reduce any potential transmission each site will operate on a sole use or small group basis. Due to the building space available we are able to reduce close contact and maintain safe 2 meter distance. Where safe and appropriate, the space allows customers to explore and access a safe environment and access activities independently.

To safely manage the setting a responsible person will be on the premises to prevent lone working and to provide any additional customer support if required, to maintain the routine hygiene and cleaning between sessions.

Families are not permitted to enter the building and customers will be met for arrival and collection at the entrance with staff prepared in full PPE. Sessions and activities are planned to meet the individual customers need, all equipment will be kept to a minimum and is cleaned between usage. The building has a planned cleaning hygiene schedule in place by TAB and the building management.

## Individual Support-Home Based Support

We are able to offer a range of home based support activities, depending on the individual customer need.

This support is available from an hour to a full day, and can be used to manage challenging behaviours, provide staff support with school work, and for parents to access hospital appointments and attend meetings. As part of the planned short break session, we are able to provide support with personal care and complete activities and resource packs.

We provide a range of fun and engaging activities that are individually planned with the customer to reflect individual choices, interests and needs. We are able to provide and take into the home a range of resources and equipment to support/provide the activity.

## Individual Support-Independent Living Customers

We are able to offer essential support in the customers own home to support customers to complete a range of home based tasks, including meal preparation, food checks, maintaining household hygiene and cleaning.

We support customers to maintain positive mental health and wellbeing through social contact with staff that are familiar and offer routine, reassurance and guidance on dealing with the current situation and by taking into the home a range of resources and equipment to complete set activities within the home environment.

## Door Step Welfare Checks

Our door step checks provide an opportunity to keep regular visual contact with a customer or family, providing support for customers or households that are shielding or choosing to shield from any direct contact. We offer contact with a familiar person to maintain customers social contact, positive mental health and wellbeing, giving routine, reassurance and guidance on dealing with the current situation.

Support staff will keep a minimum of 2-meter distance, by sitting at the customers garden gate or path, or conversation/support through a window.

## One to One Direct Support with Physical Exercise

We create an individual plan to support our customers to complete their daily physical exercise. Sessions include walking or bike riding and accessing the customers local home-based community and open spaces.

Staff will be encouraged to maintain the 2-meter distancing when safe and appropriate and all staff and customers are issued with the COVID-19 Walking Card. Customers are not accessing play equipment in parks or communal areas.

## Essential Shopping/Medication

Our staff are able to provide direct support for customers to complete essential shopping or medication collection, or alternatively we can arrange for TAB staff to collect and deliver customers shopping and medication.

## TAB Activity Resource Packs

We are providing a range of individually themed and planned resource packs to meet customers needs. These packs are available to be downloaded or arrangements can be made to drop off at the customer's own home. The group or activity based resource packs are linked to our virtual activity programme and use the external Twinkl Programme and PECS system.

## Staff PPE Use and Guidance

All staff are trained and allocated full PPE for all care activities. Specialist and customer PPE is managed on an individual basis.

# Virtual Support Services



## Safe and Well Calls - TAB Welfare Calls

Care Co-ordinators and support workers will complete minimum weekly contact, either by telephone, email or text format. These calls operate over 7 days per week, including evenings and weekends to provide support at all times.

The contact is to check and review with the customer and their family how they are feeling and managing and if additional support is required. In addition to this we operate a 24 hour emergency on-call systems that customers and families can access-07774914061.

## Individual Telephone and Video Support Sessions

Our individually planned telephone or video session offers social contact or the opportunity to complete a planned fun and engaging activity that reflects individual choices, interests and needs. We are able to provide activity resources and equipment to support the session. The virtual session will be completed by the customer's usual and familiar staff member to maintain friendships, positive role models and keep the established social contact and links already in place.

We have a range of staff with specialist qualifications and skills that are able to support with targeted activities, such as qualified teachers who are able to offer support with home learning, setting projects or sport specialists able to provide physical activities and individual fitness plans.

## Zoom Group Based Sessions/Activities

All virtual group based sessions will be delivered using the Zoom Business Platform. All customers will access the group by invitation only and the session and Zoom platform will be managed by TAB. Customers will be required to pre book into sessions and will be fully supported to access the Zoom group and will be issued with an information sheet to help prepare them for the session where required.

TAB will run activities as planned on the schedules below:

## TABLO Virtual Schedule

The TABLO plan runs over 7 days a week and offers daytime, evening and weekend sessions.

