



An Easy Read Guide

# Gleneagles Day Opportunities



**Services are provided in Gleneagles Day Opportunities and in the community**

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# The first thing to do



Can you please help me to read this leaflet about Gleneagles Day Opportunities?

Ask your support worker or a friend to help you read this guide.

## Who are our services for?



You can use our services if you have a learning disability, including profound and multiple learning disabilities, complex needs or stressed/distressed behaviours.



We help adults with a learning disability who are 16 years and older.

# How do people get a service from us?

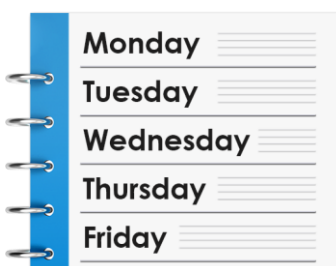


A social worker will speak with you to find out if our service is suitable.



You can visit us to meet the staff and to see what we do.

## Opening hours



Our services are open on Monday, Tuesday, Wednesday, Thursday and Friday.



The time we are **open** is 8.45 am.

The time we **close** is 4.00 pm.

# Transport



If you need help to travel on your own, we can offer training for this.



If you cannot travel on your own, a social worker can help you with this.

# Activities

**Our staff will offer you choices of different things to do, here are some examples from our timetable:**



To make new friends.



Have fun at the bowling.





Day trips and community outings



Hydrotherapy (Currently unavailable following covid-19 pandemic)



Exercise including rebound therapy, adapted bikes, walking and expressive dance.



Arts and crafts



Learn how to cook and bake.



Learn Independent Living Skills like using a cooker.



Try a new hobby like photography.



Learn how to use a computer, iPad or Promethean touch screen.



Learn gardening.



Sensory Therapies

# Staying safe



Our staff can help you to feel safe.



We can talk with you if you are worried or sad.



We can help you with problems.

We can contact your parents or a social worker if that is the right thing to do.



# Your Link Worker



Your Link Worker will support you to settle in and make friends.



Your Link Worker will help you to make a personal plan for the things you like.

## Things we ask you to do



You need to bring a packed lunch or money to buy lunch.



You will need to pay for your own admission to some activities like bowling.

We do not go to places that cost a lot of money.



If you have a complaint, please tell us.



Please show respect to other people.



Tell your Link Worker if you are worried about something.

# We will offer you a person-centred service



We will respect your human rights.

We will ask you for ideas about how we can make services better.

We will hold regular reviews of your personal plan



We will help you to enjoy your day with us.



We will help you if you are unwell.

# We can help you if you need to see any of these staff



Nurse



Physiotherapist



Psychologist



Speech & Language  
Therapist



Dentist



Dietician



If you would like to come to **Gleneagles Day Opportunities** please speak to your **Social Worker** or a friend or a family member.

You can contact us by:



Telephone 01738 472345



Email

[GleneaglesDayOpportunities@pkc.gov.uk](mailto:GleneaglesDayOpportunities@pkc.gov.uk)



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You can also send us a text message on 07827 280797.

All Council Services can offer a telephone translation facility.

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