

## What do our customers say about us?

'Westmead is a gateway to a wide range of opportunities that are not easily available to people with a disability. Uniquely, those attending Westmead are treated as people, each with their own characters. Any regular attendee knows both the staff and all the other attendee's will see you and greet you, as the individual you are not as 'a disabled person'.

Westmead provides a friendly and safe place to engage in a range of activities; including Soft Crafts, Art, Gardening and Computing, with assistance from staff where required. In addition external trips are arranged, using adapted buses. A particular delight is the informal way that individuals can agree amongst themselves that they would like to do something or go somewhere and the staff will try and make this happen. It is a given that every planned activity is suitable for all levels of ability.'

*Will Reid (Client of Westmead)*

'A safe and pleasant environment surrounded by good friends and supportive staff.

The place where you can try out cooking, computing, gentle exercises, making pottery or even just chilling out. At all times knowing that the staff are here for YOU.

The time here at Westmead can be busy or as relaxed as you may wish it, even if on occasions you are coerced into doing something totally different to your usual activities.

Within the service, there is always the ethos of what is possible rather than what is not, always ensuring that it is safe and good for all concerned.'

*James Morrison (Client of Westmead)*



### Want to find out more?

We'd be happy to give you more information or answer any queries you may have. We also welcome visits from prospective customers and their families/ carers, and can arrange this with you. Please contact us at:

Westmead Day Service  
Optalis  
Rances Lane  
Wokingham  
RG40 2LH

Tel (0118) 989 4032  
Email [info@optalis.org](mailto:info@optalis.org)  
Web [www.optalis.org](http://www.optalis.org)

## Westmead Day Service

Providing a range of varied and enjoyable activities for people with a physical disability.



Contact us:  
**(0118) 989 4032**  
[www.optalis.org](http://www.optalis.org)

Find Optalis on →   

Westmead is a specialised service created and developed to support adults with physical disabilities. We are customer-led in our approach as to how sessions are planned, managed and delivered.



## What we can offer

Our fully-trained and experienced members of staff are able to support and encourage customers to participate in a wide range of activities.

Every morning we run cooking sessions in a specially adapted kitchen which also has modified equipment and utensils for customers to use. This encourages you to be as independent as you can be. We also have a 'wet' craft room where customers are able to explore their creative side; from sketching to clay work modelling, which can then be fired, glazed and re-fired to build a finished piece of art work. Customers also have the opportunity to try their hand at woodwork, as well as fabric painting, sewing, and knitting.

Westmead often has customers asking for their pictures to be framed so we have all the equipment and resources we need and now complete the task ourselves.

We have a fully-networked IT suite (computer room) which customers can use for either writing documents or for internet browsing/shopping. We also have a Nintendo Wii which our existing customers really enjoy using - even if, for example, their disability is causing one side neglect, we find they are still actively able to participate.

Our service regularly organises trips into the local area to access local activities, for example, visits to the local ice rinks to take part in wheelchair ice skating.

We can support customers with going shopping, and attending and accessing local gyms, libraries and points of interest.

## Tailored to your needs

All of our staff are trained to support people with varied care and support needs, and we have equipment to aid with care needs - including shower facilities if needed. Westmead has its own tilt table and standing frame which allows wheelchair users the freedom and independence to stand and stretch their bodies.

We also have a state-of-the-art MOTomed exercise bike which benefits the user through allowing them of being able to exercise multiple areas of their body, which helps with their overall stamina level, muscle tone and their general wellbeing.

## Accessing social contact

We provide a safe environment for our customers to come and receive support - and not only from us, but also from their like-minded peers. Customers regularly have discussion sessions to discuss current affairs, and also use this session as an opportunity to share information and local resources they have had contact with and have found to be beneficial. It is extremely useful for people who have little knowledge about the services and support that is available to them.

This is so important for some people who may have become socially isolated due to their disability.