



Dudley Life Skills Activity Session Programme

Our sessions have been designed to assist clients to adjust to life changes, increase independence, re-learn life skills, improve cognitive skills, benefit from peer support, improve social skills and reintegrate into the community. We are adopting an Occupational Performance approach, strengthening the focus across all our sessions on skills for daily living. Within all sessions there are supervised breaks for the groups to take refreshments and structured opportunities for socialising and peer to peer support.

In our structured sessions, clients are supported and encouraged to achieve goals; progress is regularly assessed and monitored. Each client has an allocated key worker who meets regularly with the client to discuss progress and address issues which may affect wellbeing or inhibit learning.

Monday AM	9.30 – 12.30	Creative Art	<ul style="list-style-type: none"> • Drawing, painting and modelling to aid communication and self-expression • Expression of feelings through art as a media • Creative thinking • Holistic approach to rehabilitation • Social interaction 	<ul style="list-style-type: none"> • To improve self-awareness by safe exploration and control of feelings. • Motor planning, fine and gross motor control, co-ordination, sensory integration. • To improve communication and thinking skills • To encourage relaxation and the development of patience • To build confidence and self-esteem using process to achieve an end product. • To socialise appropriately
Monday AM	9.30 – 12.30	Computer Skills	<ul style="list-style-type: none"> • Supported learning in the use of computers • Individual learning programmes for all levels and abilities • Assisting clients in their use of personal IT based devices (mobile phones, tablets etc.) • Encouraging the development of independent learning and discovery • Social interaction 	<ul style="list-style-type: none"> • To develop computer skills • To improve cognitive skills including attention and memory • To improve fine motor skills, co-ordination and visual processing • To enable safe access to social networking sites and learn about opportunities for personal development in the community • To improve interpersonal and communication skills
Monday PM	12.30 – 15.30	Cognitive and Life Skills	<ul style="list-style-type: none"> • Mentally stimulating activities to improve thinking skills • Supporting clients in the use of compensatory strategies • Education about the skills and management of their brain injury • Supporting clients to manage and cope with their difficulties • Social interaction 	<ul style="list-style-type: none"> • To improve cognitive skills and aid clients in the use of appropriate strategies to aid day to day functioning • To improve clients' understanding of brain injury and address individual difficulties • To assist clients to adjust to life changes • To assist clients to make and maintain progress to reduce reliance on other services • To socialise appropriately

