


Book a visit

to 020 8648 6681
or go online

www.beechholmeadultcare.co.uk



BEECHOLME Activities & Events

 To Make a referral
Call or go to our website


BEECHOLME
• Adult Care •
2-4 Beechholme Avenue
Mitcham, Surrey CR4-2HT

Our activities program...

is designed to give service users the very best **opportunity to progress** into **independent living**.

Activities enhance service users lives giving them **access to education training** and a range of local **opportunities events** and **community resources**.

We have a calendar of weekly activities **is designed to give residents the best opportunity to gain independence and prevent loneliness**. Each event is **scheduled and organised in consultation with the service users** during the weekly residents meeting.















We have **monthly group activities**. We encourage service users to participate in the organisation of group events which **helps to promote independence**. Service users are welcome to **invite friends and family** to monthly events including our summer BBQ and Christmas party.

















Events

Christmas party.

Monthly Activities

 Theater Night January	 Make a cake February	 Music/Jazz Night March	 Quiz day/Easter egg Hunt April
 London Museums May	 Cinema Night June	 Out to the beach July	 SummerBarbeque August
 London Thames Cruise September	 Bowling Night Out October	 Winter Wonderland November	 Christmas Party December

Weekly Activities

Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday	Sunday
 Cycling at Sutton	 Sports Group	 Diaries	 Cooking Group	 Healthy eating	 Weekly group activity	 Anyone fancy a coffee
 Practical Skills		 Green Fingers	 Football	 Anyone fancy a coffee		


Practicle skills Activities

Budgeting	IT skills	Social Skills
Personal Hygiene	Day to Day Living	Mental Heath Awareness
Dug & Alcohol Advice	Domestic Skills	CV Writing
Mobility	First Aid	Recovery College


Open Activities | soon



Anyone fancy a coffee on Sundays



hot chocolate and chat on Saturdays



Contact us for more Information