

Please see below for a description of all the activities offered in the Programme at **Rendezvous** between July and December 2010.

COOKING FOR PLEASURE – a group for people who like to cook and bake for pleasure and for fun. No prior knowledge needed.

COOK AND GO – a session where you bring in your own ingredients and we will support you to make a dish of your choice to take home.

CHRISTMAS CAKE MAKING – exactly what it says! **There will be a charge for the cost of ingredients which will be discussed at the first session.**

CHRISTMAS COOKING – from mince pies to sausage rolls, Yule logs and more! **There will be a charge for the cost of ingredients for items taken home.**

FESTIVE FANCIES – create edible Christmas gifts for family and friends. **There will be a charge for the cost of ingredients for items taken home.**

CRAFT GROUP – an opportunity to try a variety of craft activities either to give as gifts or for yourself. **There will be a small charge for materials used.**

WILDLIFE CLUB - From gardens to the countryside, from farms to zoos and from land to sea we will discover animals and their lifestyles. Using seasonal programmes (e.g. Springwatch), and real life animals. Includes excursions - to be arranged.

GOOD HOUSEKEEPING – A real ‘lifeskills’ session including nutritional planning, your space/home environment organisation, budgeting, shopping skills and all daily domestic issues.

MUSIC APPRECIATION – listen to, and talk about, a variety of music brought in by group members and listen to music on the internet.

QUIZ GROUP – a variety of quizzes either traditional question and answer or multiple choice.

MUSIC QUIZ – a variety of music based quizzes e.g. name that tune, name the composer/ singer etc

COMMUNICATION SKILLS – a group for people with communication difficulties, you will be encouraged to share views and practice communicating in a small group setting. **This group is not suitable for members who communicate well.**

MEMORY SKILLS – a group for members who have memory difficulties; a variety of games and discussions.

BOOK CLUB – read together and discuss different books, short stories, poems etc.

GARDENING CLUB – learn about plants, flowers and vegetables and gardening techniques.

NEWS AND VIEWS - a conversation group discussing local, national and international news stories.

THEMED MUSIC GROUP – a lighthearted music group listening to and discussing a variety of music and styles e.g. music from films/ musicals, rock and roll, blues, jazz, classical etc. There will be a different theme each week.

JEWELLERY GROUP – make jewellery to give as presents or keep for yourself. **There will be a charge for materials used.**

WORD GAMES – a variety of word games for teams to compete against each other e.g. hangman, guess the famous person or traditional board games such as Scrabble, Upwords.

ACTIVE GAMES – a variety of games including Wii Sports, giant Connect 4, bowling and kurling.

CROSSWORD CLUB – exactly what it says! Crosswords for all abilities.

FAMOUS PEOPLE, EVENTS AND INVENTIONS – a conversation group looking at the past and what and who shaped our world.

GAMES CLUB – Rummikub, Triominoes and all the other favourite board games.

CAFÉ CLUB – in café Bradbury, chat with friends, listen to the radio or just enjoy a cup of coffee. There will also be jigsaw puzzles available and cards and games.

WOMEN’S GROUP – a group to discuss women’s issues ranging from health to beauty and much more.

TRIP TO WALLED GARDENS, SUNBURY – an opportunity to explore the gardens, have lunch and see the Millennium Embroidery. **If weather is poor this trip may be cancelled or venue changed.**

PICNIC TRIP – make the most of the English summer and enjoy a picnic in some beautiful countryside – venue to be decided. **If weather is poor this trip may be cancelled or venue changed.**

SHOPPING TRIP – an opportunity to indulge in some retail therapy.

FARM TRIP – enjoy a visit to a local farm attraction, venue to be confirmed.

MEMBERS CONFERENCE – your opportunity to be updated with information and to give your views.

CHRISTMAS CRACKER MAKING – be creative and make your own crackers for your Christmas table. **There will be a charge for materials used.**

GIFT WRAPPING GROUP – get creative and make your Christmas gifts look fantastic. Bring your own paper, ribbons etc

CHRISTMAS CRAFTS – make your own presents to give to your family and friends. There will be a small charge for materials used.

SPORTS CLUB – Sports games to develop co-ordination and balance, for example wii and badminton.

CHILL OUT – A chance to relax and unwind in our Sensory Room. Use the water bed, bean bag, mats or relax in your wheelchair in dimmed lighting with some light sequences, bubble tubes and relaxing CDs.

