



LDN Connect



Part of your Learning Disability Network for London
Provided by The Westminster Society



LDN Connect is part of LDN Living, a Learning Disability Network for London, provided by The Westminster Society for people with learning disabilities.



The Westminster Society

Your Learning Disability Network for London



The LDN Living approach

The LDN Living approach delivers creative and flexible support for people with learning disabilities in their use of the local community whilst reducing social isolation, increasing inclusion and developing individual skills.

The support is targeted to produce clearly defined and achievable outcomes for individuals, which include the development of skills and confidence and the promotion of independence. Other outcomes that are achieved include maximising access to mainstream services, making use of the wide range of opportunities London has to offer, and the creation of peer, family and community networks which provide sustainable support in the future.

LDN Living supports the transition for children and their families moving towards adult services by providing support, information, activities and partnership working in planning for the future.



LDN Connect



LDN Connect offers a range of group opportunities for young people aged between 14 and 18 and adults with a learning disability over the age of 18.

LDN Connect aims to provide people with learning disabilities with the time and space to develop their interests, skills and social friendships, enabling people to interact and learn from one another.

The sessions are delivered from our Croyley Road and Harrow Road sites, community venues and by using mainstream spaces such as sports, arts and cultural centres.

LDN Connect groups are funded through grants (so are free to attend) or are funded by groups of individuals using their personal budgets together to share the costs and create 'pooled budget' groups.

Pooled budget groups will be funded by the members attending and this is costed for you by the LDN Living Team Manager, or you can use our quick 'pooled budget' calculator for an idea of initial costing's.

If you have an idea for a new pooled budget group, we would be happy to discuss this with you.

For more in-depth information on a specific group, you can pick up leaflets on all of the LDN Connect groups, or download more information from our website.



LDN Connect Groups:



Come dine with us

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Come Dine With Us



This Thursday group is for 12 people over 18. From 10am - 1pm 4 people plan, shop locally and prepare a meal for the rest of the group. These 4 people will change each term ensuring all members are involved in this part of the session.

At 1pm lunch is served and the group then 'score' the meal they have eaten. This group aims to develop skills in planning, following recipes, preparing, presenting and serving food in a restaurant style setting.

This group also accesses restaurants and kitchens all over London to experience commercial catering environments and support catering and hospitality opportunities. It is also developing work experience opportunities through referrals to college courses and exploring apprentice schemes.

At the end of the course, the popular meals are written up as a Cook Book for the members.

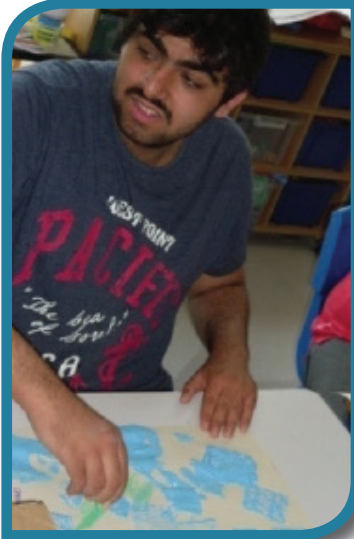




LDN Connect

My life book

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My Life Book (Young people 16-25)

This group provides an opportunity on Mondays between 5pm – 8pm for a small group of 8 young people to meet and develop an 'iplanit' account which uses an on line multimedia tool to capture passions and interests to help young people think about their own life and plan for the future.

This tool can be shared with other people to support the changes happening at this stage of their life.



LDN Connect

Looking after myself

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Looking After Myself

This group meets on Friday afternoons from 4.30pm – 7.30pm, uses swimming as a way to support 4 young people to think about how they look and how they look after themselves, while developing the personal skills needed when taking part in swimming, keeping fit and having fun.

The young people develop a better sense of self-image and the skills to look after themselves including the care of hair and skin, whilst getting plenty of exercise at the swimming pool.



Later Live...



