



Achieve
together

Penny Meadow
Life Skills Centre

Penny Meadow

Life Skills Centre



ASDAN
Registered Centre



About Penny Meadow Life Skills Centre

Penny Meadow Life Skills Centre supports autistic people and those with learning disabilities, social interaction and communication difficulties. We offer practical and skills based workshops focused on life 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 delivers both community-based workshops and activities which enable people to build and develop the practical, social and communication skills needed to enjoy being an active member within their local communities.

Penny Meadow Life Skills Centre is a part of Achieve together, one of the UK's leading providers of support for people with learning disabilities, autism, profound and multiple learning disabilities, deafness, hearing loss and associated complex needs.

We are dedicated to empowering people, enabling them to develop skills for life and healthy relationships, as well as supporting them to boost their confidence and self-esteem.

Our team is 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 2,300 people in our homes and services across England and Wales.

Our ethos has always been to have people we support and their families at the heart of our organisation and at the centre of everything we do. Together we are focused on providing a strong foundation to offer the best possible support.

We are committed to providing a great experience for those we support, but we understand 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

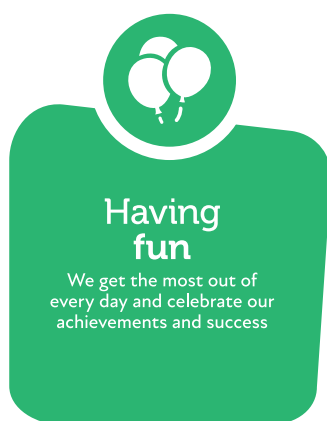
Our Purpose:

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

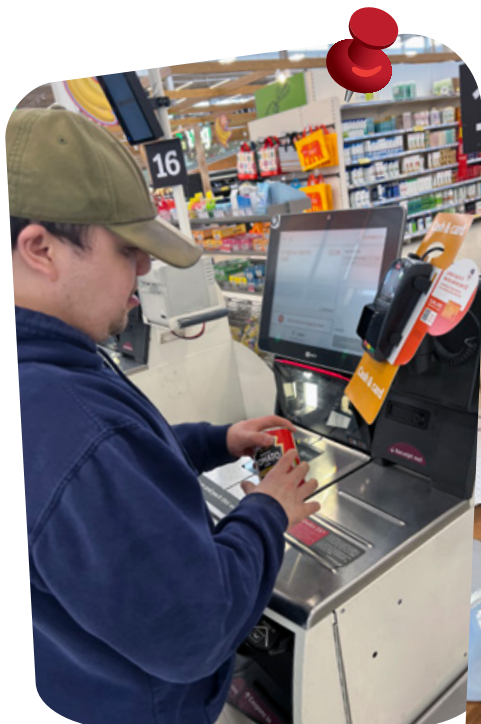
Working with families, local and national to create positive change.

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 development of life 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 on site work skills through our mini enterprise projects which include up-cycling furniture and our community fruit and vegetable stall. We also offer a car maintenance and valeting workshop as well as woodwork skills

in our on site workshop. We offer accredited courses around health & safety and preparing for work as well as supporting people to seek and secure work based opportunities in their local community.





Being healthy

We are very active at Penny Meadow and offer a variety of sessions to stay active each week. We support people to attend local leisure centres and 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 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,

