



ALABARE

“Outreach one2one” *Accessing community-based services at each member’s pace*
“Service”

Latest list (July 2007) of community-based services available:-

***F.E.F.A** – Friday EXERCISE For All – a choice between Table Tennis, Squash and Badminton – Fridays 3.00pm – 5.00pm (a larger group, but a great social event).

***SNOOKER & SOCIAL** – weekly Thursday afternoon 3.45pm. – 5.30pm. - if you are looking for some peace and quiet, a lot of fun, can hold a cue – come along!.

* **F.L.I.C.S** – (Fun & Laughter In a Cinema Seat) normally £5 on a Monday Evening – this activity continues monthly, but may go to twice-monthly and include the Theatre.

* **SOCIAL OUTREACH CLUB** – separately funded Monday coffee club meeting in cafés in Salisbury, Fordingbridge and Shaftesbury - this extra ‘stepping stone’ provides an ideal conduit to receive and share information from skill/work-related providers.

* **LAVENDER BLUES GROUP** – opportunity to; *listen to music, even poetry, enjoy a hand massage, swap books, as well as play games; Boggle word game etc.* . This small group meet up in a quiet booked Alabare Room located in Salisbury.

* **FLOWER ARRANGING GROUP** - maximum group size of 5, learn this very therapeutic and rewarding activity, taken by a trained specialist – it is fun and includes making up a few regular orders which helps this “social enterprise” remain self funded.

* **JEWELLERY MAKING** – normally 6-week courses and given by a trained facilitator.... All the beads, chains, stones are supplied for this therapeutic skill.

***TENNIS** / ***GYM** – these two groups are organised - “as and when requested” with: Tennis (Wednesday / Friday) in summer and Gym (assessment first) winter/spring.

NOTE- members should bring £1.50 (snooker £3.00) – for refreshment and/or small fee to all above.

MEMBER – encouraged and self-managed in the community activities:-

***SWIMMING** – most weeks on a Wednesday evening at 6 – 7.45.pm, but being Member Facilitated this is down to YOU. Staff can usually introduce you to regular Attendees. Have a chat, cuppa, then a swim (only £1.30 on a Wise Card?).

* **RAMBLING** – this small group of walkers tend to meet up on a Tuesday and will often catch a bus out somewhere before walking back. Staff can usually introduce you to the more regular walkers first and also supply “local walking details”.

1-2-1” PRIOR to/during any of above >
Support to a local “drop in” centre ...
Start (“City”) with accompanied visits to Elizabeth House Social Club, opening times include evenings and weekends; friendly social area, activities and skills (Art, IT)...

1-2-1” AFTER or during the above >
Support to attend a Course (Salisbury College)
May be an introduction to a skills or learning centre, eg; Alabaré Barford Countryside Unit?
Support, encouragement and direction to enable “work/ skills” pathway continuation...

TICK ONE OR MORE BOXES & HAND /SEND BACK TO: Alabaré Christian Care Centres,
“Outreach one2one”, 33 Brown Street, Salisbury 322882/ 820417 (work mobile 07917 165308). **Thank you**

Outreach one2one – try and ensure that members are provided an opportunity to improve social skills, mix with others, take up an activity therefore, the emphasis is on social & leisure opportunities mainly in a community setting.
Alabare’s Barford Countryside (Skills) Unit – provides opportunities for skills – an ideal bridge to prepare people for voluntary or paid work; gaining qualifications if they wish. ‘Barford’ offer opportunities in these skills; horticulture, woodwork, recycling, cooking, pottery and art. For more details, just ask for the Manager on: (01722) **742298**.