LDN

later live...

a part of LDN living

This is a 12 week group for 6-8 young adults with learning disabilities. The aim of these sessions is to introduce a wide variety of music and events use MP3 players, iPads to create soundtracks and download music.

The sessions are a mixture of building based group sessions and events at music venues, concerts and festivals.



LDN Connect

Connect to the beatz

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Connect to the beatz

Connect to the beatz supports adult's over 18 to access live music and dance in a variety of venues, including supporting up to 8 people to access club and music venues across London.

This night out supports people until the early hours of the morning, with the safety of staff and transport support.



In the past this has included nights at the Ministry of Sound, a Brazilian night in Soho, Hootenanny's in Brixton and the Time For Change Beyoncé concert.

Every 3 months we host an event at LDN Living Croyley Road with a DJ and open MC and DJ slots to create a club night for up to 40 people with learning disabilities.



LDN Connect

How to look and feel good

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How to Look and Feel Good

The group sessions run on a Thursday from 6pm-9pm for 6-8 women over the age of 18 and focuses on different fashions as well as practical planning on how to keep healthy and fit.

Practical sessions which focus on exercise such as Zumba and Yoga, nutrition and diet, and dressing to improve self-esteem are included.

Recent activities have included makeup, lingerie fitting, personal shopping and regular attendance at a local Zumba class as well as plans to attend fashion shows.



Photography Group



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Photography group

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This group meets on Wednesdays 11am-2pm, and provides up to 8 people over 18 with the opportunity to learn how to take photographs, make digital edits, printing and presentation to gallery standards

The group will learn about the use of digital cameras, framing and composition and include visits to galleries and exhibitions for inspiration and education. At the end of the programme the group will hold an exhibition of their work with the proceeds for the artist.

The group has been linked with RICOH to provide expert advice and volunteer support which will enhance the experience of the members in the future. The group are currently working towards an ASDAN qualification.



Football Group



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Football group

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This group runs on a Thursday 4pm-7pm at Paddington Sports ground. It is a member of a league and plays tournaments against other clubs.

Queens Park Rangers FC support this group through their community programme and provide us with a sports coach to develop team skills. Sessions are for 8 people and include training, exercises and tournament matches.

The people attending the Football group will also have opportunities to attend matches at major London clubs and grounds.



A Day In My Life

This 12 week group is for 6-8 people with learning disabilities aged over 50. This group takes the form of music based reminiscence sessions where people can listen to different types of music from different eras and genres and talk about their memories of these times.



This sharing of memories is important to maintain good mental health.



They also create individualised musical memory stories and access external events such as attending concerts and events that the group identify which reflect their musical tastes.

LDN Social Club



This Tuesday evening group takes place during term time from 6pm - 9pm. It provides a social space to enable people to spend time with their peers in a safe space and will provide their families with a short break from their caring responsibilities.

The Social Club enables social networking and the development of long term supportive friendships with peers.

This Social Club also facilitates the Society's consultation groups to ensure that members are involved and provide feedback on the development of the range of activities offered by LDN Living and The Westminster Society.

Contact us

If you are interested in joining any of our groups, or wish to talk to someone about setting up a pooled budget group, you just need to contact:

Christine Joesph
(LDN Connect Team Manager)



The Westminster Society
Your Learning Disability Network for London



16a Croxley Road
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W9 3HL

Phone: 020 8968 2681
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How can I help someone else attend LDN Connect?

If you are a parent or carer, volunteer, partner or friend of someone with a learning disability or a Social Worker / health professional who supports someone you think would benefit from using this service, please contact the LDN Living Service Manager.

You can refer someone on their behalf, but only with their consent. In the case of young people, their parent or carer must also give their consent.



The Westminster Society

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If you would like more information on our services, please contact us:

Write: 16a Croxley Road, London W9 3HL

Phone: 020 8968 7376

Email: westminstersociety@wspld.org Visit: www.wspld.org.uk



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