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



Drama &
music



Arts & crafts



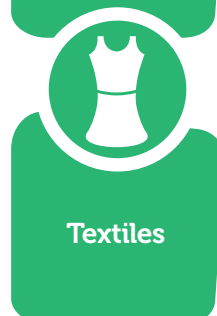
Creative
baking



Forest
School



Wood work



Textiles

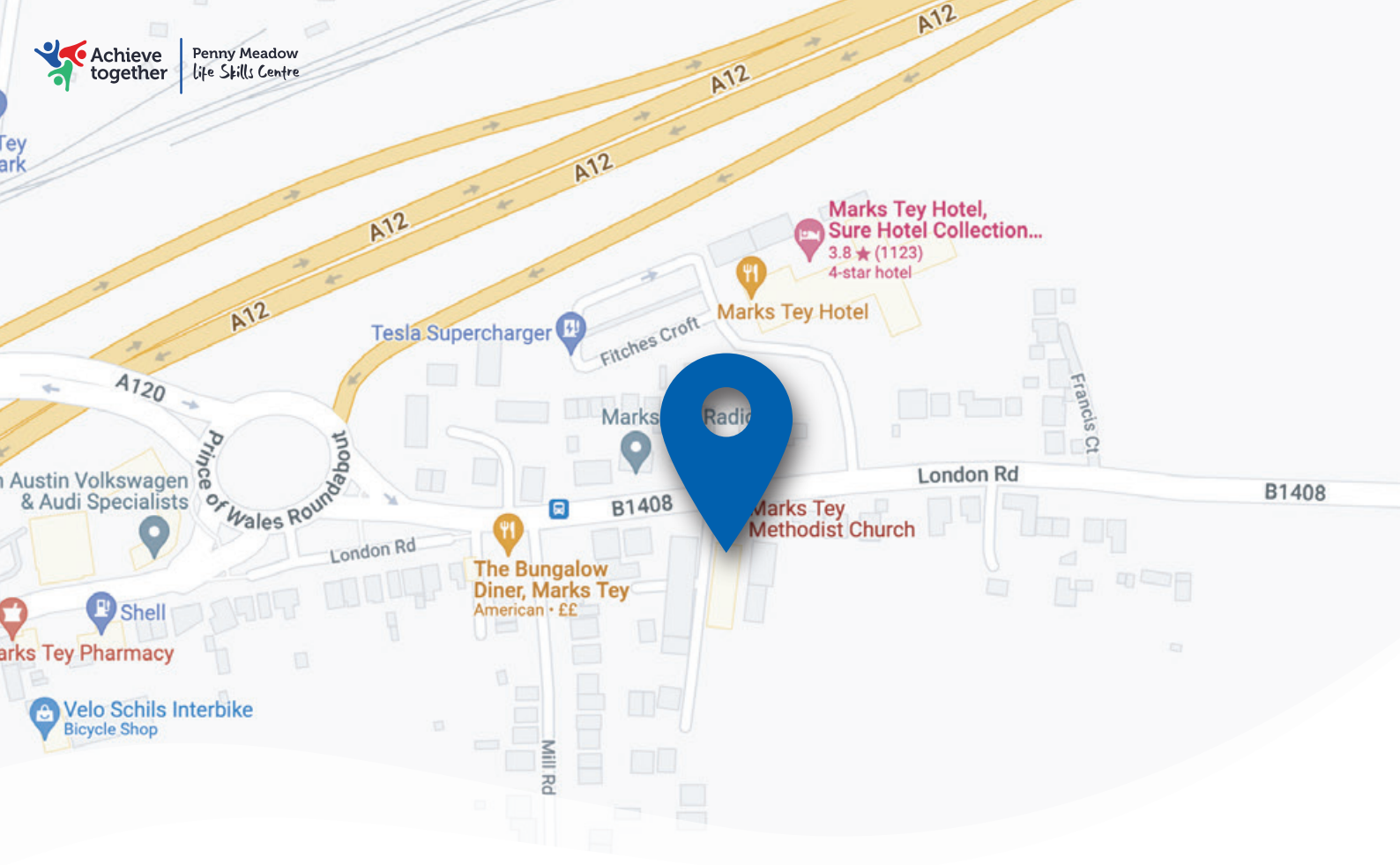


Communication & social skills

Penny Meadow builds and develops communication & social skills through all our day-to-day workshops and activities. People we support have further opportunities to improve and develop these skills through

our life skills workshops, Forest School programme and our community-based social Saturday events. We support and fundraise for national and local charities and community-based projects.





