

DALO Overall Programme: January – April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
AM (10am 10.30am)	Mindfulness with Community focus (Optional)			/ Local Park	
10.30am – 10.50AM 10/50AM - 11am Communication	20-minute exercise	World Music	20-minute exercise	Newspaper article	Quiz/Word search/Puzzle
Blue unit AM 11am-12noon	Sport at Uunitas (Group 1) BSL @ DC (Group 2) Work experience @ DC (Group 3)	Yoga Via zoom (Group1) Sports at Uunitas (Group 2)	Social skill @ DC internal session with Olivia (Group1) Advance Art @DC (Group 2) Lunch Prep @ DC (Group3) Gym @Unitas with Ben (Group 4) 4 members	Mindfulness via Zoom (Group 1) Drama @DC (Group 2) SEN room Food prep @ DC (Group 3)	Pampering/ hand massage/paint nail (Group 1) Dance with Sense (DC) (Group 2) Lunch Prep @ DC (Group 3)
Green Unit 1 AM 11am-12 noon	Sport at Uunitas (Group 1) BSL @ DC or seated Yoga with Sense (Group 2)	Yoga Via zoom (Group 1) Food prep @ DC (Group 2)	Fitness class/music (YouTube) (Group 1) Gym @Unitas with Ben (Group 2)	Mindfulness via Zoom (Group 1) Drama @DC (Group 2) SEN room	Health & well-being @ DC (Group1) - Cost and get consent (Group 1) Life skills (Group 1)

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	Lunch Prep (Kitchen) @ DC (Group 3)				
Green Unit 2 AM 11am-12 noon	Music therapy @ DC (Group 1) Unitas Sensory room (Group 2)	Sports at Unitas (Group 1) Movement with imagination (Sense) (Group 2)	Sensory Art@ DC (Group 1 & 2)	Tennis at Burnt Oak with Sense (Group 1) Seated Pilates with Sense (Online) (Group 2)	Dance movement @ DC (Group 1 & 2)
Yellow Unit AM 11am-12 noon	Music Therapy @ DC (Group 1) Sensory room (Group 2)	Movement with imagination (Sense) Sensory making (Group 1)	Sensory Art@ DC - Zsa Zsa (Group 1 & 2)	Sensory Games @DC (Group 1 & 2) Or Seated Pilates with Sense (Online)	Dance movement @ DC (Group 1 & 2) Health @ well being @ DC
Blue Unit PM 1.15pm-2.15pm	Lunch at Unitas (Group1) (Group 2) Home management Work experience (Group 3)	Numeracy (Group 1) Sports at(Unitas Lunch (Group 2)	Culture and people of the world @ DC (Group 1) Kitchen cleaning @ DC (Group 2) Lunch at Unitas (Group 3)	Ju-Jitsu@ DC (Group 1) Home management (Group 2) Food prep @ DC (Group 3)	Ambassador project (Group 1) Online shopping (Group 2) SEN room Lunch Prep @ DC (Group 3)
Green unit 1 PM 1.15pm-2.15pm	Lunch at Unitas (Group 1) Lunch at unitas Quiz & debate (Group 2)	Numeracy (Group 1) Food prep @ DC (Group 2)	Art & Craft @DC (Group 1) Lunch at Unitas (Group 2)	Ju-jitsu@ DC (Group 1) Reading and writing (Group 2)	Dance with Sense (DC) (Group 1) Free choice (Group 2)

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	Kitchen Cleaning @ DC (Group 3)				Free choice
Green Unit 2 PM 1.15pm-2.15pm	Indoor games @DC (Group 1) Lunch at Unitas (Group 2)	Mobility gym @DC (Group 1) Lunch at Unitas (Group 2)	Art & Craft @DC (Group 1) Relaxation in Sensory room (Group 2)	Lunch at Burnt Oak Travel training ((Group 1) Numeracy (Group 2)	Free choice (Group 1) Free choice (Group 2) Health & wellbeing (pampering)
Yellow Unit PM 1.15pm-2.15pm	Indoor games @DC (Group 1) Sensory room (Group 2)	Mobility gym @DC (Group 1) Relaxation in Sensory room (Group 2)	Hand massage & Nail painting (Group 1) Relaxation in Sensory room (Group 2)	Tennis with Sense @ DC (Group 1 & 2)	Free choice (Group 1) Free choice (Group 2)
PM (2pm – 3pm)	Art Social with Community focus (Optional)				

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Unit	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	BSL (am)	Fabrice (AM) Yoga	Fabrice (AM) Art advance	Dean Ji-jishu (PM)	Ambassadors Project (Friday PM)
Green 1	Jay Unitas	Jay Unitas	Fabrice (PM) Advance Art or Art & craft ?	Ruth(AM) Drama	Christala (AM) (Nails)
Green 2	Ivan Dance movement (AM)	Ben (PM) gym	Zsa Zsa (AM) Art & well being (Sensory)	Sense (AM? & PM)	Ivan Art Therapy (AM)
Yellow	Ivan Dance movement (AM)	Ben (PM) gym	Zsa Zsa (AM) Art & well being (Sensory) Jewellery making	Daisy or Arron?	Ivan Art Therapy (AM)
				Fabrice Mindfulness Tues PM or Friday AM	
				Sense (PM)	
Free		Sense AM?	Unitas? Work experience/ICT	Sense (AM? & PM)	
cooking	Green		Blue		Blue
Travel training	Green Asda	Blue Asda or unitas	Blue Unitas/work experience Green via car	Daisy dance 1.15pm?	Green 2 Totteridge
Markfield	Art Engine Markfield 11am to 3pm	Cosmos Club Markfield 10.30am – 3pm			
Sense	Seated yoga 11am	Movement with imagination		Sense Tennis Burnt oak centre 11/45am	Dance Blue Unit am and Green unit 1 pm
	Telephone	Telephone			

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		11am		Seated Pilates 11.30am to 12.30pm Telephone	
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