

Become a Friend of Parkside and Support Us By:

Having Collection Tins You can have one of our collection tins to collect spare change in your store or office. Even the smallest of donations are gratefully accepted and the tins have been known to be used as swear jars within offices!

Helping us Publicise Could you display some of our leaflets where you work? Could you put a poster up for our events in your shop or office? We are always looking for ways to publicise our events and services to make them accessible for everyone. Could you sponsor one of our stalls and we could help to publicise your organisation?

Selling Tote Bags We are selling eco-friendly tote bags with the Parkside logo on. All the money from the sales will go straight towards supporting our services so you know that every penny spent is put to a very good use. Could you help us by selling some at your place of work? your shop? your organisation? at your local school? Can you help?

Volunteering for us Do you have spare time in your week or would you like to show your support by helping us at events? Do you have a specific trade or skill that could be beneficial to us? If so, please do get in touch.

Having an Event for us Do you have an event in mind? A sponsored sing-a-long, a ball, a hike, a walk, a mufti day or even a baked bean bath? Show your support by hosting an event, raising money and most of all having fun!

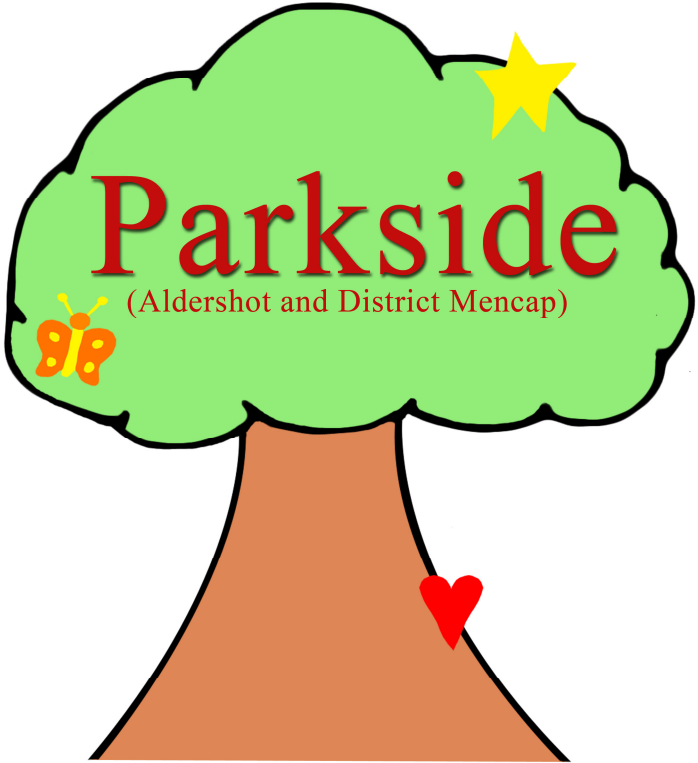
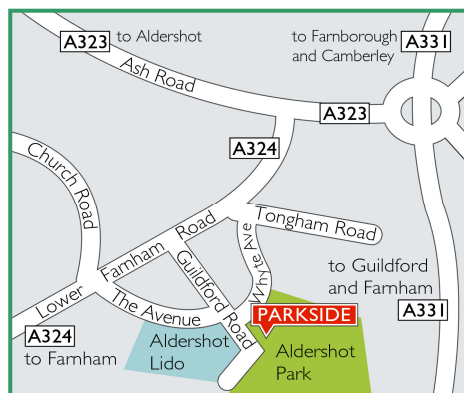
Looking at our Wish List If you would like to donate something from our wishlist, please get in touch with us. Our current wish list can be seen on our website at: www.parksidealdershot.co.uk.

Contact Parkside

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Fax: 01252 321324

Email: parkside57@btconnect.com
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*Roots in the Community,
Branching out to all...*

Adult Services

**Supporting people with learning disabilities
and their families in the local area**

Registered under the Charities Act 1960 Reg no. 238671
Services regulated by CQC and Ofsted

Adult Services at Parkside

The Gardening Club

The Gardening club runs every Tuesday and Thursday in any weather from 9.30am to 2.30pm at Gillian Avenue, Aldershot not far from our main centre. The fruit and vegetables that are grown in the garden get used within the Parkside kitchen and sold at our annual funday!



Gardening In The Community

A group of clients from the Gardening Club are available on Tuesdays 9:30am 'til 2pm to help you maintain your garden. If you would like assistance in maintaining your garden for example clearing leaves, weeding or planting bulbs and are happy to give a small donation, please contact Parkside on 01252 313103 and speak to Suzanne or Pauline.

Personal Improvement Plan (PIP)

PIP is for adults aged 18 and above and runs Monday to Friday 9.30am till 3.30pm. It runs for 45 weeks per year, closing for 1 week during Easter, 4 weeks in the summer (the whole of August) and 2 weeks over Christmas.

Although the service is based at Parkside, approximately two thirds of the activities take place off site using local community facilities. Transport is provided by our own minibus during the day to ensure that all clients can get to the off site activities.

Activities Include: Swimming, Ten Pin Bowling, Cooking, Shopping, Money management, Music Therapy, Arts and Crafts, Relaxation, Massages, Ladies manicures and make up, Walking Club, Dance, Lunch Club, Wheelchair Ice Skating, Snooker, Pool, Music, Coffee morning, and indoor games.

FAB

The Farnborough Activity Base hosts two groups, a Mens Sports and Fitness Group who partake in football, badminton and tennis classes with a trained coach. The Womens Wellbeing Group includes health and fitness classes, beauty mornings and exercise classes.

Overnight Service (by arrangement)

Support workers can come and stay at your home, any day of the week to support your child/client.



Cafe in the Park Work Experience

Parkside's Cafe in the Park is an exciting opportunity for adults with learning disabilities to gain valuable work experience. Skills such as money handling, communication and confidence can be practiced as well as working on life skills such as money handling.

1:1 Support

Provides a service offering individual support for people with learning disabilities in the community to enable them to access a wide range of social, educational and recreational activities.

Shared Support

You decide what you would like to do. An activity with friends, attend a course/class, socialise and meet people or develop your skills. You plan your own programme! We provide a support worker, we will meet your needs, you just need to contact us!

Drop in Sessions

Monday morning: Health and Fitness Morning. Tuesday afternoon: Sensory Session. Wednesday morning: Arts and Crafts and/or Music and Dance. All sessions cost £2 and clients must be supported by their support worker.

Take A Break

Runs from the Community Centre in Farnborough every Saturday from 9.30am until 1.30pm. Activities vary from putting on shows to having competitions, shopping and art and craft sessions. Take A Break is aimed at supporting clients who live at home with parents or unpaid carers.

Gateway Evening Club

Gateway is a popular social club that runs on a Wednesday 7pm till 9pm. It has many members and lots of exciting events on its programme. There is often entertainment from outside entertainers, discos and sporting events. Gateway asks for a small weekly subscription and provides refreshments throughout the evening.

Parkside is a fully accessible centre with disabled access, disabled toilets, pump hoist, and a wet room.