The plan offers a mix of :

- Group based Zoom activities
- Pre recorded video activities
- Well being resource packs

## Children's Services Virtual Schedule

The Children's Service plan runs over 7 days a week and offers daytime, evening and weekend sessions.

The plan offers a mix of :

- Group based Zoom activities
- Pre recorded video activities
- Well Being Resource Packs

## Social Media and On Line Services and Activities

Our customers will be invited to join our TAB closed customer Facebook page. This will provide the opportunity to share:

- Messages from staff teams, to keep in contact and remind people to stay safe and well
- Provide an interactive place for customers to send in activities completed and update on own news and ideas
- Regular upload of TAB staff content, that includes short stories, songs, activities and games
- Provide links to other available resources and activities

Our customer Zoom sessions will provide the opportunity for:

- One to one individual telephone and video sessions
- Group based telephone and video sessions -for our existing group customers to maintain friendships and regular contact
- Group based activities and Virtual TABLO and Virtual Saturday Groups

# TABLO Adult Service Virtual Weekly Timetable

<b>Monday</b>	<b>Cook Along Healthy Eating</b> 11am Pre recorded video session with Sian Keep working on those important healthy eating recipes and support with kitchen basics.	<b>Zoom Voice &amp; Engagement</b> 1pm Rugby with Katie 2pm N&B with Karen
<b>Tuesday</b>	<b>Yoga</b> 11am Pre recorded video session with Lisa from Sole to Sole yoga - our professional Yoga instructor. Work on keeping active and improving your mindfulness.	<b>Zoom Drama with Karen M</b> 7pm via Zoom invite to continue working on our planned group performances and working on our own self awareness and expression.
<b>Wednesday</b>	<b>Challenge Day</b> 11am Pre recorded video session with with a new set challenge each week to try out and share on TAB Facebook page.	<b>Creative Art &amp; Crafts</b> 2pm on Pre recorded video. Crafting using household items, recycling and sharing projects. <b>Rugby Zoom MAC TABS 7pm</b>
<b>Thursday</b>	<b>Zoom Lunch Club</b> 12-1pm N&B and Rugby with Karen and Katie via Zoom invite, meet up with friends for a lunch and chat in a supportive environment, keeping well.	<b>Music &amp; Choir</b> 2pm Pre recorded video session with Alex to get creative and explore music & prepare for our choir performances.
<b>Friday</b>	<b>Wellbeing Pack</b> 11am upload of a weekly wellbeing activity resource pack, download a different themed pack each week from the TAB Facebook page.	<b>Zoom Disco/Karaoke</b> Monthly Zoom session 7pm, join in with Karen, Katie and Alex for a disco and sing along karaoke from your own home.
<b>Saturday</b>	<b>Zoom N&amp;B MAC TABS</b> 11am Our Zoom on line meet and chat session, to keep up with friendships and those important social interactions.	<b>Quiz Time</b> 6pm Pre recorded video session, with Sian a weekly themed set quiz with our resident quiz master.
<b>Sunday</b>	<b>Cook Along Baking</b> 11am Pre recorded video session with Helen to cook up some tasty treats to share at home. Planned recipes so you can stock up on essential items.	<b>Zoom N&amp;B-RUGBY Reflection &amp; Mindfulness</b> 6pm via Zoom invite with a chance for everyone to take part in our wellbeing session.

## TAB CUSTOMER COMMUNITY FACEBOOK

On line videos and activities will be uploaded to our TAB Customer Community Facebook each day and can be accessed by requesting to join from the Facebook page. Activity and session lengths will be varied depending on the activity and will be available to access at any time.