Tuesday AM (ACCN)	9.30– 12.30	Creative Expression	<ul style="list-style-type: none"> • High level of support in small groups for clients with poor or non-verbal communication skills to find expression through art and craft based activities • One to one support for clients with physical difficulties • Quiet reassuring environment • Social interaction 	<ul style="list-style-type: none"> • To develop communication skills and enable clients to express themselves • To improve attention skills • To improve co-ordination and manual dexterity • To encourage creative thinking • To socialise appropriately
Tuesday AM	9.30 – 12.30	Creative multimedia group. (IT based).	<ul style="list-style-type: none"> • Encouraged co-operative learning and interactions to encourage creativity in a supported environment. • Group directed activities to encourage planning and specific skill acquisition. • Wide range of media to suit group aims. • To increase confidence in activities. 	<ul style="list-style-type: none"> • To assist with planning and social interaction skills. • To develop communication skills. • To assist with gaining team work. • To explore self-expression. • To achieve personalized goals. • Encourage fine motor control activities.
Tuesday PM (ACCN)	12.30 – 15.30	Interactive Music Group	<ul style="list-style-type: none"> • Therapeutic music and sound programmes to aid physical, sensory and cognitive skills • Enjoyable activities to enhance emotional wellbeing and increase confidence • Social interaction 	<ul style="list-style-type: none"> • To reduce tension and anxiety • To explore self-expression through music • To improve social interaction, communication and sensory processing • To improve insight and motivation • To improve speaking and listening skills • To build confidence and self esteem
Tuesday PM	12.30 – 15.30	Daily Living Skills	<ul style="list-style-type: none"> • Planning, preparation, and execution of daily living skills. • Practicing practical day to day tasks relating to cooking, shopping, finances, safety and self-care. • Group activities and individualised goals. • Social interaction 	<ul style="list-style-type: none"> • To improve or maintain domestic, personal and other activities of daily living. • To increase opportunities for planning, self-awareness, self-organisation. • To encourage independence and confidence within tasks. • To enable and enhance existing skill sets. • To encourage collaboration and communication with others.
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				<ul style="list-style-type: none"> • To build confidence and self-esteem by production of process and end product. • To improve social interaction and communication
Wednesday PM	12.30 – 15.30	Strategies in I.T.	<ul style="list-style-type: none"> • Enable safe use of IT to aid daily living skills, e.g mobile phones, tablets etc. • Assist in using IT to communicate e.g to explore forms of self-expression. • Using online information for day to day activities and hobbies. • Identify relevant strategies to aid cognition. 	<ul style="list-style-type: none"> • To develop understanding and skills in Information technology to aid independence. • To assist with compensatory strategies around cognition. • To assist with communication and interaction skills. • To assist with development of control and coordination. • To encourage social integration.
Thursday AM (ACCN)	9.30 – 12.30	Social Interaction	<ul style="list-style-type: none"> • Themed project work to improve social skills, interpersonal skills and communication • Activities designed to give cognitive press to improve and maintain skills such as memory, attention and information processing • Social interaction and communication skills, assertiveness, negotiation, compromise, relationship development. 	<ul style="list-style-type: none"> • To assist community re-integration, role opportunities and development of daily living skills • To encourage awareness and consideration for the needs of others • To build confidence and self esteem • To improve social interaction, interpersonal skills and communication
Thursday AM	9.30- 12.30	Communication Support	<ul style="list-style-type: none"> • To enable increased knowledge and strategies around communication of all types. • Identifying and increasing skills in different modes of communication. e.g. facial gestures, non-verbal communication, reading and writing, art, speech, music etc. • Experiment with strategies that increase confidence when communicating. • Use of strategies around adapting the environment and increasing confidence with directing those trying to understand. • Including carers on information given and practice strategies with clients. 	<ul style="list-style-type: none"> • Increasing abilities to communicate effectively and confidently with others. • To increase knowledge and understanding of those caring for clients with communication difficulties. • Increasing ability to guide others to use strategies/ tools to enable better communication.
Thursday PM (ACCN)	12.30 – 15.30	Cognitive and Life Skills	<ul style="list-style-type: none"> • Mentally stimulating activities to improve thinking skills • Supporting clients in the use of compensatory strategies • Education about the skills and management of their brain injury • Supporting clients to manage and cope with their difficulties • Social interaction 	<ul style="list-style-type: none"> • To improve cognitive skills and aid clients in the use of appropriate strategies to aid day to day functioning • To improve clients' understanding of brain injury and address individual difficulties • To assist clients to adjust to life changes • To assist clients to make and maintain progress to reduce reliance on other services • To socialise appropriately
Thursday PM	12.30 – 15.30	Practical Skills	<ul style="list-style-type: none"> • Planning, preparation, and execution of small projects • Using practical activities to target core areas in cognition and motor control. • Group activities and individualised goals. 	<ul style="list-style-type: none"> • To improve skills base around practical based skills • To increase opportunities for planning, self-awareness, self-organisation. • To encourage independence and confidence within tasks. • To enable and enhance existing skill sets. • To encourage collaboration and communication with others. •

***Friday	9.30 – 14.30	Social and Recreational Day	<ul style="list-style-type: none"> • Opportunity to socialise in a supportive and understanding environment • Choice of client lead activities • Social interaction and communication 	<ul style="list-style-type: none"> • To facilitate social interaction • To encourage clients to exercise choice • To encourage peer support • To build confidence and self esteem
Friday	9.30-12.30	Healthy Living Group	<ul style="list-style-type: none"> • Education and practical skills around well-being and healthy lifestyle choices • Practicing, practical day to day tasks that contribute to physical and emotional health and wellbeing. • Group activities and individualised goals. 	<ul style="list-style-type: none"> • To improve or maintain well-being and self-management skills in relation to an ABI condition. • To increase opportunities for planning, self-awareness, self-organisation and self-management. • To encourage informed healthy choices around lifestyle decisions, e.g. diet, exercise/rest balance. • To encourage collaboration and communication with others and increased integration with local community. • ABI education and support.
Friday	12.30 – 3.30	New Horizons	<ul style="list-style-type: none"> • To enable increased knowledge and strategies around planning structure to routines. • Identifying and increasing skills in communicating with others and identifying skill base to use for potential hobbies or vocational type roles. • Identifying forms of support in local community to increase skill base and links for increasing healthy support networks. 	<ul style="list-style-type: none"> • To improve daily routines and maintain and form new roles. • To increase practical vocational and work related skills, e.g how to make a good impression, identify skill base, CV writing, role play scenarios. • Increasing ability to identify opportunities for links in local community. • Raise awareness of how to access support, e.g. CAB, DEA etc.

Charges are as follows:

Monday to Friday – per session-

£41.52 (for three hours) (unsupported)

£26.55 (for three hours) (supported by a paid carer)

*****Fridays Social Recreation day only**

(minimum purchase of 1 hour)

£13.84 per hour (unsupported)

£8.85 per hour (supported by a paid carer)

Address of ACCN:

African Caribbean Community Network

Abberley Street, Dudley

DY2 8QY