



Penny Meadow Skills & Sensory Centre





About Penny Meadow Skills & Sensory Centre

Penny Meadow Skills & Sensory Centre supports people with autism and learning needs. We offer practical and skills-based workshops in independent living skills, community engagement and employability, as well as other ASDAN, accredited and practical courses.

Penny Meadow is passionate about providing an exciting and inspiring environment in which people are supported and nurtured to reach their full potential and achieve their goals.

Our highly skilled and dedicated team deliver both community-based workshops and activities which enable people to build and develop the practical, social and communication skills needed to access and become part of the community around them.

Penny Meadow Skills & Sensory Centre is owned and run by Achieve together, who continue to invest in our Marks Tey based building to ensure Penny Meadow can offer the very best to people we support.

Our team are continually looking for new and exciting opportunities for people we support and ways we can develop and improve Penny Meadow for the future.



About Achieve together

Achieve Together has operated for over 25 years with expertise in supporting people with learning disabilities, autism spectrum conditions, profound and multiple learning disabilities and associated complex needs. We are dedicated to empowering individuals, enabling them to develop skills for life and healthy relationships, as well as supporting them to boost their confidence and self-esteem.

We have a team of over 5,500 team members who work with us to support over 2,000 people in our homes and services across England & Wales.

We believe that people we support and their families are at the heart of our organisation, and we are focused on providing the best possible support for them.

We are committed to providing a great experience for those we support, but we understand the importance of achieving this can only be achieved by having an engaged and happy workforce.

We want everyone to have a great experience and enjoy their time as part of Achieve together.

Achieve together values

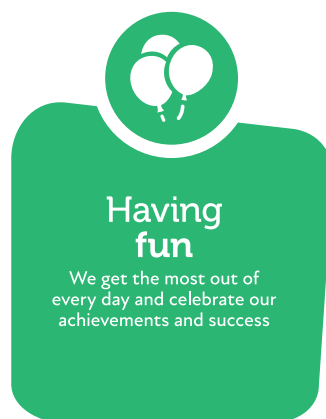
Our Purpose:

Ordinary lives
Extraordinary people

Our Vision:

To provide the best specialist support, inspiring a generation to ensure people live happy, healthy and meaningful lives

Our Values:



Inspiring a Generation

Nurturing and celebrating the extraordinary people we support and inspirational teams.

Building Meaningful Partnerships

Working with families, local and national to create positive change.

Shaping the Future

Leading the industry through insight, investment and technology.

Practical workshops and accredited courses





Independent Living Skills

We run a range of accredited workshops to support the learning and development of independent living skills. We support with money skills and budgeting as well as developing and supporting people to create simple and healthy

meals to make at home. We develop shopping skills and list making as well as understanding how to look after and have a healthy and safe home environment.

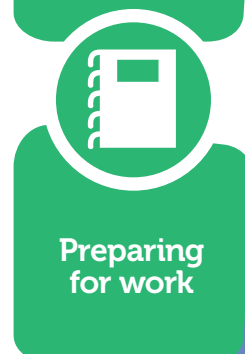


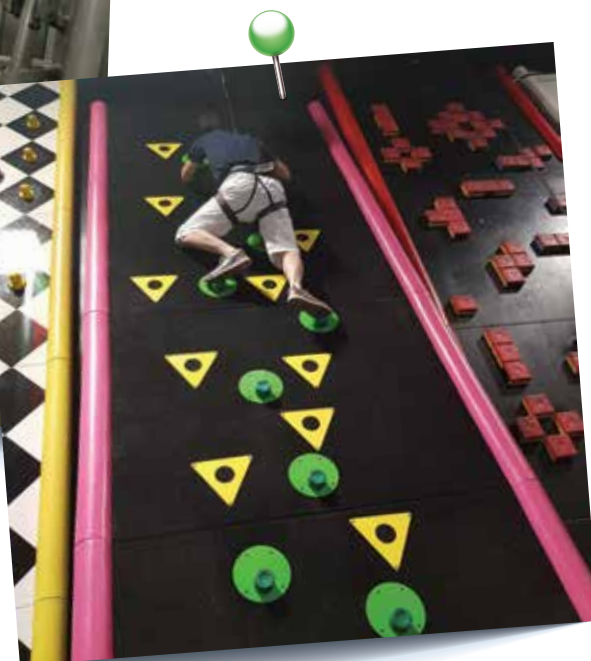


Work Related Skills

We offer internal work skills through our tuck shop and mini enterprise projects, which include upcycling furniture and our outside produce stall. We offer a car maintenance and valeting workshop. We have accredited courses around

Health and safety and preparing for work as well as supporting and sourcing external work experience opportunities for people attending our service.





