

Explore **your** potential

Life skills
and learning
with FitzRoy
in Hampshire

**FitzRoy is a
national charity
transforming
lives for people
with disabilities**

The FitzRoy service is a lifeline for many. Everyone who comes learns skills, builds connections, works in a team, and has a place outside they can call their own.



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Welcome to FitzRoy's Hampshire Prospectus

We believe that everyone has the potential to learn, grow, and develop, and all our courses are tailored to meet the goals and ambitions of people with learning disabilities to do just this. Enjoy browsing through our courses, and finding one that will help you reach your goals and develop independence in your life.

Enjoy going out into the community, and meeting new people, as you learn new skills on many of our courses. Whether you fancy trying a drama group, or developing your computer skills, or you want to become more confident in the kitchen, we have something for you.

By joining a FitzRoy course, not only will you be one step closer to reaching your goals, you will be supported by highly trained and qualified staff on each course.

Enjoy browsing, and we look forward to meeting you.

Best wishes,

Nicki Christie

FitzRoy Regional Manager

PS. Many of our courses started because people we support told us what they wanted to learn about. If you have a particular course that we don't already cover we'll look at setting it up, so do get in touch.

Our promise to you:

 **You will be involved in planning your goals and reaching your achievements**

 **We will celebrate your achievements and inspire you to set new goals**

 **By joining a FitzRoy course you will be gaining skills and independence for life**

Your guide to using this prospectus



1

Read the course description and find the course you like.

2

Look at the learning outcomes (below) and see if they fit your plans.

3

Once you have decided which course, or courses, you would like to join contact us.

4

To book a place on your chosen course either email, or call, the manager at the centre. You will find the contact details at the back of this prospectus.

What to expect

- ★ Proud of our person-centred approach, we tailor support to each individual.
- ★ Some of our courses suit all abilities, others will be grouped by beginner, intermediate and advanced.
- ★ We are Asdan Accredited and offer Asdan courses if you are interested in taking a subject further.

THIS IS THE KEY TO YOUR LEARNING AND OUTCOMES



WORK-BASED LEARNING

Numeracy, literacy, customer service, time-keeping, team-working, and personal appearance.



SKILLS FOR INDEPENDENCE

Budgeting, travelling, safety, shopping, and managing a menu.



PERSONAL DEVELOPMENT SKILLS

Health, well-being, communication, and exercise. Expression and interest. Confidence building.



KEY SKILLS

Decision-making, problem solving, appropriate interaction, co-ordination, and concentration.

Choose your course

Art and Craft

Discover the wonderful world of art and craft. Through these courses you will find out how to choose a project, identify the materials you need, write, or draw, a plan of how you will do your art project, then enjoy making it! Enjoy trying out paints, chinks, crayons, acrylics, tracing paper, card thick or thin, sugar paper, tissue, and so on. Mix paints to create colours, draw, and sketch. You'll also learn how to keep tidy, store art equipment, and more.

**Courses take place in
Petersfield and Waterlooville**



Baking or cooking

In our cookery courses you will learn to cook simple snacks like savoury toasties, and pasta; plan a menu; understand the nutritional elements of a meal; and prepare a full course meal. In a fun and safe environment this is a great way to develop your independence and enjoy cooking the food you love, for you and your friends.

If baking is your thing, sign up to one of our baking courses and bring to life your ideas for cakes and all things delicious. Not only will you get to make a range of different types of cakes you will enjoy trying out new decorating techniques and bake lots of cakes for different occasions.

**Courses take place in
Petersfield and Waterlooville**



Coffee shop management

Look no further to find out how to set up and serve at our in-house FitzRoy coffee shop. This is a great way to learn more about working in a café, serving coffee and tea, staying safe, keeping your kitchen area clean, and gaining confidence. You'll have fun preparing different types of drinks, handling money, and serving customers, in a safe and supportive environment.

**Courses take place in
Petersfield and Waterlooville**



Get to grips with computers

Find your way around the wonderful world of computers. Once you are feeling confident you will learn how to switch the computer on, log on, load a disc, use a computer safely, and close programmes before you shut the computer down. Keeping safe when using a computer is important, and we will show you how to follow rules to help you. Explore the internet, use search engines, look things up, play games, and share games, and finish with a project of your own choosing.

**Courses take place in
Petersfield and Waterlooville**



Choose your course

Discover new ways to communicate

Create a communication system that suits you! By joining this course you will learn more about using words, signs, phrases, objects, photographs, P.E.C.S, or Makaton symbols to communicate. Learn how to develop a communication board to help you recognise people and say good morning, and practice listening and respond to other people within the group, engage in discussion with other people by using your preferred method of communication, such Makaton or P.E.C.S.

Courses take place in Petersfield and Waterlooville



Environment – Asdan module

Be inspired to get involved in the outdoors as you work through the Asdan booklet. Activities include painting sheds, building a bird box, recycling different items, upcycling a photo frame, or even a chair, visiting parks, and filling in worksheets as you evidence all your learning.

