

Fit for life

Our Fit for Life programme encourages members and staff to get fitter and healthier. Our members told us the type of activities they were interested in and have enjoyed yoga, horse riding, cycle rides, aqua aerobics and regular group walks and football.

Cookery

Our healthy eating course helps members learn how to make simple, inexpensive and nutritious meals.

When: Wednesday,
9:30am until 11:30am
Where: Chilcompton
Village Hall



Fit for Life Group

Members are encouraged to lead fitter and healthier lives at this regular get together.

As well as enjoying a varied range of physical activities and trying new and interesting healthy foods, attendees keep their own journal so they can discuss how healthy they have been since their last session.

When: Wednesday,
12:30pm until 1pm

Where: Chilcompton Village Hall



Flexercise

This chair-based exercise group is a gentle and fun way to exercise.

When: Wednesday, 1pm until 2pm

Where: Chilcompton Village Hall

Independent life

Base House - SWALLOW's training house

Base House provides a unique opportunity to learn independent living skills in a realistic home setting. Members stay overnight, one night per week, in a supportive and safe environment.

When: Monday –
Saturday, from 3pm
until 10am the next day

Where: Base House in
Midsomer Norton



Supported Housing

We also run supported housing placements and provide one to one support in the community.

PA & Tailored Support

SWALLOW can provide one to one support to individuals, empowering them to live as independently as possible.

**For more information on all SWALLOW activities
please call 01761 414034
or email: info@swallowcharity.org**

SWALLOW

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Registered charity number: 1045893



Living life to the full

SWALLOW Living life to the full

SWALLOW was established over 15 years ago to meet the needs of adults with learning disabilities and to help them achieve their aim of living more independent lives. Today SWALLOW does that, and a lot more besides.

We are a member-led organisation and everyone at SWALLOW works to help our members live life to the full through the provision of services that build valuable life skills and experiences.



This leaflet will give you a flavour of the opportunities and practical support available to SWALLOW members.

We strive to continuously develop the services we offer and you can keep up with the latest developments on our website.

www.swallowcharity.org

At SWALLOW we welcome feedback and suggestions to ensure we continue to offer the best range of opportunities to our members.



Work life

SWALLOW believes that, if they wish, people with learning disabilities should be able to contribute to the local community through positive employment. We aim to give them the skills and the confidence to make this happen.

Work Skills Enterprise Scheme

This scheme gives our members skills, experience and an understanding of what is expected in the world of work, enabling them to undertake successful work placements.



When: Mondays and Tuesdays,
10am until 4pm

Where: SWALLOW office

Work Skills Enterprise Scheme - Horticulture

As part of the horticulture course members care for plants and vegetables as well as designing, planting and selling hanging baskets. Last year we were asked to take part in Midsomer Norton in Bloom and planted a bed outside the council offices.



When: Thursdays,
10am until 4pm

Where: SWALLOW office

Employment Co-ordinator

SWALLOW has a dedicated team member working solely to secure work placements for members.

When: an appointment at a time to suit you

Where: SWALLOW office

Creative life

The popularity of our creative courses demonstrates the importance our members place on having the opportunity to explore the creative side of their personality. They tell us that they find these classes stimulating, fulfilling and help them to make new friends. In the classes we aim to build their confidence in what they can achieve and how they can express themselves.

Art groups

Our therapeutic art course helps to develop independent life skills and creativity. Class sizes are small and individuals can determine what projects they work on in a relaxed and friendly atmosphere.

When: Tuesday,
Wednesday or Friday,
10am until 2pm

Where: SWALLOW office



Drama

Our popular drama group not only provides a fun and creative outlet for members, it also helps to develop their confidence and gain useful life skills that can help them deal with challenging social situations.

A recent project helped members learn how to deal with incidents of antisocial behaviour.



When: Wednesday, 9:30 am until 11:30am

Where: Chilcompton Village Hall