

Activities you can take part in using your direct payments/self-directed support....

Day	Venue	Activity	Transport Included	Transport Available	Areas Covered
Monday 10.00am - 2.00 pm	Northwich	Life & Social Skills Group £12.75 per hour. All activities and lunch included Cooking * Exercise Drama Self * Defence Meals Out * Trips Out Life Skills ASDAN ACCREDITED CERTIFICATES	Yes		Winsford Northwich Middlewich Holmes Chapel Sandbach
Tuesday 10am-4pm	Various (pick up and drop off included)	Healthy Lifestyle Group £12.50 per hour. All activities, transport and support included Badminton * gym * tennis, dancercise * swimming * circuits * local walks Healthy lunch (money needed for lunch only)	Yes		Northwich Winsford Sandbach Middlewich Dutton
Tuesday Evening 6.00pm- 8.30pm	Various (pick up and drop off included)	Social Group £12.75 per hour • Dancercise Including cost of dancercise	Yes		Winsford Northwich Middlewich
Tuesday Evening Chester/EP 5.00pm – 8.30pm	Various (pick up and drop off included)	Meal Out & 10 Pin Bowling £12.75 per hour Including one bowling game	Yes		Northwich Chester Ellesmere Port Great Sutton Little Sutton
Wednesday 9.00am - 1.00pm (or 9-4pm)	Northwich & District Youth Centre	Life/Work and Social Skills Group £12.75 per hour. All activities and lunch included Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out Life Skills * Work Skills ASDAN ACCREDITED CERTIFICATES	Yes		Winsford Middlewich Northwich Sandbach Dutton
Wednesday 1.00-4.00pm	Northwich & District Youth Centre	Work Skills Café £12.75 per hour Supported work skills or Drama Group	No	No	Winsford Middlewich Northwich Sandbach
Wednesday Evening 6pm – 9pm	Various (pick up and drop off included)	Disco £12.75 per hour Including entrance to disco	Yes		Winsford Northwich Middlewich
Thursday 10am-3pm	Elton Community Centre	Life/Work and Social Skills Group £12.75 per hour. All activities and lunch included Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out Life Skills * Work Skills ASDAN ACCREDITED CERTIFICATES	Yes		Kelsall Chester Ellesmere Port Great Sutton Little Sutton Helsby

Thursday Evening 5.00pm - 9.00pm	Various Pick up and drop off included	Meal Out & 10 Pin Bowling £12.75 per hour Including one bowling game	Yes		Winsford Northwich Middlewich Crewe Macclesfield Congleton Holmes Chapel Sandbach
Friday 9.00am – 1.00pm (or 9-4pm)	Northwich & District Youth Centre	Life & Social Skills Group £12.75 per hour including activities & lunch Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out ASDAN ACCREDITED CERTIFICATES	Yes	Yes	Winsford Northwich Middlewich Dutton
Friday 1.00pm – 4.00pm	Various (pick up and drop off included)	Social Group £12.75 per hour <ul style="list-style-type: none"> • Cinema • Bowling • Trips Out • Pub/Cafe Including activity	Yes		Winsford Northwich Middlewich Chester
Friday Healthy Lifestyle 9.30am-3.30pm	Various (pick up and drop off included)	Healthy Lifestyle Group £12.50 per hour. All activities, transport and support included Badminton * gym * tennis, dancercise * swimming * circuits * local walks Healthy lunch (money needed for lunch only)	Yes		Northwich Chester Ellesmere Port Great Sutton Little Sutton

Some of the other great activities we provide....

- Extra activities during the holidays including: Dj workshops/Graffiti Art/Beach Party/Trips Out etc
- Respite/Holiday weekend breaks Friday-Monday
- 1:1 Support available for our members (when available)

 Call/Text Michelle on 0751 118 9331
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