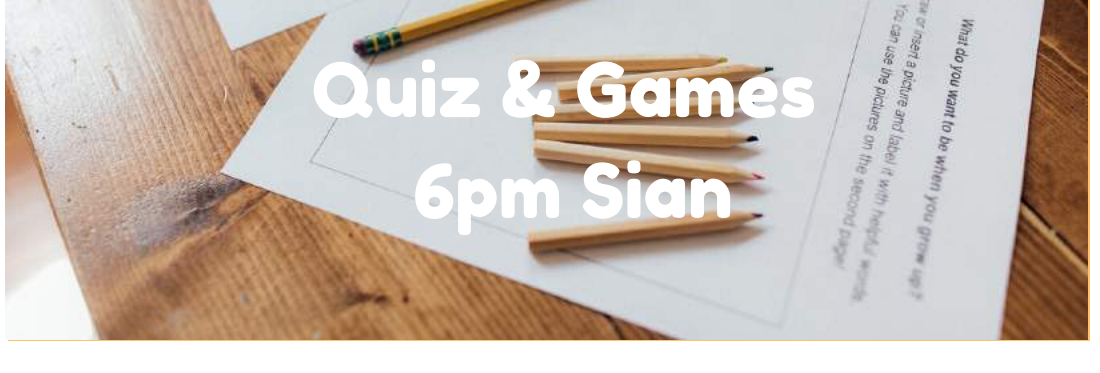


## Zoom Log in details - What do you need to know

Our Group Zoom sessions will be planned in advance and scheduled on a weekly basis. Sessions will last for 1 hour. Everyone's safety is important, therefore we will share log in details by invitation only and all sessions will be recorded, ran or monitored by a TAB group leader.

If you would like to access a live Zoom Group, please contact [communications@tabw.org.uk](mailto:communications@tabw.org.uk) or your allocated care co-ordinator to request a password and joining instructions.



# TABLO Adult Service Virtual Weekly Timetable

<b>Monday</b>	 <p><b>Cook Along Healthy Eating</b> 11am Sian H</p>	 <p><b>Voice &amp; Engagement</b> 2pm Karen</p>
<b>Tuesday</b>	 <p><b>Yoga 11am Lisa</b></p>	 <p><b>Drama</b> 7pm Karen</p>
<b>Wednesday</b>	 <p><b>Challenge Day</b> 11am</p>	 <p><b>Creative Crafts</b> 2pm Alex</p>
<b>Thursday</b>	 <p><b>Zoom Lunch Club</b> 12-1pm</p>	 <p><b>Music &amp; Choir</b> 2pm Alex</p>
<b>Friday</b>	 <p><b>Wellbeing Pack 11am</b></p>	 <p><b>Disco/Karaoke Monthly</b> 7pm Karen &amp; Alex</p>
<b>Saturday</b>	 <p><b>MAC TABS</b> 11am Bob</p>	 <p><b>Quiz &amp; Games</b> 6pm Sian</p>
<b>Sunday</b>	 <p><b>Cook Along Baking 11am</b></p>	 <p><b>6pm Reflection &amp; Mindfulness</b></p>

**All virtual groups on Zoom or on line videos will last between 45 minutes and 1 hour.**

**Everyone's safety is important, therefore we will only share log in details on an invitation basis only. All sessions will be recorded and ran or monitored by a TAB group leader.**

## **Zoom Log in details - What do you need to know**

**Our group Zoom sessions will be planned in advance and scheduled on a weekly basis. Sessions will last for 1 hour. Everyone's safety is important, therefore we will share log in details by invitation only and all sessions will be recorded, ran or monitored by a TAB group leader.**

**If you would like to access a live Zoom Group, please contact [communications@tabw.org.uk](mailto:communications@tabw.org.uk) or your allocated care co-ordinator to request a password and joining instructions.**



# Children's Service Virtual Zoom Groups

Our Zoom virtual groups provide an opportunity for our customers to maintain contact with their established friendship groups and regular staff team.

The virtual groups are a new way of keeping in touch and the range of activities will reflect the group members needs, interests and abilities. These sessions will focus on maintaining those important social interactions, and having fun in safe way.

Each service area will have a separate virtual Zoom session, with their regular site leader and staff team leading the activities.

## Zoom Session 1 Meet and Chat

## Zoom Session 2 Virtual Saturday Clubs

## Zoom Session 3 Reflection & Mindfulness

Sessions will run in the following areas:

### Area: Nuneaton & Bedworth

Leader: Tierney Hornsby

- 1.Meet & Chat Tuesday 6.00pm Group 1 & Tuesday 7.00pm Group 2
- 2.Virtual Saturday Club 11.00am
- 3.Reflection & Mindfulness Thursday 4.00pm

### Area: Coventry

Leader: Chloe Arthur

- 1.Meet & Chat Monday 6.00pm
- 2.Virtual Saturday Club 11.00am
3. Reflection & Mindfulness Thursday 4.00pm

### Area: Rugby

Leader: Kaylee McHale

- 1.Meet & Chat Monday 6.00pm
- 2.Virtual Saturday Club 11.00am
3. Reflection & Mindfulness Thursday 4.00pm

### Area: South Warwickshire

Leader: Rachel Sweet

- 1.Meet & Chat Monday 6.00pm
- 2.Virtual Saturday Club 11.00am
3. Reflection & Mindfulness Thursday 4.00pm

