Care values

The care values I saw evidence of were anti-discriminatory. This was seen because the sessions and the activities were open to all cultures, races, religion. Also, effective communication, his this is when a person is clear and effective in the way they talk, they do not mumble or hesitate to whatever they are saying to the person. For example, Lilly is a deaf student aged 17 and she has no idea how to understand anything besides sign language and Lily has broken her ankle and gone to the Clinique to check it out, in most Clinique’s there are not many nurse’s that know sign language which is lack of effective communication but Lilly’s Clinique has got a nurse who can translate and tell Lilly what is going on then tell the doctor as to how Lilly responds.

Evaluation

What I think is good about the service is that they provide drinks and sometimes food (when there is a special occasion) and also whenever they do any activities or Zumba or Yoga they take the needs of the certain ages to mind and base the moves towards the physical needs. My evidence for this is when the Yoga instructor would ask after every move if everyone is comfortable in that position and then if not then she would change the move for them.

Some improvements would be maybe some jokes at the end and a fruit table where the people can go to have a drink and have a bit of fruit just to make them more healthy and a little snack is always good after a tiring session. The evidence for this would be, when the people who were doing Zumba came out they looked exhausted and where cuing for the water machine but if they had a sand with some water already in glasses and some fruit laid out on plates this would be helpful and the people would appreciate it and also come more often because they are not only doing exercises done but also having nutrients.

Any other more realistic suggestions would be if they provided a vending machine full of healthy fruit and snack bars this will keep a healthy diet for the attenders.

I enjoyed going to the sports centre as I understood everything learned in class more clearly and got to interview the people who attend also one of the workers there. It was interesting and overall a great trip.