



**What we can offer you**

**Adult Day Services**

# Link-Up Work Skills Project



learning about life...



**We'd like to introduce you to our work skills project "Link-Up", which has been going strong since 1995.**

At Link-Up we produce real work for real customers. For our trainees, this translates into real satisfaction. We keep them busy, all day, learning, picking up new skills, gaining independence.

**Call and make an appointment today  
or ask for our full information pack.**



...in a real world

They are assessed across a broad variety of skills and activities, including making the morning and afternoon drinks, cleaning and tidying, and develop a portfolio of evidence as a record of all their achievements.

**All trainees receive a therapeutic subsistence allowance, which is currently £4 per day.**



☎ 01635 778120 ✉ [ads@wbmencap.org](mailto:ads@wbmencap.org)

**[www.wbmencap.org](http://www.wbmencap.org)**

The Slater Centre, Unit E, Hambridge Road Industrial Estate,  
Newbury, Berkshire, RG14 5SS



**We provide a wide range of guidance and support to help each trainee reach his or her full potential.**

## **Project Aims**

- To develop individual basic skills.
- To prepare trainees for work in the community.
- To teach underpinning skills and knowledge needed for work.
- To develop an awareness of responsibility in a work situation.
- To maximise independence.



**Call and make an appointment today  
or ask for our full information pack.**



## Basic Skills

- Reading, writing and other strategies for communication.
- Training plans to develop and improve own learning.
- Counting, money handling and form filling.
- Time keeping.
- Information Technology.
- Health and Safety.



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# Attendance

- 9.30am to 3.00pm
- All year except for Bank Holidays, training days and one week over Christmas

# Communication

- Customer contact and liaison.
- Marketing.
- Interaction with others / team building.
- Equal opportunities and individual rights.
- Group discussions.
- Interviewing techniques.
- Reception duties.
- Study room.



**Call and make an appointment today  
or ask for our full information pack.**



**COME ALONG AND VISIT US, MEET THE  
STAFF, SEE WHAT WE'RE UP TO.  
WE GUARANTEE YOU WILL BE INSPIRED.**

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West  
Berkshire  
Mencap

Therapeutic Gardening Project

# Mulberry Garden







**We provide a wide range of guidance and support to help each trainee reach his or her full potential.**

## **Project Aims**

- To develop individual basic skills
- To prepare trainees for work in horticulture
- To teach underpinning skills and knowledge needed for work
- To develop an awareness of responsibility in a work situation
- To maximise independence

## **Communication**

- Interaction with others/team building
- Equal opportunities and individual rights
- Group discussions
- Chairing meetings
- Marketing

## **Basic Skills**

- Various strategies for communication
- Training plans to develop and improve own learning
- Form filling, counting, money handling
- Time keeping
- Health and Safety

## **Attendance**

- 9.30 am to 2.30 pm all year except for Bank Holidays, training days and one week over Christmas





## Make life interesting.

We'd like to introduce you to our work skills project Mulberry Garden. Our trainees are kept busy. All day. They learn something new. Every day. As they make things grow, so do they. The work they do is therapeutic in so many ways: sensory, social, interactive, a sense of self, of responsibility, as well as learning new skills and doing real work...

**This is a small project. Although we are expanding in numbers, we intend to keep the small group ethos...**



Each trainee has an individual learning programme of practical gardening and greenhouse based activities, as well as the day-to-day responsibility of keeping the building tidy and workplace running smoothly. They are assessed for all practical activities, including making the morning and afternoon drinks, cleaning and tidying, and develop a portfolio of evidence as a record of all their achievements.

**Get in touch to find out more  
Arrange a visit and a free taster  
session.**





Come along and visit the Project. Meet the staff. See what we're up to, then make up your mind. We guarantee you will be inspired. Call and make an appointment today or ask for our full information pack...