Penny Meadow – On site facilities

Penny Meadow Life Skills Centre is situated in the Historical Marks Tey Methodist Church. We have utilised the whole site 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 Life Skills Centre runs from the 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

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

Get in touch

01206 616164

penny.meadow@achievetogether.co.uk

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



Common room



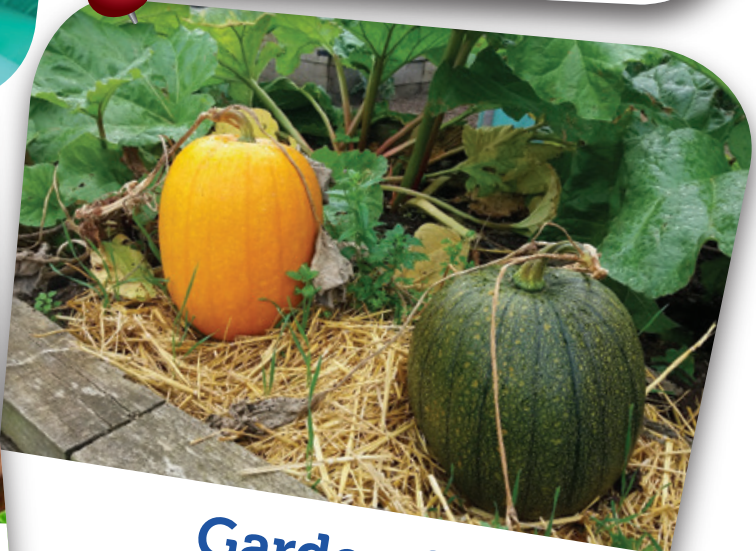
Relaxation Pod



**Learning &
teaching space**



Woodland



**Garden &
growing space**



Wood workshop



Craft hub

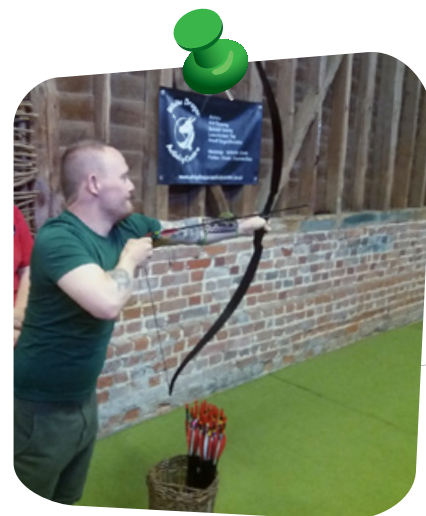


**Sports &
games hall**



Teaching kitchen





Social Saturdays

Penny Meadow has ongoing Saturday activities and experiences which both challenge and develop 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, pantomimes and music events

- Learning archery, zip wire, climbing walls, and high rope courses
 - Taking on laser quests and team challenges
 - Accessing local farms, attractions, museums and theme parks and rides
- 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 great friendship-building and social events 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 & woodland workshops

The centre has been offering Forest School and woodland workshops for several years. Our highly trained and skilled team members are able to support and facilitate each person to find their way through the learning experience of Forest School.

Our programme promotes confidence building, develops social skills, encourages communication, builds motivation and physical skills, encourages knowledge and understanding of the environment, while enabling 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



Work experience

We are very proud of the work experience opportunities we offer at Penny Meadow. We have built relationships and made links with local businesses and organisations to offer a wide variety of work experience placements to people we support.

Currently we have placements with:

- King Seeds
- Local food bank
- Local animal sanctuary
- Local charity shops and warehouse

The allotment

We are lucky enough to have a large allotment on a local site where people we support are able to grow fruit and vegetables both outside in our raised beds and more exotic species in our large, onsite polytunnel. We have a nature pond and wildlife area as well as a communal shed where we can shelter from the rain and make hot drinks and snacks.

We benefit from the other local growers on site who support us with watering and sharing their gardening tips.



Themed days and events

As well as our weekly timetable we also offer themed days and events throughout the year. These are special days when we 'go off timetable' to run an in-house experience or go out and visit a local attraction.

Recently we have taken part in:

- I'm a Meadower... get me out of here!
- Lifeboat station trip
- Pride Fest celebration
- Visited Rayleigh windmill
- Watched the stage show; Little Shop of Horrors
- Celebrated Burns Night

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 with a fantastic disco to round off the evening. 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.

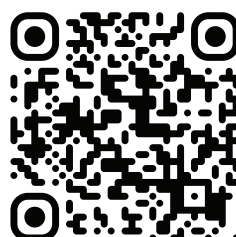




Open Monday to Friday 10am - 3pm

We put 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:





Penny Meadow
Life Skills Centre

Get in touch:

Penny Meadow Life Skills Centre Day Service,
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