

# Learning Disability Week

**19 - 25 June 2017**

Events include live performances, workshops, drop ins, sports sessions for children and adults, an information day and a bowling evening!



**South Tyneside Council**

## Monday 19 June

### Work With Us!

The Word, 10am

Join the Mayor who will be launching South Tyneside's celebration of Learning Disability Week at The Word in South Shields. The main theme this year is employment and will be a chance to find out what opportunities are available; you can hear some of the success stories and watch a new film by South Tyneside Employment Sub Group for People with Learning Disabilities. To book a place contact Keith Hardy on 0191 455 8122 or email: keith.hardy@actionstation.org.uk

### Drop in coffee morning

Elmville Short Breaks, Monkton Hall, Jarrow, 10am-3pm

Come along to the coffee morning and drop in at the unit. Have a look around and speak to staff and users.

### Communication Circle Drop In

PRS Inclusion at Ocean Road CA, 10am-11am

Drop in for our communication circle, the perfect opportunity to make new friends and get to know our staff. Refreshments served. 0191 454 1010. All welcome!

### Photography Class

Action Station, 1-3pm

This is a chance to learn more about using your digital camera or brushing up on your skills. The Camera Club will be on hand to give tips and provide expertise. For more details contact Action Station on 0191 455 8122.

### Extravaganza Party Event.

Learning Lounge. South Tyneside College, 12noon-3pm

Join Creative Seed for an indoor disco and art exhibition combined as well as an outdoor carnival and picnic to finish off the day's festivities.

Everyone is welcome this is an inclusive event on every level and it's about people coming together to celebrate their differences as well as what makes us all unique.

For more information please call Garner on 07725 267478. The LLDD Coffee Shop will also be open during the event.

## Tuesday 20 June

### Mini Triathlon event

Haven Point, 9.30am-2.30pm

This will be made up of 3 events 400 metres swim, 8 miles stationary bike ride and 2 mile run at north Marine Park. Teams can either have a single entrant for each discipline or have more than one as a relay event, each taking turns until the distance is completed. Registration at 9.30am, swim to commence at 10am, bikes booked in the exercise studio from 11am-12noon, the run to begin at 12noon, and the event will finish with a presentation and buffet from 1-2.30pm. The event will cost £5 per person, and for those not competing £3.50 if they wish to attend the presentation and buffet. Services can have more than one team entered. For more details contact Shared Lives on 0191 424 4439.

## **Funky Dance Class**

PRS Inclusion Services at Art of Dance and Fitness Studios, 11am-12noon

Find your groove in our funky dance class, led by Suzanne Stuart. Will it be tap, jazz, ballet or freestyle? To book your free place call PRS on 0191 454 1010. All abilities welcome!

## **Books Beyond Words Big Read**

The Word, 1-3pm

Join us for the Books Beyond Words Big Read. Some people who can't read or who don't like written words are often very good at reading pictures. That's why there are no words in these stories. These books all tell a story, but they also let the reader tell their own story – the one they see in the pictures. The Big Read will bring together various groups who read Books Beyond Words with those who have never tried them before to give them a chance to meet others and join a pop-up book club. For more information contact Tom on 0191 424 7764 or email [tom.relph@southtyneside.gov.uk](mailto:tom.relph@southtyneside.gov.uk)

## **Employment Support Group**

Action Station, 1pm-3pm

Open session for anyone seeking a job, our Employment Support Worker will be on hand to give advice and show people how to access job searches, help with CVs etc. For more details contact Action Station on 0191 455 8122.

## **Little Lions**

South Shields Museum, 1.30pm-2.30pm

Little Lions is a playgroup open to all children aged 0-5 and especially those with a disability or additional needs. The sessions are based on the Gallery's collections and these workshops will feature a variety of hands on activities, stories, songs and play. This session is drop in but we do recommend you book a place by ringing the museum on 0191 211 5599 as there are only 12 places available.

## **Cookery Class**

Action Station, 2pm-4pm

Join us to learn some basic cookery skills, all ingredients will be provided, places are limited so ring Action Station 0191 4558122 to book a place £3 per person, support workers are free.

## **Wednesday 21 June**

### **Multi Activities Session**

Temple Park Centre, 10am-3pm

The session will have sports activities running morning and afternoon, team games, floor games and the Olympic Inflatable. Cost is free for this session and all are welcome. Contact Andrea Fyall 0191 424 7857 to book a place and for more information.

## Create your own Video

The Custom Space, South Shields,  
10am - 3pm

Get tips and guidance from Qualified Media Tutors and use professional cameras and film editing equipment and learn how to make your own professional videos. To book a free place or for further information contact [info@autismable.com](mailto:info@autismable.com), [www.autismable.com](http://www.autismable.com) or 0191 4560894. Please note you do not have to have an Autism diagnosis to attend this event.

