

HFT Day Services at Milton Heights

We offer a whole range of structured and meaningful activities throughout Day Services. We support people with Learning Difficulties from 18 to over 60 years of age, of all abilities and differing needs. We have a mixture of on and off-site activities.

We use a person centred approach, at every opportunity we **promote choice and independence**, try to plan the sessions to be **service user led** where possible, and do our utmost to enable **service user involvement** in decision making and planning.

Some of these include activities **promoting health, well being and maintaining mobility** such as Keep-fit, Dance, Football, Table tennis, Multi-sports, Music & Dance, relaxing Foot baths & Hand Massage, Mixed sports, and Walking groups.



The Day Service is set in lovely spacious grounds that the Gardening Group work hard to help maintain.



We also have a Gym on site and a Jacuzzi that many people enjoy using.



There are several **Speak Out groups**, 'Parliament' where a representative from each area are included in the group, they cover many different topics and invite guest speakers to attend such as Local MP's, Community police officers, Fire Brigade, and many more. Their recent campaign is to have a shelter over the local bus stop which will benefit the local community and avoid getting wet waiting for the bus. The Parliament has also asked for and organised a certificated First Aid course for service users that was a great success.



The 'Discussion' group have invited different visitors, and covered other projects such as recycling and deciding the use of a local field that is owned by HFT. They have achieved a campaign involving the local community to have a crossing put in place which benefits the whole community and enables some service users to access public transport more safely.



Keep safe Group – have done some work on video Risk assessments that are in an accessible format for people to understand. They have covered areas such as how to use public transport safely, safe use of the telephone, and safe use of equipment in the kitchen.





Communication – We have a very popular signing group, where service users lead the group and teach staff and other service how to use Makaton.

We run a Newsletter group that research, interview and produce a bi-monthly newsletter, giving information about events and service users points of view on various topics.

Culture Group look at different countries and cultures, they learn languages and sample foods from different countries.

The Good Old Days is a reminiscence group especially catering for the **aging population**. People who have the on set of dementia particularly benefit from this session.

Numerous sessions enable people to **access the local community** – such as bowling. Social Studies groups go to a variety of locations, shops, café's, and garden centres to practice social life skills including money management.

'Out & About' access places of interest in the community such as Churches, Museums, and workshops organised by other organisations and the Oxfordshire Partnership board.

There are many **creative and expressive** sessions such as Pottery, Art groups, Craft, Textiles, Model Making, Drama groups, Project group and Music sessions.



We also offer a service to people with **complex needs**, some of the activities they enjoy are things such as using a switch for sensory cooking, using a switch to use various computers programs and games, being able to relax and enjoy the stimulating environment in the sensory room and use the sensory equipment available, enjoy the aroma, textures and sounds in the beautiful sensory garden. Joining music sessions, and using the sound beam.



Some of the sessions that we run give people **work experience**, where they learn skills for work that can then be transferred to use in future employment. There are numerous Garden sessions where people learn horticultural skills, and they help to maintain the grounds.

There is a Car Wash group where people are supported to clean the site vehicles and carry out simple maintenance checks.

In the front of our Coffee shop we have a small gift shop selling trade craft products from third world countries as well as local produce such as honey, jams & pickles. This is staffed by service users to give them some retail and customer service experience.

Some Service Users train in our Coffee Shop Bytes which is open to the public Monday - Friday 9am -2.30pm, they also open for Sunday Dinners on the first Sunday of every month (pre book on 01235 827606).





We also facilitate Piano lessons, and Massage treatment – we have a qualified piano teacher who gives individual lessons, and qualified masseuse.

We have very good IT facilities and a variety of equipment and programs. Each person has their own log on and password, and their own personalised desk top. There are numerous Computer groups, a Photo Project, and a DVD group.



This is just an example of the many things that are on offer, some sessions are available for purchase subject to availability. People who are paying by direct payments or ILF can usually book via Day Service Manager on 01235 827629. Service users without agreed funding will need to contact Social Services Care Management on 01235 469615.