

A typical day at Share

Hello and welcome!

At Share you can do different activities that will help you learn new skills, make friends and be more independent.

Most of all, you can have fun!



9.30am to 10.00am

Students arrive at Share and sign in with staff at reception.



10.00am - pastoral

Students go to their classes and start pastoral.

Pastoral is a time to chat with tutors and other students about how everyone is feeling and what to expect during the day.



11.00am - tea break

Students can enjoy a hot or cold drink in the canteen.

11.15am

Everyone goes to their classes. There are lots of different classes you can join.

Some classes help you to feel happier and healthier.



Art



Creative expression



Healthy Lifestyles



Gardening



Health and wellbeing



Textiles



Music



Sport



Some classes help you to learn how to do things by yourself.



**Out and
About**



**Home Cooking
Skills**



**Independent
Living Skills**



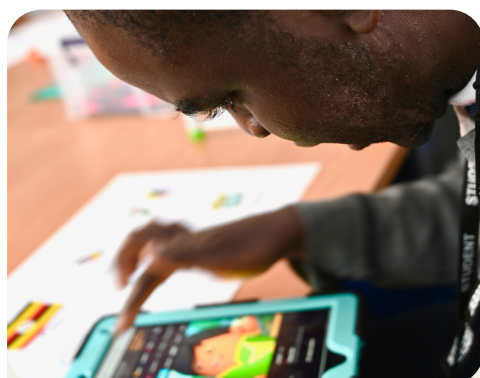
Some classes help you to learn new skills if you want to find a job.



Catering



Working in our community café



Digital Skills



Horticulture



Maths and English



Steps into Employment



[Our website has more information about all of our courses.](#)



1.00pm - lunch time

You can bring in £5 and buy lunch from our canteen where catering students and our chef cook a delicious hot meal every day.



If you prefer, you can bring in your own lunch to eat.



During lunch break, there are lots of activities to do. You can play games and puzzles and chat with friends.



If you prefer, you can have some quiet time in one of our quiet spaces.



2.00pm

Students go back to sessions.



2.45pm - break

Students have time for a quick break and to have a drink of water.



3.00pm - free time

Students have some free time to chat, join in activities - either in a group or on your own - relax in our quiet rooms, or use our ipads.



Sometimes we have special exercise classes that everyone can join.



3.45pm to 4.00pm

Students sign out at reception and leave for the day.



Our wellbeing team are there for you at any time if you need support.

You can come and visit us to find out more

Get in touch if you want to come and visit us to see what it's like at Share. Speak to a family member, carer, or social worker if you need support to get in touch with us.

This document is based on coming to Share Clapham Junction. It might be slightly different if you come to another Share site, but the structure of the day is very similar at all our locations.



Call us on 020 7924 2949



Email us at wellbeing@sharecommunity.org.uk