

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

Day	Venue	Activity	Transport Included	Transport Available	Areas Covered
Monday	Congleton	Life & Social Skills Group £12.75 per hour. All			Winsford
•		activities and lunch included			Northwich
9.30am-		Cooking * Exercise	Yes		Middlewich
1.30pm		Drama Self * Defence			Holmes Chapel
		Meals Out * Trips Out			Congleton
		Life Skills			Macclesfield
		AQA Accredited (certificates)			Sandbach
Tuesday	Various	Healthy Lifestyle Group £12.50 per hour. All	Yes		Northwich
-	(pick up and	activities, transport and support included			Winsford
10am-4pm	drop off	Badminton * gym * tennis, dancercise *			Sandbach
	included)	swimming * circuits * local walks			Ellesmere Port
	,	Healthy lunch (money needed for lunch only)			Chester
Tuesday	Various	Social Group £12.75 per hour			Winsford
Evening	(pick up and	Dancercise	Yes		Northwich
6.00pm-	drop off	Including cost of dancercise			Middlewich
8.30pm	included)				
	,	Life (Mark and Casial Chills Course 642 75 and	N		Min of a set
Wednesday	Northwich &	Life/Work and Social Skills Group £12.75 per	Yes		Winsford
9.00am -	District Youth	hour. All activities and lunch included			Middlewich
1.00pm	Centre	Healthy Cooking * Exercise			Northwich
(or 9-4pm)		Drama * Self Defence			Sandbach
		Meals Out * Trips Out			Dutton
		Life Skills * Work Skills			
		AQA Accredited (certificates)			
Wednesday	Northwich &	Work Skills Café £12.75 per hour	No	No	Winsford
1.00-	District Youth	Supported work skills			Middlewich
4.00pm	Centre	or			Northwich
		Drama Group			Sandbach
Wednesday	Various	Disco			Winsford
Evening	(pick up and	£12.75 per hour	Yes		Northwich
6pm – 9pm	drop off				Middlewich
	included)	Including entrance to disco			
Thursday	Various	Meal Out & 10 Pin Bowling	Yes		Winsford
Evening	Pick up and				Northwich
5.00pm -	drop off	£12.75 per hour			Middlewich
9.00pm	included	Including one bowling game			Crewe
					Sandbach
Friday	Northwich &	Life & Social Skills Group £12.75 per hour			Winsford
	District Youth	including activities & lunch			Northwich
9.00am –	Centre	Healthy Cooking * Exercise			Middlewich
1.00pm		Drama * Self Defence	Yes	Yes	Dutton
(or 9-4pm)		Meals Out * Trips Out			
Friday	Various	Social Group £12.75 per hour			Winsford
	(pick up and	Cinema	Yes		Northwich
					Middlewich
1.00pm –	drop off				
1.00pm – 4.00pm	drop off included)	Bowling Trins Out			
1.00pm – 4.00pm	drop off included)	 Bowling Trips Out Pub/Cafe 			Chester

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 •

Call/Text Michelle on 0751 118 9331