

Woodhall
Opportunities Project



**Useful information for people
accessing Woodhall**



Working in partnership with:



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Woodhall Community Centre
Mill Green Road
Welwyn Garden City
AL7 3HD

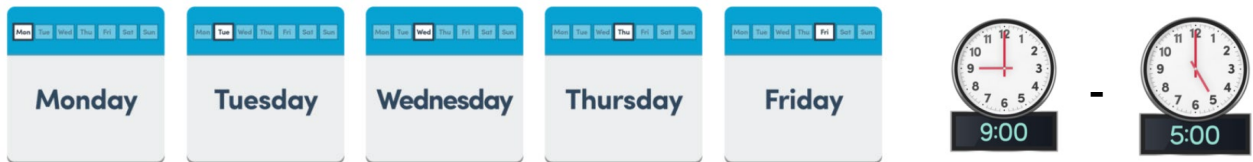
Contact Details:

Service Manager - Mo Huzair
Tel: 07850 776900 / 01707
802828

Service mobiles: 07841 460119 /
07811 964485

What is Woodhall Opportunities Project?

We are a day service and open weekdays 9am until 5pm.
If you want other hours, please ask us.



We help people 16 and older to learn and have fun.

You can join a group or have your own sessions.

We change the service to meet your needs , we call this co-production

Some of the things we can do;

- shop, cook and eat
- Living healthy
- Feeling happy
- Gardening
- Music and dancing
- Trips out
- Helping other people



This is where we are:



We do activities in the café and hall.



We have a sensory room and do cooking in the kitchen.



Where Woodhall is based and how to get there

Address: Woodhall Community Centre
Mill Green Road
Welwyn Garden City AL7 3XD

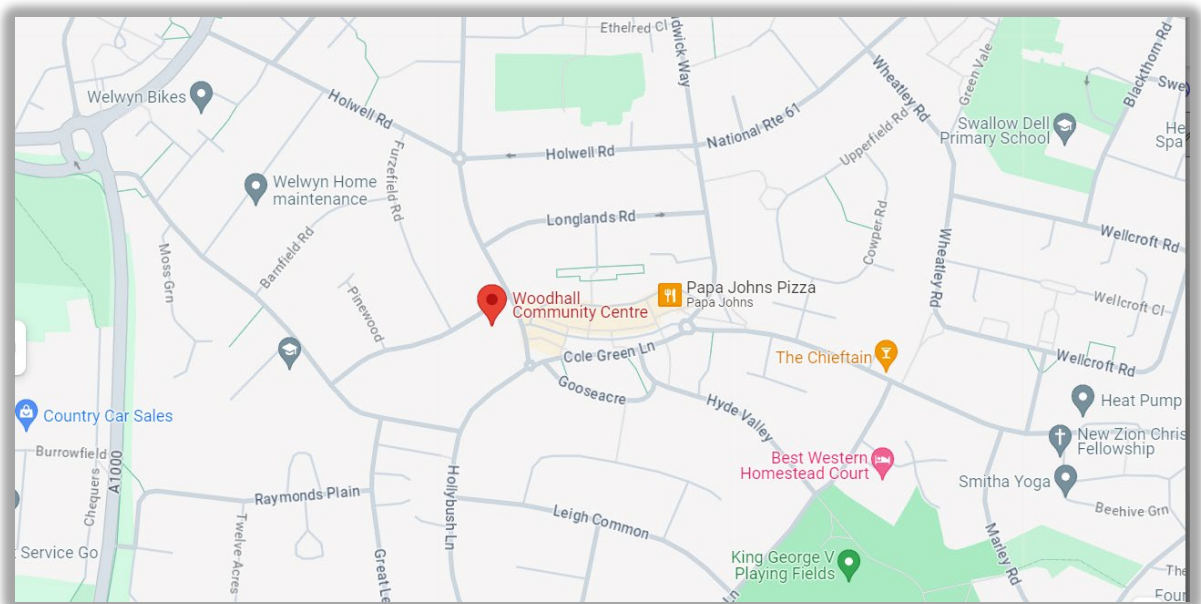
Visiting by bus: The bus stop is at the shops across the road.
You can come by 402, 404, 323 buses

Visiting by train: We are a 25 minutes' walk from the train station

Visiting by car: We have a small car park, or you can park across the road at the shops.

Accessibility: This building is disability safe.

This is where we are on the map.



What happens at Woodhall?

We learn through fun and have lots of laughs.

Art, adaptive sports and music can help us feel happier and calmer.



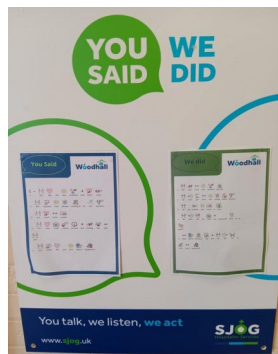
Sports, community trips and gardening can help our bodies and minds to stay healthy. They also help us to learn good communication skills.



We can help you learn life skills, work skills, computer skills, theatre and how to help other people.



Co-production is a word which means we all work together, everyone's opinion is important. Everyone has a say in how this service works.



And we make cakes!



Responsibilities at Woodhall

We all agree some rules when we are here. These rules help everyone have the best day they can.

We can give you the full list, but the important ones are:

1. We all help each other
2. We are nice to each other
3. We all help run the service
4. We all follow the safety rules
5. We all use our manners



Safeguarding

Safeguarding means keeping people safe and happy.

We ask you every day how we can improve.

Your key worker will ask you every week how you are.

If you don't feel safe and happy you can tell us in other ways.



1/

Talk to the manager, Mo Huzair, confidentially at any time in person or by phone: 07850 776900 or by email: mohuzair@sjog.org.uk

2/

Contact our safeguarding leads – We have posters up telling you who they are and how to contact them.

Or speak to our head office and ask to speak to a safeguarding lead.

Tel: 01325 373700 Email: enquiries@sjog.org.uk

3/

Contact the Hertfordshire Safeguarding Adults Board 0300 123 4042 (24-hours a day) or find via www.hertfordshire.gov.uk search for 'safeguarding adults'.

Advocacy & Confidentiality



The needs and interests of the people using the services can sometimes conflict with those of SJOG in its role of services provided.

For this reason, SJOG is committed to self-advocacy and encourages the use of advocates, particularly when a person's disability, communication skills and confidence may mean they do not feel able to express their needs, wishes or concerns.

About SJOG

We will support you in a way that will uphold your dignity.

We are part of an international family of 500,000 co-workers, working in 500 centres of care in 50 countries, and impacting on over 7 million lives every year.

We don't decide how to support you. You decide how you want to be supported.

We will think about what you want, what you have told us and your hopes for the future.

Every day we say, "come in, you are very welcome", and every day we are inspired by the strength, humanity and hospitality of the people that we work alongside.

Our Values

We use a person-centred approach to co-produce our service which means you get to be part of what we create.

The most important things to use are treating you with HOSPITALITY, COMPASSION and RESPECT



HOSPITALITY

We offer a welcome to those in need. Every day we say "come on in, you are very welcome. How can I help?"

COMPASSION

The support that we offer is active kindness, caring and being willing to help.

RESPECT

We honour each person's right to choose how they live, and ensure that we do not reduce their inherent dignity.

SJOG Registered Office

SJOG Hospitaller Services
Yarn, Lingfield House
Lingfield Point
Darlington
Co Durham
DL1 1RW
Tel: 01325 373700
Email: enquiries@sjog.org.uk

www.sjog.uk

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