Being Healthy

We are very active at Penny Meadow and offer a variety of sessions to support this each week. We support people to attend local leisure centres & classes, gyms and swimming pools.

We attend dance and keep fit workshops as well as offering in-house workshops that help to keep people fit and healthy. We support these sessions by offering accredited courses around Being Healthy and a Healthy Lifestyle.





Creativity

Penny Meadow has built fantastic links with the community, and we are lucky enough to be able to access accredited courses in our local area. We also have a very talented team and are able to use our in-house facilities to offer creative workshops using our wood workshop, sensory

room, craft hub and outside woodlands/grounds. People we support at Penny Meadow are central to designing and decorating our day service with their artwork, creative makes and skills they have developed and learned through our workshops.

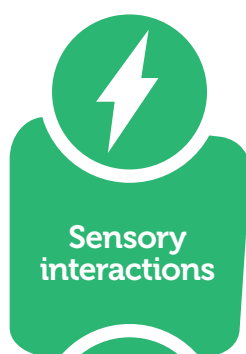




Communication & Social Skills

Penny Meadow builds and develop communication & social skills through all our day-to-day workshops and activities. People we support are further given the opportunity to improve and develop these skills through our

sensory workshops, Forest School program and our community-based social Saturday events, as well as our pop-up café and shop. We support and fundraise for national and local charities and community-based projects.





Penny Meadow – On Site Facilities

Penny Meadow Skills & Sensory Centre service is situated in the Old Historical Marks Tey Methodist Church. Our service is lucky enough to enjoy

the entire site both inside and out, which has enabled us to develop and create an amazing and modern-day service with inspiring facilities and learning spaces for people we support.

How to find us and get in touch

Penny Meadow Skills & Sensory Centre Day service runs from the Old Marks Tey Methodist Church, London Road, Colchester, CO6 1DZ, 10 mins from Tollgate shopping centre. We are within easy access of the A12 and have bus and train links on our doorstep.

Open Mon – Fri

10am – 3pm

Some Saturdays Activities & Evening Clubs

Bus Links

Bus stop outside service with direct links to Colchester

Close to A12

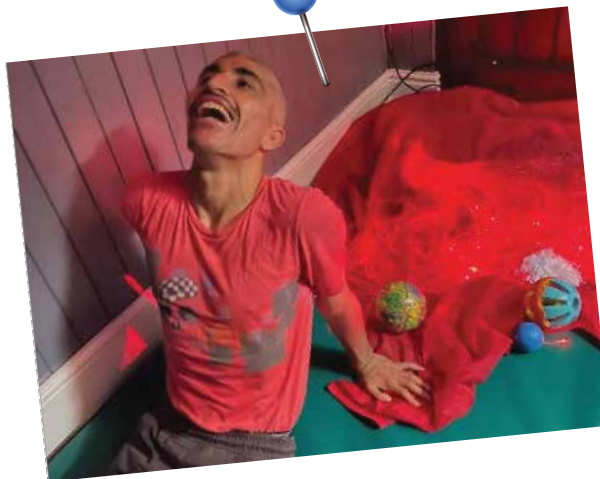
With links to Colchester Town, Braintree, Ipswich, Chelmsford, Clacton and more

Marks Tey Train Station

10 minute walk



Common room



Sensory room



Woodland



**Learning &
teaching space**



**Garden &
growing space**



Wood workshop



Craft hub



**Sports &
games hall**



Teaching kitchen





What else does Penny Meadow Life Skills offer?

Social Saturdays

Penny Meadow has an ongoing Saturday a=program of activities and experiences witch both challenge and develop the people we support to push themselves to achieve goals and build confidence through activities they may not have tried before

We have undertaken all sorts of Saturday challenges, some have been from a height, some in appalling weather conditions like snow, some needing a strong stomach and some just great fun!

