



Day Activities

We aim to offer a wide choice of activities for people with learning disabilities and, at our East Midlands' services, currently based at Melton Road, Shangton, this includes catering for both people with increased needs, as well as individuals looking towards vocational training in preparation for real employment.

Our Catering team offers real opportunities to our clients to learn valuable cooking and serving skills. They offer both on- and off-site catering services, and there is also a team that works at the [Café at Welland Park](#) that produce and serve light snacks, cakes and pastries. These are enjoyable activities that can also lead on to accredited training and real employment.

Horticulture is a popular choice; our greenhouse has an enviable reputation for the quality and range of the plants that are grown throughout the year by our trainees. As well being highly therapeutic, our Horticulture service is able to offer vocational and accredited training to people wanting to further their skills.

Many of our more artistic or elderly clients gain a great deal of satisfaction from the variety of Craft activities that we offer. Our handicrafts are highly prized and are sold either on-line, through our on-site shop or at Craft Fairs, a popular feature at Melton Road.

Person Centred Planning allows each person to access activities of their own choosing and, taking into account individual ability, plans the support that they will need to achieve success. Many people have gained significant levels of confidence and have used their training as a path towards employment in the wider community. Our [Supported Employment](#) service has been highly successful in matching people to local job opportunities, providing the necessary preparation and guidance and ongoing personal support.

For more details, email ruth.dutton@selfunlimited.co.uk or telephone 01858 545401.