**Mulberry Garden**  
Enborne Gate, Enborne Road,  
Newbury RG14 6AT

☎ 07501 877360 ✉ [ads@wbmencap.org](mailto:ads@wbmencap.org)

**[www.wbmencap.org](http://www.wbmencap.org)**

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# Leisure Plus

MONDAY



## Cookery

**10-12 and then 1-3pm**

The Slater Centre, Unit E,  
Hambridge Road  
Industrial Estate,  
Newbury

TUESDAY



## Fun Club

**10-2pm**

The Slater Centre, Unit E,  
Hambridge Road  
Industrial Estate,  
Newbury

## What is Leisure Plus?

West Berkshire Mencap Leisure Plus scheme provides people with learning disabilities over the age of 18 with the opportunity to participate in life skills and leisure activities with their peers.



**West  
Berkshire  
Mencap**

**TUESDAY**



## **Drama**

**3.30-5pm**

The Slater Centre, Unit E,  
Hambridge Road  
Industrial Estate,  
Newbury

**WEDNESDAY**



## **Cookery**

**10-12 and then 1-3pm**

The Slater Centre, Unit E,  
Hambridge Road  
Industrial Estate,  
Newbury

**For more information, to give us ideas  
of new activities or to book a place on  
current activities please contact us**

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West  
Berkshire  
Mencap

# Friendship Skills Group



**Project Aims:** Raising awareness of learning disabilities and promoting and developing skills for social inclusion. Building a better & independent future for people with a learning disability.



# The course runs throughout the year

- Help the students to develop and build friendships within the group.
- Working with the students define group's rules & behaviours.
- Developing learning goals.
- Students achievement files record of their achievements & success.
- Safety in the community and safe havens.
- Healthy eating & life style.
- Working with strangers.
- First Aid for beginners.
- Developing money skills.
- Developing Self Esteem.
- Wellbeing & Personal Care.
- Planning and organising community activities.
- Literacy skills and development.
- Park Bench, communication skills & stranger awareness.
- Fun with Computers.
- Relationships.
- Drama.

## Syllabus





## Our Vision

To deliver a development programme making a positive difference to the lives of people with a learning disability in a fun inclusive environment. To equip people with a learning disability with social and life skills promoting social inclusion, equality and understanding between those with a learning disability and the public.

Through the delivery of a range of purpose built training and awareness programs supported by highly trained staff and guest speakers who are expert in their field, our aim is that people with learning disabilities are as independent as possible, connect with their local communities and develop a social network.

**We meet every Wednesday from  
12 o'clock to 3pm at the**

**Link Up, The Slater Centre**

Unit E, Hambridge Road Industrial Estate, Newbury, Berkshire, RG14 5SS

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# Mission statement

- Adopting a person centred approach, listening to people's needs and treating everyone with dignity and respect.
- Empowering people with a learning disability to live as independently as possible.
- Ensuring our team of staff and volunteers are supported, highly motivated, trained and involved in decision making.
- Being a source of information and support for people with a learning disability and their families and carers.
- Supporting our students to be involved in the local community & build social networks
- Value, appreciate, and Listen to the needs of our students
- Our aim is to making Learning Fun



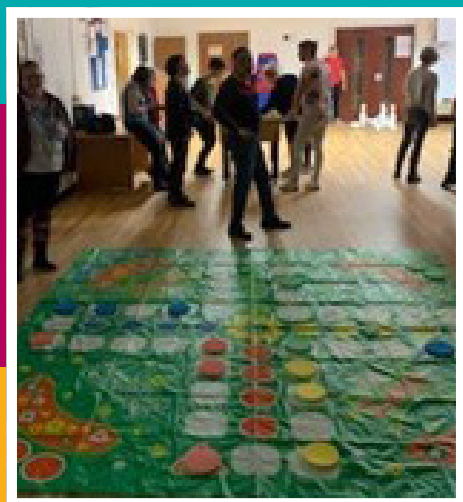
# Gateway Club



A social club for adults with a learning disability to enable them to meet up with their peers, have a chat and join in a wide range of activities in a safe and welcoming environment.

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**Wednesday 7-8.30pm**



**The Mencap Centre, Enborne Gate,  
Enborne Road, Newbury**

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# The voice of learning disability in West Berkshire

**Mulberry  
Garden**

**Link-Up**  
Work Skills Project

**Friendship  
Skills Group**

**Gateway  
Club**

**Leisure  
Plus**



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