



**You are invited  
to join us at  
Winkfield to  
celebrate  
Learning  
Disability  
week. 20<sup>th</sup>-24<sup>th</sup>  
June**



20<sup>th</sup> – 24<sup>th</sup> June  
Pinhole Camera  
Photo Exhibition

**P I N H O L E L O N D O N**

To confirm your place please call us on 0208 489 8200

Monday 20<sup>th</sup>

Wake up shake up with 10.30-12.00  
Chair Exercise  
Yogability 13.00-14.00

Tuesday 21<sup>st</sup>

Sensory Storytelling followed by 10.30-12.00  
Art Activities for Wellbeing

Baking Session led by LD users 13.00-14.00

Wednesday 22<sup>nd</sup>

Chi Kung 10.30-11.30  
Visual Awareness with BSL 13.00-14.00

Thursday 23<sup>rd</sup>

Makaton to Music 11.15-11.30  
Oral Hygiene Care 13.00-14.00

Friday 24<sup>th</sup>

Alternative Medicine and 10.30-12.00  
Crystal Healing with BSL

Pinhole Photo 13.00-15.00  
certificate presentation

Certificate of Achievements for those who attended the Pinhole Photo workshop presented by Ben Nathan

# Winkfield Learning Disability Week

During our week, we will provide a range of activities for everyone. If you are a parent, carer, service user or visitor to the centre, please join us to help celebrate our Learning Disability week. Here is our list of events:

## Monday 20 June

**Wake Up Shake Up with Chair exercise 10.30 -12.00** It is all about wellbeing activities and a Chair Exercise Session for users and carers! Delivered by Belvin Lewis from THS foundation

**Yogability 13.00 -14.00** A therapeutic approach to Yoga for people with special needs or disabilities. The sessions focus on breathing exercises, gentle poses.

## Tuesday 21 June

**Sensory Story Telling followed by Art activities for wellbeing 10.30 - 12.00** Our Storyteller Hope Okoro will run a special session of the story 'We are going on a bear hunt', followed by a relaxing art activity.

**Baking session led by Learning Disabilities Service Users 13.00-14.00.** At the end of this class, you will have the opportunity to taste your cakes with a hot drink from our cafe!

## Wednesday 22 June

**Chi Kung 10.30-11.30** The session offers a self-healing mind/body practice so simple anyone can benefit. Improve balance and coordination through mindful movements.

**Visual awareness 13.00 - 14.00** Visual impairment awareness training is designed to raise awareness and channel positive change within everyone; the aim is for this to be part of a major change in attitudes to, and opportunities for, people with visual impairments.

## Thursday 23 June

**Makaton to Music 11 :15 - 11.30** Come and join this relaxed class delivered by Aneliese Ambrose, one of our Speech and Language Therapists.

**Oral Hygiene Care 13.00 - 14.00** Come and learn how to look after your mouth/teeth with our specialist nurses from the Wittington Health Centre. Freebies will be available.

## Friday 24 June

**Alternative Medicine and Crystal Healing 10.30-12.00.** Delivered by Hasu Shah, Occupational Therapist and Homeopath. She will talk about different remedies for common illnesses. Hasu will explain how to take homeopathic remedy. A natural homeopathy first aid kit will be available to order. Zina Shad, will talk about Crystal Healing.

**The First Photo Exhibition 13.00- 14.00**

For those who participated in the Pinhole workshop will have their photos displayed during the LDA week.