

# GIRVAN OPPORTUNITIES COURSE GUIDE

**August 2018 - June 2019**



# Hello

Welcome to Girvan Opportunities.

We hope you will enjoy learning with us.

In this booklet you will find many classes you can join.

All our classes are friendly and have staff that will support you in your learning.

If you are ever worried about anything to do with your class, you can talk to the support staff.

We would like you to come to your class on time, but if you can't come on time please let us know.

In most classes there will be a short break when you can have a cup of tea or coffee. You will need to bring some money with you.



## SUCCESS STORIES



### PEDESTRIAN CROSSING

After nearly three years of campaigning we now have a pedestrian crossing in place outside our building on Henrietta Street. The self-advocacy group have been writing to transport Scotland for the past 3 years asking for a pedestrian crossing and explaining why they believed they needed one. During this time we have had ongoing support from our local councillor as well as from the local primary schools. This is a fantastic outcome for our advocacy group and is amazing for the whole community. Well done to everyone involved in making it happen. It reminds us why it's so important to speak up and have a say in about things that matter to you.



### DANCE PERFORMANCE

For learning disability week this year our service users chose to put together a dance performance to the song "this is me" from the greatest showman. This was a fantastic performance and with everyone's permission we shared it with our on YouTube. Everyone loved seeing themselves on the video and were delighted with the opportunity to share it with their friends and family. The feedback was amazing and everyone who took part in the performance thoroughly enjoyed it. Well done to all the dancers you were all amazing!

## AIMS

The classes within this guide are aimed at adults in the learning disabled community who wish to take part in learning opportunities to improve their quality of life.

- **The overall aim of Girvan Opportunities is:**
  - To improve the quality of life for adults with learning disabilities in the local area by providing a range of holistic and personalised learning opportunities enabling them to develop new skills as well as building on existing ones with a view to achieving their own personal outcomes.
- **The general aims of the classes are:**
  - To provide an opportunity to develop social skills.
  - To develop skills and abilities through practical activities.
  - To build new relationships and encourage positive health and wellbeing.

## TERM DATES

- Classes for the 1st session will commence on **Monday 27<sup>th</sup> August 2018** and will run until **Friday 5<sup>th</sup> October 2018**
- Classes for the 2nd session will commence on **Monday 22<sup>nd</sup> October 2018** and will run until **Friday 30<sup>th</sup> November 2018**
- Classes for the 3rd session will commence on **Monday 7<sup>th</sup> January 2019** and will run until **Friday 29<sup>th</sup> March 2019**
- Classes for the 4th session will commence on **Monday 15<sup>th</sup> April 2019** and will run until **Friday 21<sup>st</sup> June 2019**

## DURATION

- All classes will run in the morning from **10am** until **11.30am** and in the afternoon from **1.15pm** until **2.45pm unless otherwise stated**

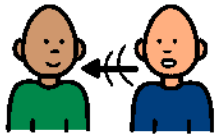
## WHAT YOU NEED TO DO

- You must be willing to attend all sessions and arrive on time
- You will handle a range of materials-some of the activities could be messy
- You must be willing to take part in group activities



### FUN DANCE

Creating an opportunity for people with diverse abilities to enjoy, express and fulfill their potential through music and movement. The class aims to encourage use of imagination, exercise, build confidence and create opportunities to have fun



### COMMUNICATION

Creating an opportunity to improve communication and overcome barriers to communicating effectively with people. The group will explore a range of methods and techniques to meet communication and language needs, using Makaton as well as Signs/Symbols



### CARD MAKING

Creating opportunities for people to express their individuality through the process of making handmade cards. This will allow people the opportunity to learn and develop new skills, discover hidden talents, develop their self-confidence and have a real sense of accomplishment. The cards are then sold as part of Girvan Opportunities Social Enterprise



### I FOUND DRAMA

Creating an opportunity for people to develop life skills through drama. The class will hopefully allow you to express yourself creatively and confidently and give you the opportunity to work with others in a group setting. This class is run independently by John Caddell from I FOUND.



### KEEP FIT/SPORTS AT THE QUAY ZONE

Creating an opportunity for people to have fun and experience a range of different sporting activities from archery, bowling, indoor football to handball. This will hopefully allow people to develop confidence, self-esteem and social skills.



### YOGA

Creating an opportunity for people to learn some basic yoga poses and deep relaxation. The class will also create the development of body awareness, balance, memory and concentration.



### BANNER WORKSHOP

Creating an opportunity for people to work as part of a small team to create unique banner designs. The class will hopefully allow people to get creative and learn new skills. This workshop will also support Girvan Opportunities Business Enterprise class.



### BUSINESS ENTERPRISE

The Business Enterprise class will create handmade gifts as part of Girvan Opportunities social enterprise committee. The class will decide each term what kind of projects they would like to try.





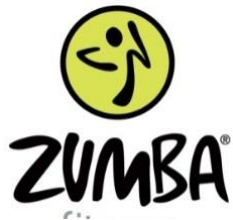
### COMMUNITY GARDEN

Volunteering at the Community Garden will allow you to meet new people, develop your skills and knowledge and support the work and development of local community groups.



### DANCE FIT

Creating an opportunity for people to have fun and experience a range of different dance exercises designed to maintain general health and wellbeing as well as increasing physical activity level. This class is run by South Ayrshire Council Sports & Leisure



### ZUMBA

Creating opportunities for people to get active & keep fit by participating in a dance /fitness class. Zumba includes dance and aerobic movements performed to energetic music.



### SWIMMING AT THE QUAY ZONE

An opportunity for people to come along to a private swim session at the Quayzone. Swimming is so beneficial to people as it exercises the entire body without straining your muscles and joints.



### ASDAN- OUT IN THE COMMUNITY

The out in the community module provides structure around researching what is available in your local community. The module provides opportunities to research and visit venues to get to know the different facilities and what they have on offer



### ASDAN- THE WIDER WORLD

The wider world module provides students an opportunity to develop or enhance self-awareness; gain an understanding and appreciation of the wider world and their place in it; understand how to work with others to achieve agreed outcomes and gain an understanding of how to transfer skills and experience into other facets of current and future life



### SELF ADVOCACY-HAVE YOUR SAYGROUP

This group gives an opportunity for people to have a voice in all aspects of their service. In the group you can be yourself, you will be listened to and we hope you will have fun. We will support you to turn talk into action.



For more information contact:

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