

the *Meath*  
epilepsy charity

## Recognising Ability



# Skills Centre

## Engage, Aspire, Achieve

We welcome adults who have learning challenges to take part in a wide range of exciting group activities. The Skills Centre is fully accessible and is open Monday- Friday for daily sessions between 9.30am-4pm. Our weekly timetable is packed with fun and sociable group skills-based sessions, and we are proud to offer ASDAN accredited courses.

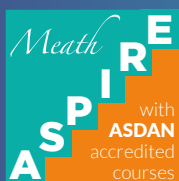
Get in touch to try out our range of educational, creative, life skills or fitness sessions to help you to develop your skills, make friends, try something new and feel a great sense of achievement!

# About our Sessions



Activity sessions are led by our team of experienced Activity Leaders and trusted external practitioners, with the help of our dedicated volunteers. Most of sessions take place within our purpose-built Skills Centre and some are based in the community.

We tailor each session to every person's individual needs, including learning style and pace to ensure that everyone achieves their own potential. Each group member is encouraged to actively participate in their session and reflect upon their achievements. We are proud to recognise ability and to celebrate the achievements of the people we support.



Every session provides the option for participants to take a 'Meath Aspire' ASDAN Accredited Course, these courses give many of the people we support an added sense of purpose and achievement.

Incredible achievements are made every day, but Skills Centre highlights include exhibitions at The Lightbox Woking, The Electric Theatre and Cranleigh Arts Centre.



## Educational

We love learning! Our educational sessions all help to build skills in research, communication, and presentation of work. Educational sessions include I.T, History, Geography and News and Debate. Participants will work together through planned topics and projects and will build up a portfolio of their achievements.



## Creativity

You'll find no shortage of Creativity at The Skills Centre. Creative sessions enable self-expression, socialisation and build a multitude of skills including fine motor skills. Creative sessions on offer include our popular Meath Choir sessions, Textiles, Music, Famous Artists, Sewing, Loom Knitting, Art, Multimedia Creativity and Pottery. The people we support take great pride in exhibiting and performing their creative work within the Skills Centre and the local community.



## Life Skills

Want to increase your confidence in the kitchen or know how to look after your garden? Our Life Skills Sessions are a great way to learn more about the everyday things which enable us to live independently. Sessions include our popular cooking sessions where members work together to plan and create a mouthwatering array of healthy dishes and occasional treats, Gardening & Horticulture groups which make full use of the beautiful 10 acre grounds, Wood Work, sessions which enable the group to create their own small wooden items and upcycle furniture.



## Fitness & Wellbeing

Feel good and keep in great shape with us! Take part in group Gym sessions with our friendly Fitness Instructor in our onsite gym. Gym equipment includes weights, cardio, stretch areas and specialist equipment for wheelchair users. If the Gym isn't your thing you might like to keep fit with our walking, netball, rock climbing, swimming or Yoga groups.



For more information visit  
[www.meath.org.uk/support-services/meath-skills-centre](http://www.meath.org.uk/support-services/meath-skills-centre)



“ The Meath has been my safety net for over 5 years. I have made lots of friends and learnt skills I never knew I was capable of. I love the staff as they look after me and really care, I never want to leave!

*Emma, Day Client*



“ I live locally in a Meath Supported Living House and the Skills Centre sessions have helped me learn to be more independent. I enjoy learning new skills and being with my friends. I come to The Skills Centre most days and also enjoy having lunch onsite at The Hive.

*Ben, Meath Supported Living Resident*





“ Attending The Meath Skills Centre as day clients has increased the boys’ independence and happiness immeasurably. They have already made friends and are excited at the prospect of going when it’s their day to attend. It’s wonderful to see my beautiful sons happy and that is all I can ask. Thank you for making them feel special and thank you for the beautiful surroundings and lovely staff.

*Henrietta, Mother to Freddie and Henry*



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The Meath Skills Centre is a wonderful facility for local people who are looking for great value, high quality activities in a sociable environment. We are extremely proud to support adults who have learning difficulties and disabilities to engage in such a broad range of skills based sessions, to aspire to get the most out of every session and ultimately to achieve their own goals and live a fulfilled life.

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CEO, The Meath

## Come and see for yourself!

Get in touch to arrange a free trial session!

Contact Helen Faulkner-Jones:

**01483 415095 / [helena@meath.org.uk](mailto:helena@meath.org.uk)**

Following an assessment of needs, we will invite you/ the person you support to join us for a free taster session. Costs are TBA after assessment and are dependent on session type and support levels required.

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