



Willowbank Ltd.

Consultation on Day Opportunities – 14th December 2015

For the purposes of assisting people to respond to this consultation we met with 11 members of Willowbank this morning (14th Dec) to find out from people what they enjoyed or would like to do as a “meaningful and enjoyable activity throughout their life”.

The following responses came from people we spoke with today and may help you in replying to your letter. If you need further help please do not hesitate to contact us for this support.

Comments Received

I like doing

- Relaxing activities such as Pottery, Painting and Aromatherapy
- Exercise including Keep Fit, Skiing, Golf, Fit for Your, Boccia, Going to the Gym
- Practical activities such as Cooking, Gardening, updating the Website
- Quizzes

General Comments

- One person noted that its nice within Willowbank that we are all treated the same and can access the same courses as everyone else regardless of whether the Trust sees us as Day Care or Day Opportunities – I wouldn't want that to change
- I might be interested in courses in SWC if I knew what they had on offer.
- I enjoy the opportunity to challenge my brain and skills by taking part in the Quizzes
- and Boccia
- I'd like to go to the library but I couldn't go on my own.
- I need to be able to get out of the house to meet my friends and give my family a break
- The Social aspect of meeting and mixing with people is important
- I needed the 1-2-1 support to motivate me to get fit and lose weight

Finally

If you have an interest in looking into Employment support / opportunities please speak to us about this and we will work with you to find out what support you can get.

If employment is not an option for you because of your disability please consider what you would like to be doing on a daily or weekly basis.

We will use your ideas and suggestions to work with the Trust to continue to provide day opportunities (classes, activities and training) which you tell us you would like to do.