Courses take place in Rural Skills East Meon



Love History!

History is all around us, local history, ancient history, modern history, world history, and more. Join one of our history courses and choose a time in history you're interested in and get ready to explore it. You will learn how an era got its name, how people lived, what they wore, what they ate, and how their lives differed to yours.

Courses take place in Petersfield and Waterlooville



Horticulture – Asdan module

Study and learn as you go with our Horticultural Asdan course. Modules include planning what to plant, and where, sowing seeds, pricking out, potting, taking cuttings, pruning, pest control, watering, feeding, weeding, composting, harvesting, cut flowers, maintaining tools, health and safety in the garden, and art activities with a horticultural theme.

Courses take place in Rural Skills East Meon



John Muir Award

We're pleased to be able to offer you the chance of taking part in the John Muir Award. This includes a wide range of varied activities, such as, woodland walks, recognising trees, pressing flowers, making mallets, putting up hammocks, wood splitting, fire lighting skills, making jewellery, making nettle tea, pond dipping, and more.

**Courses take place in
Rural Skills East Meon**



Keep fit with seated exercises

With a bit of determination everyone can keep fit and healthy. This group is inclusive and gives you an opportunity for gentle exercise while your seated, plus enjoy team sports like basketball. After warm up exercises learn how to follow and maintain correct posture in a seated position. Follow the steps to a good posture, experience exercise using different equipment. Find out how a balanced diet can keep you healthy.

**Courses take place in
Petersfield and Waterlooville**



Know your community

Wherever you live there will be fascinating things to discover. Find out how your town got its name, if any famous people lived there and the stories they had to tell. Learning how to research and record facts is a very useful skill and helps you feel more connected to your community. By the end of the course you will have created a personal project about your town, found out about events going on and things you could get involved in, and explored your library and other community networks.

**Courses take place in
Petersfield and Waterlooville**



Maintenance

It takes a lot of work keeping an outdoor space, such as a garden, clean, safe, tidy, and flourishing. At our Rural Skills project you will learn about maintaining the paths, flower beds, and grounds. This includes raking, clearing, cutting back, weeding, sweeping, cleaning the fish points, making kindling out of sticks, chopping logs, cutting grass, and turning over the flower beds. You'll go home satisfied after a day of fun while you work.

**Courses take place in
Rural Skills East Meon**



Choose your course

Money wise

Looking after your money, planning for expenses, and creating a budget are very useful skills when you are learning to be more independent. Join a FitzRoy Money Wise course and you will gain confidence in many areas; planning a budget for a day out, recognising and counting money, creating a holiday budget, and learning skills to manage your money when food shopping. Learn how to save money in the future and keep your money safe.

**Courses take place in
Petersfield and Waterlooville**



Passionate about music

If you love music this course is for you. Indulge your passion and start learning about different genres, i.e. Rock and Roll, Rock, Classical, Opera, Blues, Reggae, Soul etc. You'll learn more about music from around the world, different traditions that include dance and new instruments, and express yourself through the instruments as you enjoy playing tunes in a group.

Courses take place in Petersfield



Explore nature and the environment

Nature and the environment are ever changing and there are many fascinating things to learn. You will learn about the seasons, farming, and what grows when and where. Enjoy becoming a Nature Detective and find out about different fungi that grows in this country, where and when they appear, and whether they are a source of food for wildlife. Get creative with your discoveries and create a wildlife project as you research life cycles, habitats, food, and more, using pictures and drawings wherever possible.

**Courses take place in
Petersfield and Waterlooville**



Create with needlecraft and sewing

A world of creative craft awaits you and we'll teach you how to be safe when using scissors, knives, needles, and a sewing machine. There is so much to make and create once you've learnt all about stitching, running stitch, back stitch, and cross stitch. You will get used to following instructions, when to start, when to stop, and find out how to make an apron, tablecloth, tea towel, or bag for example. Book now and delight someone by making them a present, or make your own decorations.

**Courses take place in
Petersfield and Waterlooville**



Out and about

We offer fantastic opportunities for you to explore new places. Plan a visit to a place of interest such as Staunton Country Park with its Animal Park, walled garden, maze, and greenhouse. Go for walks along the seafront and the beach, and visit places like Jubilee Park in Waterlooville; The Sustainability Centre; and The Queen Elizabeth Country Park. Book now and look forward to flying a kite on Butser Hill and visiting the Heath at Petersfield to see the different types of water fowl. Choose where to go, how to get there, plan how much time you need, what to take with you, and how to keep safe.

**Courses take place in
Petersfield and Waterlooville**



Get to grips with photography

Get to know your chosen device and enjoy the wonderful world of photography. On this course you will learn all about using your device - from turning it on, focussing the lens, understanding and changing the settings, to taking the picture. You will find out how to delete photos you don't like and save the ones you do, and keep your device ready by learning how to use the charger, and know when it is fully charged.

