



Working as a student social worker at Frontline has been an opportunity to see a holistic approach to the lives of adults with learning disabilities and how it has contributed to a life full of community inclusion, development of self worth, and chances to participate in activities that some of us take for granted.

Occupational therapists (OT) are one of the amazing contributors to some the adults connected to Frontline and I was given the opportunity to assist OT with a cycling group put together as a starting point to introduce adults with learning disabilities and their support workers to the possibility of using cycling as an empowerment tool which helps both physical and social development.

Trailnet is a community based company which promotes outdoor physical activity. They provide OT with a wide range of bikes (also available to the public) which are designed specially for adults with special needs.

The combined planning by OT and the technical support offered by Trailnet gave this cycling group a wonderful experience. The testimonies were given in the groups collection of smiles.

Fiona Alexander.

[www.trailnet.org.uk](http://www.trailnet.org.uk)



## ACTABILITY DRAMA and COMMUNITY LINKS FORUM (Bulgarian-style!)

What else did Paul, Mary and Gill do in Ruse in March?

To find out - Pick up a copy of our latest 'Frontline Bulgaria' newsletter at Sawyers Church

Our next challenge is to find long-term storage in Ruse for over 200 items of rehab equipment and 30 children's bikes - before 4<sup>th</sup> May!

Watch this space!



My name is Sonia and I work for a company called Zinc. Zinc is an arts organisation based in Ongar in Essex. We have a brand new fully accessible building with brand new classes, courses and events for young people and adults with disabilities. We hold a club night once a month and a cinema night once a month, where you can have fun and meet new friends in a safe and supported environment. In May, we will be starting our daytime courses in art, drama, ceramics and much more, as well as a weekly knit and natter group and a cinema club. For more information or details of how to book on these courses, please call Sonia on 01277 365626 or email me on [sonia.cakebread@zincarts.org.uk](mailto:sonia.cakebread@zincarts.org.uk). I look forward to hearing from you !!!



**ZINC**  
arts without exception

If you have any news that you would like us to feature on this page, please feel free to email us at...

[enquiries@frontlinepartnership.org](mailto:enquiries@frontlinepartnership.org).



### Coming soon to Crown Café

Following the huge success of the indoor street party to celebrate the marriage of Prince William and Kate Middleton last year .....

### Frontline are planning another event

On the 30th of May we are holding an indoor Street Party to celebrate the Queen's Diamond Jubilee.

Tickets will be available from the 8th of May.

If you would like further information please call 01277 233889

### Tuesday Club dates for your Diary for April 2012 and May 2012

**17th April 2012**

Tuesday Club at Sawyers Church  
7.30pm

**24th April 2012**

'On the Town'

An opportunity to see 'High Society' presented by the Ingatestone Musical & Operetta Society. If you would like to go please speak to David. We will also be visiting the Artichoke.

**1st May 2012**

Tuesday Club at Sawyers Church  
7.30pm

**8th May 2012**

Tuesday Club at Sawyers Church  
7.30pm  
Spirit Health Club

If you would like to go to the health club please speak to Jo

**15th May 2012**

Tuesday Club at Sawyers Church  
7.30pm

**22nd May 2012**

Tuesday Club at Sawyers Church  
7.30pm

**29th May 2012**

'On the Town'

More information to follow

If you require any further information regarding the above please contact the Tuesday Club team on 01277 233889

**THE SPORTS FOR CONFIDENCE GROUP**

EssexWorks.

Do you find it difficult to...

- Learn new things?
- Meet new people?
- Keep active?

Entry only £2

Would you like to...

- Try new sports and activities?
- Meet new people?
- Feel more confident about yourself?
- Go to your local sports centre?

Starts Thursday 19th April

Thursday Session one 2.30-3.30pm  
Session two 3.45-4.30pm

The Sports for Confidence Group is a multi-sports group for adults.

The group will initially run for a 10 week period. It is led by a qualified coach and is supported by Brentwood Leisure Trust and Active Essex.

Session one will be a multi-sport session and will include a variety of sporting activities including Basketball, Hockey, Table Tennis, Football and Badminton.

Session two will be the Paralympics sport of Boccia, which will be a fully Inclusive session. This is suitable for wheelchair users or individuals with moderate to severe learning disabilities.

Essex County Council

For further information please visit [www.brentwood-centre.co.uk](http://www.brentwood-centre.co.uk)

Or contact Sports Co-ordinator Neil Heppel on tel: 01277 215151, mob: 07709 076576 or email [neilheppel1709@live.co.uk](mailto:neilheppel1709@live.co.uk)

Brentwood Leisure Trust

Active Essex

BRENTWOOD BOROUGH COUNCIL

OTI

Be Safer

BATIAS