

1b3

Checklist of Activities

Do

Create a list of activities available in the local community and use it to prompt discussion with the person.

Story

In 2003, Loughborough Volunteer Bureau made a video to show potential volunteers what other learning disabled volunteers are doing.

Some years ago, learners with mental health issues ran an open day at a college in Nottingham and showed prospective students around the departments that they used themselves.

Maggie loves bingo but never gets to go. While visiting her local library, she discovered that one evening a week a bus is laid on by the bingo hall to take people from her village. As well as playing bingo, this offers Maggie the opportunity to get to know other people with a similar interest who live nearby.

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Hints & Hazards

Ask people who know the local community to add to the list. Don't make any assumptions about what people will like or cannot do.

Offering examples could 'lead' the person or restrict ideas to the options that are on the checklist. An alternative approach is to create a checklist of interview questions to help the person to discover their own interests. For example, what do you enjoy or hate? What makes you feel good? Who do you like spending time with? What did you enjoy doing in the past? If the checklist is used too rigidly it will close down discussion topics.