



**Princes
Park
Garden
Centre**

**Ability Co-operative Limited
A Social Enterprise**



Day Opportunities For All!





Princes Park Garden Centre

Located in a tranquil and relaxing setting, adjacent to Princes Park in Irlam, we are a year round, fully operational garden centre and work based training facility for people with disabilities and anyone else who wants to share or learn new skills.

We also offer volunteering opportunities and community activities to help people to increase their self-confidence, make new friends and reduce isolation in the community.

Day Opportunities

- Do you want to do interesting things and decide what you want to do?
- Do you sometimes need a little extra help to do things?
- Do you want to meet new people in a safe and accessible environment?
- Do you want to learn new skills whatever your ability?
- Are you interested in horticulture or woodwork?

If so our day opportunities may be just what you are looking for!



Who could benefit

We offer day opportunities in horticulture and woodwork. You can also get involved in arts and crafts. We also have plans to expand into catering and life skills. Anyone who wants to share and learn new skills is welcome, including:

- People with physical and sensory impairments
- People with learning difficulties
- People with mental health problems
- People on benefits and long term unemployed people
- Older and younger people
- People who are new to the area and may feel isolated



The benefits

Taking part in day opportunities offers real benefits to you, including:

- Enhanced health and well-being
- Better life skills
- Improved abilities and skills
- Raised self-esteem and self confidence
- Increased chances of obtaining employment
- Companionship and reduced isolation
- A sense of pride and achievement

Horticulture



What you can expect to learn and do:

- Learn how to use a wide variety of garden tools in a safe controlled manner
- Gain “hands-on” knowledge and experience of the care of a wide range of flowers, shrubs and trees all year round
- Fill pots with compost
- Prick out and prepare pots for seedlings
- Re-pot plants into bigger pots
- Plant up a container with colourful flowers
- Grow vegetables in our mini allotments
- Become involved in the progression and development of the horticultural department

Woodwork and Manufacturing



What you can expect to learn and do:

- Learn to use basic hand tools such as saws, hammers and screwdrivers in a safe, controlled manner
- Learn at your own pace or participate fully
- Be involved in the planning and production of your own woodwork projects
- Work as a key member of a productive and organised team
- Help to make a wide variety of items including, garden planters, birdhouses, slate and tile top tables, chair planters and much more
- Get involved in our upcycling projects including, tree stump planters, log wine holders and much more
- Undertake with confidence a variety of custom orders received from our customers

Arts and Crafts



What you can expect to learn and do:

- Learn the basic and safe use of craft tools such as scissors and paint brushes
- Learn to identify different materials including wood, glass and plastic
- Improve dexterity, concentration, co-ordination and precision
- Full participation in the design and planning of craft items

What our placements think of our Day Opportunities programme

“I enjoy doing the woodwork sessions although I also like to get involved in other things on site” J.B

“I enjoy working with the support staff at Princes Park and love doing the woodwork” D.B

“I love working outside with all the plants and with the staff. It is much better than sitting at home all day” K.W

“I like coming to Princes Park three days a week and meeting all my friends” M.R

“I like the woodwork sessions the most especially the painting. My favourite item to build was the outdoor garden bar” K.T

“I enjoy working with the plants and watching them grow. I like working with the staff and my friends at the garden centre” R.H

“I enjoy building the orders for the customers in the woodwork sessions especially the slate tables” R.H

What parents and carers think about our Day Opportunities programme

“I feel the supported placements are very good, offering both good staff and surroundings. The staff have gone the extra mile to support my son on his placement. I would highly recommend the service to others” K.W

“I feel the day opportunities at Princes Park is very life fulfilling with my son building his life around his time at Princes Park, I feel he would be lost without it” S.W

“Princes Park provides a warm, happy, supportive and caring environment, providing perfect conditions for people in their care to blossom, as our son has” J.J

“Princes Park offers a warm and professional environment that offers year round training and development to the person who I care for” ANO

Further Information

When

Day opportunities sessions are held during the day, 9.00 am to 4.00 pm, Monday to Friday. You can decide which days you want to attend. There is no time limit – it is up to you how long you stay with us.

Cost

The cost will vary depending on how much support you require to achieve your goals and ranges from £25 to £50 per day. You can also attend for half day sessions (costs will vary).

The process

Here at Princes Park Garden Centre, we offer a person centred approach to each person attending on supported placement. We will work with you to create a support package tailor made to you, your goals and your needs. Our aim is to support you to achieve your goals and aspirations. For further information, or if you would like to arrange a meeting, please see contact details below.

Equal Opportunities

We welcome everyone to our day opportunities programme, regardless of their age (over 18 years), disability, gender, gender identity, race, religion and/or belief and sexual orientation.

Contact Us

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Princes Park Garden Centre is supported by Key Fund and Salford Disability Forum and managed by the Ability Cooperative Ltd., a Social Enterprise



Salford
Disability
Forum



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