

# What do we do?

## Well-being

John Storer Charnwood provides leisure and social activities both on and off-site for the residents of Charnwood. We are committed to promoting community activity and well-being in Charnwood.

## Room Hire

We have a number of rooms of differing sizes available to hire to local businesses, community groups and statutory organisations. We can provide refreshments and also meeting equipment such as projectors and flipcharts. A large number of community groups meet here every week.

## Transport

We provide transport services for adults with learning disabilities and older people. This can be through our wheelchair accessible minibuses or from our volunteer drivers.

## Café

We provide fresh, high quality home-cooked food at a reasonable price in our popular café. Choose from our range of hot meals or sandwiches along with a wide selection of cakes and drinks. The café is also a valuable social space where people come to meet and chat.

## Volunteering

We provide volunteering opportunities throughout John Storer House. Whether it be in the kitchen, driving people to their hospital appointments, helping with activities or greeting people at reception, you can make a difference by volunteering here.

## Shop

The John Storer House shop sells a selection of bric-a-brac items.

John  
Storer  
Charnwood

# Who are we?

John Storer Charnwood is an independent Charity serving the communities of Charnwood by supporting local voluntary activity for both individuals and community organisations.

We aim to be at the heart of the community, working in partnership with other Voluntary & Community Sector groups to improve opportunities for and the well-being of the people of Charnwood.

We run John Storer House, a vibrant, multi-use community centre providing an array of services and facilities and offering activities throughout the day and evening and at weekends too.

## Contact Us

John Storer Charnwood  
John Storer House  
Wards End  
Loughborough  
Leicestershire  
LE11 3HA

Phone: 01509 631750

Email: [candi@jscharnwood.org.uk](mailto:candi@jscharnwood.org.uk)

Web: [www.johnstorercharnwood.org.uk](http://www.johnstorercharnwood.org.uk)



# Well-Being Activities Handbook



2023

## JSC Well-Being Activities

Our activities are specifically designed to support individuals with additional needs who may be feeling isolated, whose carers would benefit from respite or those who suffer from memory loss and those who find it difficult to engage in activities outside their homes without support. The activities are aimed at giving service users a fulfilling experience in a safe, warm and comfortable environment to enable them to socialise and make friends.

Our programmes are varied and suitable for all abilities, ages, men or women. All sessions are supported by fully trained staff and are adapted to meet the individual's requirements. We offer a free 2 hour trial for all sessions. Refreshments are included. Lunch is available at an additional cost.

## Transport

John Storer Charnwood runs a Community Transport Service, if you need transport to or from an activity. There will be a small cost. We will collect you from your front door and deliver you to your activity room and return you at the end of the day.



## Memorable Mondays

Reminiscence activities and engaging activities designed around older people with additional needs. Monday Mornings 9.30 am - 12.30pm

## Craft and Sewing

Basic level sewing and creative craft projects to make and take home, Ideal for older people with additional needs.

Mondays 11.45am - 3.00pm and Fridays 9.30am - 12.30pm

## Drama

Entertaining drama based activities and productions for adults with additional needs. Aimed at encouraging independent creative thought, self esteem and self-confidence.

Thursdays 9.30am until 12.30pm.



## Music & Movement

Enjoyable and engaging singing and movement activities for adults with additional needs. Aimed at encouraging independent creative thought, self-esteem and self-confidence. Tuesdays and Fridays 12.00pm - 3.00pm

## Therapeutic Gardening

Therapeutic gardening activities based at our public community allotment site. Tuesdays, Wednesdays and Thursdays 9.30 - 3.00pm Ideal for the more active adult with additional needs.



## Well-being and Memorable Moments (WAMM)

A range of activities, games and discussions that are designed to stimulate the mind, encourage movement, socialisation and always include lots of fun and laughter.

Tuesdays, Wednesdays & Thursdays 9.30am - 3.00pm.

Lunch is available for an additional cost.

For more information and prices please contact Candi Barnes on 01509 631760 or email [Candi@jscharnwood.org.uk](mailto:Candi@jscharnwood.org.uk)