### Area: Solihull

Leader: Starr Smith

- 1.Meet & Chat Monday 6.00pm Primary & 7.00pm Secondary
- 2.Virtual Saturday Club 11.00am
3. Reflection & Mindfulness Thursday 4.00pm



# Children's Service Virtual Weekly Timetable

<b>Monday</b>	<b>Sensory &amp; Messy Play</b> 11am pre recorded video session with lots of ideas of how to make your own sensory and messy play at home.	<b>Zoom Sessions Meet and Chat</b> Coventry, South Warwickshire, Solihull & Rugby. See separate area plan for times
<b>Tuesday</b>	<b>Yoga</b> 11am pre recorded video session with Lisa from Sole to Sole yoga our professional Yoga instructor. Work on keeping active and your mindfulness.	<b>Music &amp; Movement</b> 6.00pm pre recorded video with a hands on music and movement session with singing and signing. N&B Zoom Session Meet and Chat
<b>Wednesday</b>	<b>Challenge Day</b> 11am pre recorded video session with a new set challenge each week to try out and share on TAB Facebook page.	<b>Creative Art &amp; Crafts</b> 2pm on pre recorded video Work on crafting using household items, recycling and sharing ideas and projects.
<b>Thursday</b>	<b>Walking Activities</b> 11am Up load of weekly walking activities resource pack. Lots of different things to do any try each week.	<b>Zoom Reflection &amp; Mindfulness</b> See separate area plans for times
<b>Friday</b>	<b>Wellbeing Pack</b> 11am up load of a weekly wellbeing resource pack, download a different themed pack each week from the TAB Facebook page.	<b>Quiz &amp; Games</b> 6pm pre recorded video session, with weekly themed set quiz with our resident quiz master.
<b>Saturday</b>	<b>Zoom Virtual Saturday Club</b> Our Zoom on line meet and chat session, to keep up with friendships and those important social interactions, have fun, chill out and relax. See separate area plan for times	
<b>Sunday</b>	<b>Cook Along Baking</b> 11am pre recorded video session with to keep working on those important healthy eating recipes and support with kitchen basics.	<b>Story Time</b> 6pm on pre recorded video of some of your classic book and stories. Sit back, listen, relax or why not join in the movements.

All virtual groups on Zoom or on line videos will last between 45 minutes and 1 hour.

Everyone's safety is important, therefore we will only share log in details on an invitation basis only. All sessions will be recorded and ran or monitored by a TAB group leader.

## Zoom Log in details - What do you need to know















Our Group Zoom sessions will be planned in advance and scheduled on a weekly basis. Sessions will last for 1 hour. Everyone's safety is important, therefore we will share log in details by invitation only and all sessions will be recorded, ran or monitored by a TAB group leader.

If you would like to access a live Zoom Group, please contact [communications@tabw.org.uk](mailto:communications@tabw.org.uk) or your allocated care co-ordinator to request a password and joining instructions.





# Children's Service Virtual Weekly Timetable

Monday	 <p><b>Sensory and Messy Play 11am</b></p>	 <p><b>Meet and Chat 6pm</b></p>
Tuesday	 <p><b>Yoga 11am</b></p>	 <p><b>Music &amp; Movement 6pm</b></p>
Wednesday	 <p><b>Challenge Day 11am</b></p>	 <p><b>Creative Art &amp; Crafts 2pm</b></p>
Thursday	 <p><b>Walking Activities 2pm</b></p>	 <p><b>4pm Reflection &amp; Mindfulness</b></p>
Friday	 <p><b>Wellbeing Pack 11am</b></p>	 <p><b>Quiz &amp; Games 6pm</b></p>
Saturday	 <p><b>Virtual Saturday Clubs 11am</b></p> 	
Sunday	 <p><b>Cook Along Baking 11am</b></p>	 <p><b>Story Time 6pm</b></p>

**All virtual groups on Zoom or on line videos will last between 45 minutes and 1 hour.**

**Everyone's safety is important, therefore we will only share log in details on an invitation basis only. All sessions will be recorded and ran or monitored by a TAB group leader.**

## **Zoom Log in details - What do you need to know**

**Our Group Zoom sessions will be planned in advance and scheduled on a weekly basis. Sessions will last for 1 hour. Everyone's safety is important, therefore we will share log in details by invitation only and all sessions will be recorded, ran or monitored by a TAB group leader.**

**If you would like to access a live Zoom Group, please contact [communications@tabw.org.uk](mailto:communications@tabw.org.uk) or your allocated care co-ordinator to request a password and joining instructions.**

