

Parkwood centre



employment projects
training - leisure
specialised provision for
people with high support needs
opportunities advocacy



Parkwood garden

Parkwood Garden Group is based in the historic walled garden in Alfreton Park. The Garden Group provides opportunities for adults with learning disabilities.

We grow everything from bedding plants to vegetables and fruit, as well as maintaining all the different areas of the garden. We have a heated greenhouse, lawns and borders, a wildlife area, a green woodwork tent we have made, a pizza oven and fruit trees.

If you enjoy being outside and would like to find out more about Parkwood Garden Group, please come and visit.



Parkwood car wash

Our long established car wash, based in the centre of Alferton is a satellite unit of Parkwood Centre.

It has, for many years, provided a work based project for approximately 13 people. It develops skills in customer care and in working as part of a team.

All revenue from the monies collected from customers pays for the car wash team to have a week long all expenses paid annual holiday.

The car wash is open from 8.45 to 3.15 Monday to Friday. We are closed for lunch between 12 and 12.30.



Parkwood conservation group



Parkwood Conservation Group is a long established project that works in the community four days a week.

We undertake a variety of environmental work and projects for different local and national agencies and organisations.

In the past we have undertaken work at Carsington Water, Shipley Park, Crich Tramway Museum and Ogston Reservoir.

The conservation project pays for the conservation team to have an all expenses paid annual holiday as a thank you for all their hard work during the year.

the printing room



We provide computer themed activities and run from Monday to Thursday.

There are opportunities to gain accredited AIMS qualifications through Derbyshire Adult Community Education.

We also provide a full printing service using computer graphics and laser printers.

The Printing Room produces greeting cards, calendars and invitations for general sale or personalised for the customer.

the pop-in café

The Pop-In Café enables service users and staff to work as a team to facilitate the running of our café, which is open to the public.

We serve hot drinks, toast, soup, teacakes and a selection of chocolate goodies. We also provide a range of healthier options.

All those who work in the café have the opportunity to work towards and achieve the Basic Food Hygiene Certificate.

The café is currently being beautifully refurbished – come and see us!



Parkwood pottery



We create a range of beautiful, functional and individual pots from our studio at Parkwood.

Our pottery has an emphasis on working within a relaxed and therapeutic setting and encouraging the development of skills and confidence within a supported work environment.

We have an increasing number of stockists and a gallery shop adjacent to our studio, which are open to the public.

We are open from 9.30am to 3pm, Monday to Thursday.

www.parkwoodpottery.co.uk



Advocacy



We are a friendly group of people who meet every Wednesday.

We talk about things that are important to **us** and **our lives**.

We learn and develop skills like self-confidence, self-esteem, listening skills and independent skills which help us to make our own decisions and choices.

opportunities for people with high support needs

At Parkwood Centre, we also provide sensory therapy through activities both in and off centre, accessing amenities and services with those who have high support needs.

These activities include Snoezelen, Jabadao, tactile art, massage, relaxation, communication skills, sensory cooking and interactive and sensory stimulation. We also access specialist agencies e.g. Deda Dance Academy in Derby, First Movement in Rowsley and Ash Green in Chesterfield.

engagement groups

These groups were established recently in order to include those who were unable to participate fully in existing groups.

Activities are based on individual needs and include Jabadeo, sensory cooking, crafts, drama, outings, exercise, current affairs and an older people's group.

These groups run Monday to Friday.

the hiking group

The Hiking Group runs every Friday and we make the most of the beautiful Derbyshire Dales and Peak District.

Walks can range in length from 4 to 7 miles and members of the group must be prepared to climb stiles and enjoy a bit of mud. Good boots are essential!

The group is led by experienced walkers who have a good knowledge of the local area.

leisure

Friday is our leisure day at Parkwood. Each week there are a combination of regular activities and one-off trips and events. These are identified through regular consultation with our service users and include chair based exercise in the community, football, yoga, discos, bingo, skittles, day trips, meals out, shopping trips, x-box and the occasional cream tea.

dancing

We have a group of 12 people of various abilities who enjoy the dance session. The group is run by a trained dance tutor, who encourages each individual to learn new dances as well as old familiar ones. Individuals have a choice of taking exams and gain a medal or certificate for their hard work.

Dancing encourages teamwork, social skills and confidence building.

accredited learning at parkwood centre

Parkwood Centre offers a wide range of accredited courses -

- Accredited AIMS courses delivered through Derbyshire Adult Community Education
- Online learning with LEARN MY WAY and BBC WEBWISE
- Qualified, skilled and experienced staff

Please contact us for our Accredited Learning brochure.

**Parkwood centre
Alfreton park
Alfreton
Derbyshire
DE55 7AL**

**01629 531838
jane.abrams@derbyshire.gov.uk**