

Community Equivalent

When asked to identify the socially valued activity in the community that matched each activity in the day centre, people said:

<u>Red - Activity in a health or social services place</u>	<u>Amber – Community Groups for people using services</u>	<u>Green - Ordinary Activities in the Community</u>
Art and craft	Handmade cards group at health centre	Littlehampton watercolour society
Bingo and board games		Flutters bingo hall, pub, domino groups
Cooking	Lunch club at the community centre	College, evening class, dinner parties
Cultural awareness		Places of worship, cultural groups
Disco	Beautiful Octopus night club	Night club
Donkey visits the residential unit	Riding for the disabled	Public horse-riding session at the commercial Follyfoot stables
Drama	Performing our play at the local theatre	Drama society, theatre
Drinks	Coffee morning at Alzheimer's Society	Cafe, pub, coffee morning, restaurant
Exercise	Mental Health Walking group	Gym, college, exercise classes, walking clubs
Food tasting		Ethnic and other restaurants
Gardening	Our shared allotment at the council allotments, our garden maintenance crew	Job at garden centre, voluntary work, allotment, garden, best kept village
Group meetings		Support groups, committees
Jacuzzi & hydrotherapy	Disability day at the municipal baths	Leisure centre, hotel, seaside, health spa
Karaoke	Disability night at the Dog & Duck	Pubs and clubs
Knitting and sewing		Knitting circles, women's institute
Meals	Christmas dinner reunion at the pub	Pub, cafe, restaurant, home cooking
Money skills		Shopping
Music - making a CD at the residential unit	Playing the drums at the learning disability class at college	Guest drummer with regular live band at the pub
Personal presentation		Hairdressers, beauty therapist, salons
Physiotherapy		Outpatients at the hospital
Recycling		Community recycling project
Relaxation		Beauty parlour, massage, spa, meditation, yoga
Sensory room	Leisure centre multi-sensory space	Sensory walks, funfair
Shopping		Shops, markets, boot sale, church fete
Skill development		College
Social groups		Any community group or club
Hydrotherapy	Public swimming pool on disability day	Ordinary session – open to all
Talking books		Library
Transport	Coach holidays	Public transport, car share, taxi, walk
Tuck shop	Social firm	Newsagent and supermarket
Videos	'Noisy Morning' at the Cinema	Cinema, film nights at home
Voluntary jobs		Volunteering
Walking the hospital grounds	Organised Health Walks	Rambling club
Work and sheltered work		Having a job

To read more about this idea (the *Culturally Valued Analogue*) see Flynn R (1999) *A Quarter-century of Normalization and Social Role Valorization*

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Match up activities across the three columns.

<u>Red - Activity in a health or social care place</u>	<u>Amber - Community Groups for people using services</u>	<u>Green - Ordinary Activities in the Community</u>