

Day Opportunities

Strode Park Foundation - Caring since 1946

Registered Charity No. 227794

**Strode Park
Foundation**

Caring since 1946

Our vibrant and friendly Day Opportunities Team are on hand to ensure everybody gets the maximum benefit from their day with us. All programmes are tailored specifically to meet individual needs and include a two-course lunch, wide range of activities and the opportunity to make new friends.

For more information, to discuss your requirements, to make a referral or you're your free taster session please call 01227 373292 or email clare.thomas@strodepark.org.uk

**FREE taster
sessions**

Booking is
essential

Strode Day Opportunities

The R.I.S.E. Hub is a bright, spacious room with a warm and friendly environment. It is an ideal place to make new friends and take part in an interesting range of activities. We also use the Green Room and Porter Club House/Sensory Room which is a quieter space.

A two course meal is provided and refreshments are available throughout the day

Activities include

- Arts and crafts
- Celebrating festivals
- Clay modelling
- Communication groups
- Computers
- Cookery
- Discussion groups
- Gardening
- Music
- Nature Walks
- Photography
- Poetry
- Relaxation Groups
- Sailing
- Sewing
- Sports/exercise
- Woodwork
- Yoga

The timetable is based on each individuals desires, goals, targets and ideas and this is reviewed regularly.



Sessions we offer

Sensory Enrichment

This is designed for young adults with disabilities who face barriers in accessing the world around them. We offer a range of activities and opportunities to broaden sensory physical and communication experiences including:

- Rhythm & Sound Therapy
- Hydrotherapy
- Sensory therapy with magic carpet interactive equipment
- Out and Active
- Cooking
- Massage
- Story time
- Art and crafts

Our facilities include superbly equipped hydrotherapy pool, therapy suite, sensory room, spacious activities room and fully equipped changing and toilet facilities.

Working towards independence

This programme is run by our Lifestyle Academy for Independence.

Here students can embark on an exciting new journey towards a more independent life. We will help to increase life skills through our Asdan training programme, undertake work experience and we will show students how to access the community around them.

Our facilities include computer suite, training kitchen, hydropool, drama room, sensory room and large spacious activities room.



Therapy Suite

Health funded clients may have access to the therapy suite. Or it can be paid for privately. It is a fully equipped suite with large physiotherapy area, two consulting rooms for Occupational Therapy and Speech and Language Therapy, adapted kitchen and bathroom.

Transport

Transport is available to and from the day centre at an extra cost. The areas covered are Canterbury, Herne Bay, Whitstable and Thanet

Celebration Day

Each year we hold a celebration day which celebrates the achievements of every single client. We hold the event in our outdoor amphitheatre and is a day looked forward to by many

Work experience

We are an accredited ASDAN Centre and our clients are encouraged to do work experience and are working towards a retail qualification and as part of this do work experience in our charity shops.

