

Alex -
after the Day Centre...

Listening to Alex

Alex has his own way of expressing what he likes, and so, when he stopped going to the Day Centre we listened, and learned.



This is what we think he's been telling us, although we'll continue to monitor that to make sure we hear him right.

staying in touch

'I don't want to lose touch with my friends from the Day Centre.'



We're in touch with key workers at the Day Centre to identify who Alex got on with. Maybe a first step for a catch up could be a Christmas lunch.

Stepping Stones: music classes...



‘I liked music at the day centre
and I play the drum at home.’

We found a music group which
meets every Tuesday. Alex has
been a few times now, and
seems to be enjoying it.

War Museum

always appear to enjoy a good day out.'

Now Alex has more free time we
can support him to get out and
about to places we think he
might like, such as the War
Museum...



Slide 5

S1

Staff, 05/10/17

London Marathon

and here at the London Marathon. Alex went last year and really seemed to enjoy it.



Notting Hill Carnival 2017

On Sunday Alex decided to go to the Carnival.

Alex got a nice surprise when a dancer from the parade took a picture with me!



ating out



‘I love Caribbean food, especially curried goat.’

Alex likes food so he’s been getting out and sampling food at different restaurants and pubs.

Football

I have been a Charlton fan for many years and still enjoy going, but now I look forward to going to games mid-week.'



Gardening



‘Sometimes I just enjoy being at home, especially in my garden.’

Alex grows tomatoes and had a good crop this summer, which he shares.

Friends



'I've made friends at Clack Street.'

ex enjoy spending
me with the people he
es with. Here he is
celebrating a birthday.

Thank you for listening

would be nice to meet
again next year, maybe
er lunch...