

## *Programmes/ Activities*

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Prior to admission prospective residents are asked what they wish to achieve by coming to live at the Laura Fergusson Community. There is an expectation from our funders and the Trust Board that community members be actively involved and contribute to the wider community.

Individual goals and objectives are discussed with each consumer and where resources allow support put in place for the consumer to achieve / work toward achieving their goal.

Over the years contact has been made with a variety of community groups who offer meaningful activities, and work based opportunities. Many of the current residents are involved in voluntary employment within the community or training programmes in order to upskill/ maintain skills.

A small number of activities/ programmes are offered on site – usually focussed on leisure activities. Pic of girls can do anything or gardening. Various community events are supported where possible. eg pic of round the bays, BBQ fundraiser etc

The Trust has a physiotherapy gym on site. Programmes are setup in conjunction with a physiotherapist and then consumers are assisted to implement these under the direction of a physio assistant. Opportunities to access the gym are available to all consumers either in group sessions or with specific individual sessions. Community agencies also have made arrangements to hire the gym for regular sessions. Pic

Also on site is a Therapy/ training kitchen ( pic). this is used for individual and group sessions under supervision. People who are gradually acquiring skills in order to transition in to the community and supported independent living may independently use the training kitchen once a safety assessment has been undertaken by the Occupational therapist. As skills in meal planning, preparation, and appropriate household chores are acquired the number and frequency of meals undertaken independently is increased to ensure a smooth transition to independent living.