**Courses take place in
Petersfield and Waterlooville**



Performing arts

A world of drama, dance and music awaits you. Join in with one of our performing arts groups and learn how to memorise lines to songs, dance in a group, and express yourself through the art of mime and role play. If you prefer working behind the scenes, learn to create scenery, control the lighting and sound, and explore making costumes and props. This course is a great way to have fun, build your confidence, and meet like-minded people.

Courses take place in Petersfield



Rural Craft

Join us for fun and imaginative art and craft using items you find in the environment. Willow is great for turning into hearts, stars, bowls, and even decorative fish. Find and paint rocks, create plant signs, make pom pom garlands, driftwood and shell mobiles, pine cone hedgehogs, and more wonderful projects. Celebrate Christmas, Halloween, Easter, birthdays, and delight your friends with handmade decorations and gifts.

**Courses take place in
Rural Skills East Meon**



Choose your course

Sporting success

Join us and we will support you to participate in a sport of your choice. You will learn the rules of the game and how to play. If bike riding or swimming are your thing, join us to find out how to stay safe and get the most out of them. Whichever sport you choose learning more about them will increase your confidence, skills, and team involvement.

Take your pick:

- Basketball
- Football
- Cricket
- Badminton
- Bike riding
- Swimming, and more ...

Courses take place in Petersfield and Waterlooville



Woodwork

Learn all about wood and how to make your favourite things out of it. With a variety of hand and power tools you will plan what to make, source your materials, and get going on your project. Things you could make include: Bat boxes, planters, bug and bee boxes, bird boxes, bird tables, shelves, picture frames, reindeers, and more.

Courses take place in Rural Skills East Meon



Woodland walks

Take in the beautiful countryside all around us on these walks through the forests, and woodlands. You'll enjoy noticing what happens as each season changes, collecting items for art and craft, taking photos, and exploring different areas and parts of our countryside.

Courses take place in Rural Skills East Meon



Make friends, find love, go out and about with FitzRoy Love4Life in Hampshire

FitzRoy, also runs Love4Life, a friendship and dating project based in Fareham, Hampshire. It has been running for ten years (previously called Stars in the Sky) and has a large and growing membership base.

Join this group which provides life-changing opportunities for people with learning disabilities to develop and sustain friendships and relationships.



“ This group means everything to me. Thanks to it I have met some lovely people and it has helped build my confidence. ”

By joining Love4Life you will enjoy

Social Events and an annual show

Events to look forward to: • Bowling • Nightclub outings • Karaoke nights • Movie nights • Pamper days • Parties and proms • Music festivals • Picnic and restaurants • Shopping trips • Special events • Sports activities • Theatre trips • And more...

Safe Dating

Love4Life members are matched by age, location, likes, dislikes, hobbies, and interests. When a match is made, members are contacted and a date arranged. The first three dates are always chaperoned in order to provide a safe dating experience. As a member you will have access to around 10 events a month, several workshops a year, and the opportunity to perform in a yearly show, previous shows include Grease and Mamma Mia.

Workshops

You can also enjoy a wide range of workshops throughout the year, such as cooking, improving your confidence, help with friendships, health and wellbeing, money management, self-help skills, sex education, travel, and understanding autism.

Your Membership

For a £10 a month membership fee you will be invited to all events, be able to meet people in a group or on a one to one basis, it's your choice! Events cost between £2 & £20, and workshops are free.



We are open between 9am and 4.30pm Monday-Friday and we'd love to hear from you. Please call or email with any questions, or download an application form from the website.

Tel: Hayley Ostler 07766 133 616, or 01329 826 423

Email: info@love4life.org

www.fitzroy.org/love4life





**Join
us**

FitzRoy Hampshire Day and Community Groups

FitzRoy Waterlooville

A modern centre of learning and fun based on the High Street in Waterlooville. It has a fully equipped kitchen, a computer suite, art room and other facilities, and many of our courses mean you will be out and about discovering the community. You will be inspired to learn, enjoy, discover, and socialise. We tailor support to people's needs as well as offering personal assistance when required.

FitzRoy On Track, Petersfield

A warm open and friendly space with different areas for activities. The experienced staff are on hand to provide exactly the right amount of support for every person who joins us. We will support you to develop confidence, take part in lots of different activities, discover new skills, make friends, and connect you with your community.

FitzRoy Rural Skills, East Meon

Grow, learn, and develop at FitzRoy Rural Skills. Nestled in the hills of East Meon in East Hampshire, and part of the Sustainability Centre, our fully-accessible site with environmentally-friendly facilities is a truly inspirational place.

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**I have never been so happy; your service is first class.
I'm just so lucky I have found FitzRoy for my son.
A big thank you.**