Some of our activities include:

- Ringoing and tobogganing
- Inflatable assault courses
- Boat and train journeys

- Visiting local theatres
 - Learning Archery
 - Taking on laser quests and team challenges
 - Accessing local farms, attractions, museums and amusements
- And so much more

Our days out always finish with a meal out at a local pub or restaurant or a picnic provided by Penny Meadow. These days are a great friendship building and social event where everyone can interact and have a great time with mates.

Please follow our facebook page for upcoming Saturdays or contact us directly for current information or details.



ASDAN Courses



Penny Meadow is an approved ASDAN centre which enables us to offer people we support accredited courses in many areas of the ASDAN curriculum, including Personal Progress &

Employability and many more practical skills-based and short courses. On successful completion of the course, accreditations certification will be awarded.

We currently offer ASDAN courses in the following areas:

- Towards independence
- Employability
- Personal progress



Forest School

Our day service has been offering Forest School within our very own woodland for several years. Our highly trained and skilled staff team are able to support and facilitate each person to find their way through the learning experience of Forest School.

The penny meadow forest school program promotes confidence building, develops social skills, encourages communication, builds motivation and physical skills, encourages knowledge and understanding of the environment, while enabling the people we support to gain new skills and understanding through trial and error.

Our approach of team work ensures that everyone is involved in all tasks and activities.

These include:

- Chopping fire wood
- Lighting the camp fire
- Setting up shelters
- Climbing trees
- Carving wood to make wood whistles
- Cooking campfire food
- Foraging ingredients



Holidays & Mini Breaks

Penny Meadow are committed to offering the people who attend the service every opportunity to grow and develop. This year we are launching our new mini breaks at our service caravan. This will provide the people we support with the opportunity to take a mini weekend break at our caravan with the support of our dedicated staff.

Our caravan is located on Waldergraves Holiday Park, situated on the beautiful Essex Island of Mersea. The Island is on the edge of the Blackwater and Colne estuaries and is around

25 mins drive from Colchester Town Centre with its shops, restaurants and entertainment facilities. Waldergraves Holiday Park boasts facilities including: Restaurant, Bar, Club house with entertainment, bingo, pool tables, shop, launderette, amusement arcade, playground, Golf driving range, crazy golf, sweet shop, outdoor heated swimming pool, fishing lake and stones through from the beach.

Please contact the service directly for more details or to find out availability and costings.



The Friday Club

Our newest offering at Penny Meadow is our Friday youth club which offers another social event for people we support in a relaxed, fun and safe environment. We have an onsite

tuck shop, disco, craft area, pool and table football, as well as special themed weeks and movie nights throughout the year.

Mates & Dates Course

We run this course throughout the year to support people to understand and navigate the sometimes difficult subjects around friendships & relationships. This course is designed to support

people gain a greater understanding of how to build friendships, understand relationships, learn about our bodies, understand public & private, safe sex and contraception.



Penny Meadow Awards Night

Each year we hold our annual awards night celebrating everyone's achievements, successes and reaching desired goals over the past 12 months. This is an opportunity for family and friends to join the celebrations with a formal presentation of certificates, awards,

medals and trophies, food and drink and a fantastic party and disco to round off the event. We set a theme for the evening each year so everyone can dress up and have fun. This is a fantastic social event and a great way to recognise and celebrate everyone.

Transport to and from our home

Penny Meadow offers a daily transport option to and from the service. We are lucky to have 3 service mini buses as well as several large 7 seater vehicles which support with this service.

Please ask us directly for more information, availability and costings.

Open Monday to Friday 10am - 3pm

Our Day Service puts people we support at the heart of what we do and offer each day. People accessing the centre are supported by our team to choose the workshops and sessions which best support them to achieve their set goals.

Please contact us at: achievetogether.co.uk or scan the QR code:





Get in touch:

Penny Meadow Skills & Sensory Centre Day Service,
Old Marks Tey Methodist Church,
London Road, Colchester, CO6 1DZ

01206 616164

penny.meadow@achievetogether.co.uk

achievetogether.co.uk/homes/penny-meadow-colchester-day-service