Welcome to Whitemoor

The information in this leaflet will give you an insight into the activities and projects available to people at Whitemoor.

It also lists the community based activities we help people to access.

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Whitemoor provides activities for adults who have learning disabilities. We provide a higher level of support for people who need it and for people who have autism. All staff are SCIP trained.

Some of our day opportunities take place within the building but many happen in the community, e.g., horse riding, independent living skill development, cycling, ice skating and swimming. Sometimes we support people at weekends and evenings so they can access local events. Whitemoor has signed up to Derbyshire’s Dignity Campaign. This encourages us to look at practical changes that we can make to improve the experience of people who use our services. We have achieved the bronze standard award and are currently working towards achieving the silver standard.

Our building is easily accessible with no steps, and level floors. We have equipment to assist with moving and handling and toilets/changing facilities for people who have physical disabilities. Our rooms vary in size and we can accommodate between 5 - 50 people. Our hall caters for 125 people and is often used for social events and community meetings. All our rooms can be hired on an occasional or long term basis. Some of the groups currently using our facilities are Slimming World, Booticamp Babes, Disabled Club, Belly Dancers and Barnardo’s.

This leaflet provides an outline of the sessional activities we provide. Please contact us if you need any more information. We look forward to hearing from you.

### Whitemoor Based Activities

**Computer Group** - introduces people to basic computer skills providing a sensory environment for people with profound learning disabilities, interactive equipment is also used.

**Arts & Crafts** - provides a variety of activities for people to experience from pottery to card making, the craft items are sold at events throughout the year.

**Sensory** - provides sensory experiences, intensive interaction, physiotherapy programmes and relaxation specifically for people with profound learning difficulties.

**Cooking** - develops basic cookery and domestic skills as part of a group.

**Tai-Chi** - improves physical fitness in a calm and peaceful environment, gaining energy and calming the mind while improving breathing and reducing stress levels.

**Yoga** - a weekly morning session by an external instructor promoting a person’s well being.

**Rebound Therapy** - uses a trampoline and is for people with a wide range of abilities from mild learning disabilities to those with a profound physical and learning disability.

**Nostalgia** - aimed at the older age group, gives people the opportunity to talk about their past, visit places in the community and to complete a ‘life story’ book.

**Garden Project** - provides varied opportunities for people on all levels in the garden environment. The project is self sufficient with its own bank account and the plants and vegetables are all sold locally.

**Jabadao** - engages people in gentle exercise using specialist equipment that stimulates the senses.

**Music** - people make choices about the music they want to listen to, sing and play musical instruments all in a happy and relaxed environment.

**Signing** - an opportunity to learn Makaton sign language, promoting self confidence and encouraging language and speech development.

**Drama** - run by an external instructor on Thursday, the group does regular performances.

### Community Activities

**Masonic Hall/Cottage Project** - develops and maintains people’s independence. People go directly to Masonic Hall in Belper where they develop basic shopping and cooking skills, make choices around meals, use public transport and learn about road safety.

**Walking Group** - local walks provide exercise and fun as a group.

**Swimming** - we use the local leisure centre promoting confidence, fitness and having fun!

**Horse Riding/Carriage Driving** - staff support people with various abilities at Scropton Horse Riding School.

**Sailability** - two trained staff support people to go out in small boats at Swarkestone in the summer.

**Cycling** - specifically for people who have a physical disability or poor mobility. Adapted cycles are used at Parsley Hay and Outlook.