



Disabling Barriers – Enabling Inclusion

### Aim of Skill and Chill

The mission of West Berkshire Mencap is to provide high quality services for people with a learning disability, to listen to our members, to provide services they ask for and to help transform lives.

Skill and Chill presents an opportunity to help transform the lives of people with a learning disability and additional challenging behaviours by offering a regular supported club that both offers regular activities and events but also listens to what people want and responds to their requests.

### Location

Skill and chill operates out of West Berkshire Mencap's purpose built centre that has a large hall, fully equipped playground /activity area, sensory room and garden, soft play area, chill room, art and craft room, kitchen and all other essential facilities.

### The Sessions

Each session is 2 hours long and is split into two parts:

A one hour "skill" session, offering the chance to develop new skills, practise existing ones or to work on specific goals and achievable outcomes.

Followed by a "chill" session, the opportunity to unwind and relax. Activities include

- Music
- Dance
- Cooking
- Gardening
- Aromatherapy
- Sensory / tactile sessions
- Art
- Games
- Sport
- Bowling
- Short trips out
- Soft Play
- Camera/video activities

All service user activities will be fully risk assessed to ensure safety and to meet legal requirements.

### Safety

Although these particular activities do not require specific registration West Berkshire Mencap is a CQC registered domiciliary care agency as well as an Ofsted registered provider and all staff members comply with both organisations mandatory training, vetting and recruitment requirements.

### When?

Sessions are on most Thursdays between 12:30 to 2:30. Please call to check if you are unsure.

### Booking

We are limited to six people per session so please contact us now if you are interested in attending.

### Cost

The cost is £14 per person per session.

# West Berkshire Mencap

West Berkshire Mencap is a local group originally known as Newbury Mencap and founded in 1954.

It operates from purpose built premises in Newbury and presently provides a variety of services that support people with learning disabilities and their families both at the centre and at various locations in West Berkshire.

For further information about the variety of other services available please contact the team on

(01635) 41464 or by email:

[info@westberkshiremencap.org](mailto:info@westberkshiremencap.org)



Do you know someone with a learning disability that gets left out of group activities?

Do their behaviours exclude them from certain events and activities on occasions?

Do you struggle to find a variety of group activities they can attend?

Are you looking for a regular supported session that can meet your service user's specific support needs?

Do you want a fully equipped purpose built location?

Then why not try out our new club designed specifically for young adults who on occasions may exhibit challenging behaviours.

## Contact

To find out more about Skill & Chill contact Sandra Whitworth (01635) 41464 or via email at

[skillandchill@westberkshiremencap.org](mailto:skillandchill@westberkshiremencap.org)

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## Skill and Chill

A regular activity club for young adults who have learning disabilities and additional support needs including challenging behaviour.



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