

DALO Overall Programme: May – August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
AM (10am 10.30am)	Mindfulness with Community focus (Optional)				
Blue unit AM 11am-12 noon	Sports at Unitas (Group 1) BLS @ DC (Group 2) Work experience	Advance Art @ DC (Group1) Volunteer Group (Once a month) & Gardening (outreach) (Group 2)	Social skill @ DC (Group1) - internal session with Olivia Yoga Via zoom (Group 2) Boxing at Unitas (Group 2) - only 5 members	Arsenal FC (outreach) – (Group 1) - Free Football (12pm-1pm) Mindfulness Art therapy via zoom (Group 2)	Health & well-being @ DC (Group1) - will have to charge and get consent - look at previous expenses Lunch Prep @ DC (Group2) Life skills or Park Walk (DC) (Group 2)
Green Unit 1 AM 11am-12 noon	Sports at Unitas (Group 1) Numeracy @ DC (Group 2)	Community access - Local park (Group 1) Sports at Unitas (Group 2)	Yoga Via zoom Or Lunch Prep@ DC (Group 1) Boxing at Unitas (Group 2)	Community access - Local Park (Group 1) Mindfulness Art Via zoom (Group 2)	Allotment (Group 1) Home management (Group 2)
Green Unit 2 AM 11am-12 noon	Gym @ DC (Group 1) Gym @ DC (Group 2)	Storytelling & Music @DC (Group 1) Sports at Unitas (Group 2)	Sensory Art@ DC - Zsa Zsa (Group 1) Boxing at Unitas (Group 2)	Music@ DC (Group 1) Art & Well being@ DC (Group 2) - Zsa Zsa	Dance movement @ DC (Group 1) DALO Garden (Group 2)
Yellow Unit AM 11am-12 noon	Gym @ DC (Group 1) Unitas Sensory room (Group 2)	Reading (storytelling) @ DC (Group 1) Sports at Unitas (Group 2)	Sensory Art@ DC (Group 1) Unitas Sensory room (Group 2)	Sensory room or DALO Garden @ DC (Group 1) Art & Well being@ DC (Group 2)	Dance movement @ DC (Group 1) Dance movement @ DC (Group 2)

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Blue Unit PM 1.15pm-2.15pm	Lunch at Unitas (Group1) Numeracy @ DC (Group 2) Work experience	Home management @ DC (Group 1) Volunteer Group & Gardening (outreach) (Group 2)	Community access (Group 1) Afternoon tea study session@ DC (Group 2)	Arsenal FC (Group 1) Ju-Jitsu@ DC (Group 2)	Ambassador project@ DC - Newsletter (Group 1) Online shopping (Group 2)
Green unit 1 PM 1.15pm-2.15pm	Lunch at Unitas (Group1) BSL via zoom (Group 2)	DALO Garden (Group 1) Lunch at Unitas (Group 2)	Arts & Crafts @ DC (Group 1) Lunch at Unitas (Group 2)	Ju-jitsu@ DC (Group 1) Reading & writing (Group 2)	DALO allotment (Group 1) Free choice (Group 2)
Green Unit 2 PM 1.15pm-2.15pm	Home management @DC (Group 1) BSL via zoom (Group 2)	Mobility gym @DC (Group 1) Lunch at Unitas (Group 2)	Art & Craft @DC (Group 1) Lunch at Unitas (Group 2)	Pedal power/Local Park (Group 1) Indoor games@DC (Group 2)	Free choice (Group 1) Free choice (Group 2)
Yellow Unit PM 1.15pm-2.15pm	Sensory making DC (Group 1) Lunch at Unitas (Group 2)	Mobility gym @DC (Group 1) Lunch at Unitas (Group 2)	DALO Garden/community access (Group 1) Lunch at Unitas (Group 2)	Pedal power/local park (Group 1) Indoor games@ DC (Group 2)	Free choice (Group 1) Home management/Pampering (Group 2)
PM (2pm – 3pm)	Art Social with Community focus (group2) Optional				