FITNESS GROUP – A 45 min chair based session including warm up, cardio vascular section, resistance work and stretching. £5 per person.

SCRABBLE CLUB – challenge other members in this traditional board game.

DISCUSSION GROUP – a general discussion group, participants choose topics.

CHESS AND DRAUGHTS - suitable for all levels from beginner to expert.

CREATIVE CLAY WORKSHOP - This workshop is for people who want to use clay creatively. No prior experience is needed! The workshop will cover basic clay-handling and modelling skills. Participants will create a piece of hand-built work, which may be fired and glazed after drying out. There will be a small charge for fired and glazed work. £30 to include materials.

DRAWING AND PAINTING WORKSHOP - This workshop is for people who want to extend their range of drawing and painting skills. Participants will be encouraged to experiment with painting and drawing media and to try new approaches to their work. The aim is to complete a painting by the end of the workshop. £30 to include materials.

OPEN ART DROP IN - This is for anyone who wants to have a go at visual art! A wide range of activities is available, including painting and drawing, pottery, sculpture and textiles. Participants can also explore the work of well-known artists through books and the internet.

PAINTING DROP IN - This is for people who want to practice painting, from beginners to experienced artists. Participants will be encouraged to choose their own approach, subject and style of painting. Several painting media are available, including acrylic, oil and water-colour.

CREATIVE CLAY DROP IN - This is for people who want to use clay creatively. No prior experience is needed! Participants will use basic modelling skills to create a piece of hand-built work, which may be fired and glazed after drying out. There will be a small charge for fired and glazed work.

PAINTING AND DRAWING DROP IN - This drop-in is for anyone who would like to have a go at drawing and painting, using mainly water-colour pencils and paint (acrylic or watercolour). Enthusiasm rather than experience is required!

MOSAIC DROP IN - This will cover the basic techniques of making mosaics and participants can design and produce their own mosaic. There will be a small charge to cover the cost of materials.

CARD-MAKING DROP IN - This is an opportunity to make some Christmas cards for friends and relatives. A range of materials will be available, with instruction for those are new to the techniques of card-making. There will be a small charge per card made, to cover the cost of materials.

IT FOR ALL – use this session to work on any computer based activity. Suitable for complete beginners to more experienced users.

GAMES AND MUSIC - a range of PC games are available or listen to music or watch video clips on the internet.

INTERNET AND EMAIL - send emails or use the internet to look for information or visit a range of useful websites.

WORD PROCESSING OR EXCEL: brush up your skills on any of these Microsoft Office programmes (beginner to intermediate level only).

MAKING CHRISTMAS CARDS ON A COMPUTER – use a card-making programme to design and print out your own personalised Christmas cards.

UNDERSTANDING YOUR PC WORKSHOP – this explains the jargon involved when buying a computer, how to update software, how to make simple changes to your desktop appearance and how to connect to the internet safely. £25.

COMPUTERS FROM SCRATCH WORKSHOP – ideal for absolute beginners. Get to grips with computer jargon, mouse and keyboard and learn how to start up, shut down and use a computer safely. £25

USING EMAIL WORKSHOP – register for an email address and use it to send and receive emails. Includes working with attachments and the address book. £25.

A LOOK AT WEB SEARCHING WORKSHOP – a look at how the internet can help you in everyday life; includes security risks from the internet and how to use it safely. £25.

ONLINE SHOPPING AND EBAY WORKSHOP – a look at how to shop safely online including different methods of payment and a range of shopping sites. This includes a brief look at how to use Ebay. £25.

BEGINNERS WORD PROCESSING WORKSHOP – understand some basic word processing tasks and jargon to produce, save and print out a fully formatted document. £25.

COMPLEMENTARY THERAPIES

A range of treatments are available which include Indian Head Massage, Swedish Massage, reflexology and Holistic Massage.

Alternate Tuesdays: 11.30am – 2.00pm Fridays: 10.30am – 2pm

Mondays, Wednesdays and Fridays by arrangement.

Treatments costs are: £15 for 20 minutes; £20 for 30 minutes; £35 for 60 minutes.

Costs for the workshops are given.

All other activities are costed separately but range from £12 to £18 per session.

Please call 01932 577996 for full details.