

Reach Mansfield Timetable and Course Descriptions



All our classes are open to and attended by adults with learning disabilities. We currently work with a very wide age range and adapt to meet the needs of our clients. To make sure you find the course that is right for you Reach offer taster sessions before any commitment is made. Please contact us to arrange to visit and meet everyone at Reach Mansfield we look forward to your visit.

If you are interested in booking a taster session or have any general enquiries, please call the Mansfield office on 01623 232748

Day	Activity	Times
Monday	Monday Motivation	10am - 12pm
Monday	Singing	1.15pm – 3.15pm
Tuesday	Computers	10am - 12pm
Tuesday	Performing Arts	1pm – 3pm
Tuesday	Boccia	3pm – 4pm (St. Johns Centre)
Wednesday	Crafty Cooking	10m - 12pm
Wednesday	Tasty Treats	1pm – 3pm
Thursday	Lovely Lunches	10am - 12pm
Thursday	Crafts	1pm – 3pm
Friday	Health & Fitness	10am - 12pm
Friday	Out & About	1pm – 3pm

Contact:

Reach Mansfield, St John's Centre, St John Street, Mansfield, NG18 1QH

Email: Zelma.Hutchinson@reachuk.org Tel: 01623 232748

Mobile Nos: 07714 590608 / 07715 648691

Boccia - £2.50 per session

(No personal budget necessary)

For more information regarding this session please contact Zelma Hutchinson at Reach Mansfield, on 01623 232748 to book your place.

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Monday Motivation

What better way to start the week, then a session which focuses on preparing our body and mind for the week ahead. Clients will learn about the importance of mental and physical fitness in keeping us healthy. Whether undergoing exercise or meditation, clients will have the opportunity to attempt various ways to clear their mind, boost their mood and leave ready and raring for the week ahead.

Singing

During singing clients learn a variety of songs. If they feel confident learners also get the opportunity to perform solos in front of their peers. It is a very social class that aims to build confidence and help learners to develop team work and communication skills.

Computers:

This is a diverse session which covers a wide variety of research projects, some past examples are: animals, countries, food from around the world, shopping, wildlife, comedians. These projects are created using Microsoft Word, Publisher, PowerPoint and Paint. The structure of the session follows a fun group quiz/challenge, project time, online quiz and free time.

Performing Arts:

This session enables the learners to work together as a group and hopefully leave their inhibitions at the door. The class aims to develop individual's creativity/artistic skills and encourage the learners to express and explore feelings through drama activities. The final aim at the end of each term is to have had fun and feel part of the Reach Community.

Crafty Cooking:

In this creative cooking session learners will have the opportunity to practice preparing a meal from start to finish whilst also exploring their creative side. The first half of the class will focus on using essential skills for independent living; such as, food storage, preparation and clearing up. Whilst the food is cooking, the group will have the opportunity to utilise a variety of creative activities to release their imagination.

Tasty Treats:

This session involves discovering alternative treats and taking them home to share with others. The focus of this session is to work on kitchen safety, healthier choices and trying new things. Clients have to opportunity to learn about healthier substitutes and portion control, as well as why they matter. They are also encouraged to try the new recipes at home.

Lovely Lunches:

As the name suggests, the group make a lovely lunch every week and a dessert twice a month. The group prepare meals and explore lots of different alternatives and ingredients that add flavour. The group research and plan what recipes they will make, and each have individual cooking tasks which contribute to the meal.

Crafts:

Crafts is a very therapeutic session. Learners are given either a single session activity in which they complete one craft and take it home that day or a project that may take a few weeks and is of greater complexity. Learners have the opportunity to work both independently, in pairs or as a group and are encouraged to be as creative as they like!

Health and Fitness:

Fitness – In fitness learners are encourage to think about the benefits of exercise for their body and why it is important that we stay fit. Clients learn about the skeletal and muscular system and how we can most effectively stretch our muscles in preparation for exercise. Learners partake in ball games to improve co-ordination and build team work skills. The tutor leads aerobic exercises and other high energy activities to build up stamina. Other elements of fitness are also developed, such as, strength, balance and flexibility.

Health - In nutrition, the group learn about how they can have better health. This involves learning about the body systems and healthy eating messages etc. This is a fun and interactive session, with lots of quizzes, scavenger hunts, matching activities, videos and songs etc. The session starts with a drink and healthy snack (often fruit).

Out and About:

Out and about involves going out into the community as a group, to have lunch out in local cafés and restaurants. The group go bowling twice a month, play snooker/pool once a month and occasionally have a film afternoon. It's a great time of socialising together and getting to know each other better in a relaxed and fun atmosphere.