## Create a Professional Music Track

The Custom Space, South Shields,  
10am - 3pm

Record music in a professional Music Studio. Qualified Music Tutors will guide you to use professional music equipment to make a music recording and all participants will come away with their own CD. To book a free place or for further information contact [info@autismable.com](mailto:info@autismable.com), [www.autismable.com](http://www.autismable.com) or 0191 4560894. Please note you do not have to have an Autism diagnosis to attend this event.

## Art Workshop Drop In

South Shields Museum and Gallery,  
11am-12noon

Drop in to paint, draw and learn at our excellent art workshop, led by PRS Inclusion Services professional artist Helen Kerrigan. Free! All welcome!

## South Tyneside Ability FC

Keelmans Way School, Hebburn, 6pm-8pm

If you have a disability, love football, want to join a team, then come along and meet the gang. These sessions are normally charged but are free if you bring this programme. For more details contact Justin on 07963 240976.

## Thursday 22 June

### Information Day

Ocean Road Community Association,  
10am-1pm

Come along to find out about learning disabilities from a wide range of groups and service providers including health, advocacy and employment. There will also be groups offering some taster session and mini activities to give you a chance to try something new. Day Services Choir will also be singing between 11:00am-11:45am.

### Adults Social Club

The Custom Space, South Shields,  
5pm - 8pm

Social Club and Disco for Adults (Aged 16+). Film Making, Football, Cooking, Music, Arts, Crafts, XBOX One games, Disco, Tuckshop and Socialising. Make new friends and improve your confidence. To book a free place or for further information contact [info@autismable.com](mailto:info@autismable.com), [www.autismable.com](http://www.autismable.com) or 0191 4560894. Please note you do not have to have an Autism diagnosis to attend this event.

## **Bowling Event**

The Dunes, Sea Road, South Shields,  
5.30pm-6.30pm

Join Shared Lives for an evening of bowling by the South Shields seafront. There are 8 lanes booked and places cost £3 per person. For more details contact Shared Lives on 0191 424 4439.

## **Friday 23 June**

### **Digital Skills Drop In**

The Custom Space, South Shields,  
10am - 12noon

Learn digital skills from our ICT tutors. Use our laptops and iPads or bring your own phones and devices and learn how to use the latest apps and Wi-Fi is available. To book a free place or for further information contact [info@autismable.com](mailto:info@autismable.com), [www.autismable.com](http://www.autismable.com) or 0191 4560894. Please note you do not have to have an Autism diagnosis to attend this event.

### **Employment Support Group**

Action Station, 10am-2pm

Open session for anyone seeking a job, our Employment Support Worker will be on hand to give advice and show people how to access job searches, help with C.V's etc. For more details contact Action Station on 0191 455 8122.

## **Lunch Time Concert**

South Shields Museum, 12.30pm-1pm

The Year 11 Band, from Bamburgh School, has been learning to play a range of instruments throughout the year. They selected some songs to perform as a band as part of their GCSE course. Mr Ben Marshall has been supporting the class and teaching them to play. This will be their first performance for the public. The pupils have a very passionate interest in music and performing and are all very confident and fantastic musicians.

### **Performance at the Amphitheatre**

Amphitheatre, South Shields, 1pm-3pm

Join us for a celebration performance by a number of the organisations who are involved in Learning Disability Week, for an afternoon of song, dance and entertainment.

## **Saturday 24 June**

### **South Tyneside Inclusive Health Activities**

Chuter Ede Community Centre, 10am-1pm

Come along to our inclusive sports session for people aged 5 to 25 years, which runs from 10am to 1pm. This session is free of charge and people can bring a packed lunch. Places don't have to be booked but parents/carers will have to complete a consent form for their children if it is the first time they have been. For more details contact Angela Dunn at Bliss=Ability on 0191 427 1666 or email [Anglea.dunn@blissabilityco.uk](mailto:Anglea.dunn@blissabilityco.uk)

## Saturday Club

10am-3pm

Come and join in with PRS Saturday Club! Activities include film club, wii, arts and crafts, cookery, music and more. Contact PRS Inclusion Services 14 Cookson House. Call now to book your free place on 0191 4541010.

## Sunday 25 June

### South Tyneside Ability FC

Keelmans Way School, Hebburn, 6pm-8pm

If you have a disability, love football, want to join a team, then come along and meet the gang. These sessions are normally charged but are free if you bring this programme. For more details contact Justin on 07963 240976.

## Week long events

### My Perfect Job

Cleadon Park Library, all week

As the theme of Learning Disability Week is employment Arts 4 Wellbeing members used dream jobs as inspiration for an exhibition of work at Cleadon Park Library.

### Arts4Sale

South Shields Museum, all week

For one week only Arts4Wellbeing will be creating an arts and crafts market within the museum's street exhibition. Service users have made the products that are for all tastes and pockets, manning the market and meeting the public. Join us for this week long event.

Day Services Hub will again have a photographic project taking place to record the activities during the week, The photographs that were taken from last year will be on display all week on the big screen near the Café at The Word.

Learning Disability Nurses will be promoting the Week in the hospital at the Alexandra Restaurant and in the Ingham Wing, where there will be there information stalls. Details of the week will be on the Trust website.