

## WHAT WE'VE BEEN UP TO...

### A weekend in Wales

In March, some of our group members spent a lovely long weekend on holiday near Llangollen in Wales. During this time everyone enjoyed soaking in the hot tub at the cottage, trips out exploring the local village, walks in the country side and hearty pub lunches. They also had a fabulous disco and karaoke night to celebrate a special staff birthday! We have already made reservations for our next residential trip away, so if you'd like to get involved please contact Michelle on 07511189331 for details...



### AQA Award Scheme

Members of our Congleton group have been working hard to achieve AQA certificates on various subjects such as fire safety, cookery and work place skills. Over the last month, we have learned how to create our own nutritious snacks and meals, how to identify our own personal skills and qualities, and how these will benefit us in a place of work. We also had an exclusive visit from Cheshire fire service to teach us how to prevent fires and stay safe! Due to the success of the AQA award scheme, they will soon be available to all members of the Winnington group at the beginning of the next academic year!



## Self-Defence Lessons!

In January, all of our group members took part in self-defence sessions with instructors Andy and Julie from Bushido Ju-Jitsu Academy. This is a great way for members to increase their self-confidence and learn valuable life skills whilst having lots of fun!



## World Down Syndrome Day...

The 21st of March marked the 10th anniversary of World Down Syndrome Awareness Day.

People all over the world held events to help raise awareness of Down's Syndrome. Members of our Winnington and Congleton groups wore odd socks in order to raise awareness and money for this worthy cause that is close to our hearts. Together, we managed to raise a total of £50! Well done everybody!

## Arts, Sports and Pampering!

We ran a number of workshops to suit all personalities. We played a variety of sports, such as curling and football as a great way to keep fit! We have been getting creative during our craft workshops whilst making our own pottery, jewellery and paintings. Group members have also been treated to a pamper session for our self-esteem workshop, where they enjoyed hand massages and having their nails painted!





## OUR EASTER HOLIDAY ACTIVITIES...



Over Easter, group members enjoyed taking part in some exciting extra activities that we held over the holidays. Remember, you don't need to be a regular member to join us on an activity out of term time, but you will have to register with us before you can book your place. Here is a sneak peak of what we got up to...

### Cheshire Oaks Outlet

On the 2<sup>nd</sup> of April, members enjoyed a morning browsing the shops at Cheshire Oaks Outlet and treated themselves to a bit of retail therapy! This was followed by a lovely lunch out together.



### Bird box and gardening workshop

This session was all about green fingers! Members decorated their very own bird box's to add to their gardens at home, and planted a variety of seeds for them to nurture as they grow. These included chives, cress and lettuce.

### Candle Factory and Ice Cream Farm

On the 9th of April, the group travelled to Berwardsley to enjoy a hands-on session where they created their own candles and candle holders, painted their own ornaments and made key rings. After the craft session, they all enjoyed an ice cream at the nearby farm before returning home with a stash of their new creations!



### Bath bomb and chocolate workshop!

We loved making our own bath time goodies at this workshop, which included miniature scented soap and lavender bath bombs. After lunch, we then made chocolate shapes as an extra Easter treat!



## WHAT CAN I GET INVOLVED IN...?



At Looking Forward Activities, we have sessions planned for you to enjoy every day during the week! You are guaranteed to find an activity to suit you, and you can take part in as many of them as you like. Remember, you can use your direct payments to fund the fun!

### ● **MONDAY GROUP**

**9.30AM-1.30PM**

On Monday's, we run an outcome based group in Congleton. Group members work towards a variety of AQA certificates, take part in sports, art and crafts, and enjoy a meal out once a month with their friends. This is a fun group where members are able to make friends and socialise with their peers, whilst they work towards qualifications in subjects such as fire safety, cookery, personal hygiene and work skills. (Transport available extra)

### ● **TUESDAY EVENINGS – DANCERSISE!**

On Tuesday evenings, members can keep fit whilst having fun by joining our 'Dancersise' class. This involves exercising whilst grooving and learning dance moves to the latest songs that are in the current chart! Transport is included to and from this session, as well as the cost of the Dancersise class. Transport is included along with the entrance fee for dancercise



### **NEW GROUP WEDNESDAY MORNING**

**9.00AM-1.00PM**

A new group will be starting on a Wednesday morning in June at Northwich & District Youth Centre 9.00-1.00 covering the similar outcomes as a Friday but with extra emphasis on work skills and life skills. (Transport available extra)



### **WEDNESDAY AFTERNOON NEW EXCITING OPPORTUNITY**

**1.00-4.00PM**

Plans are afoot to open a community drop in coffee shop run by and for people with disabilities on a Wednesday afternoon at Northwich & District Youth Centre. People will be able to drop in for a drink, cake and a chat and take part in the activity of the day i.e. Curling/ Crafts/Dancersise for a small charge.

There will also be supportive work experience opportunities available for our clients, which may be working in the garden (vegetable plot) or prepping/serving the food in the coffee shop. Clients will be in a safe and encouraging working environment, enabling them to gain confidence and experience in the work place. Clients will receive AQA Accredited certificates for the vocational outcomes that they complete. (Transport available extra)

## WEDNESDAY EVENING – MEAL AND DISCO

We go along to the community disco on Wednesday evenings, at St Wilfred's Church Hall. After enjoying a meal out together, clients are able to socialise with friends and dance the night away in a safe, monitored environment with other like-minded people from all over the Cheshire area. Transport is included along with entrance to the disco.



## THURSDAY EVENING – 10 PIN BOWLING GROUP

We have recently set up a bowling group on Thursday evenings, which acts as a socialising activity as well as a chance to get a bit of exercise! The scores from each game of bowling will be recorded, and each month a small trophy will be awarded to our top bowler! Transport is included for this activity, as well as the cost of bowling.

## FRIDAY GROUP 9.00AM-1.00PM

Our Friday group continues to grow in popularity! This session allows clients to build their confidence and independence in skills such as cooking, managing money, interacting with peers, socialising and playing sports! Plans are afoot to introduce the AQA certificate scheme into the Friday group at the beginning of the next academic year! We also enjoy taking part in trips out (weather permitting) to local parks, and enjoy a meal out once a month. This session is a safe, friendly environment in which members build friendships, gain skills and their self-confidence flourishes as a result.



The **Friday afternoon social group** follows on from the morning, available for members to enjoy, during which we visit local farm shops and cafe's for a drink, and visit local shops, museums and parks.

You can take part in any of our groups and activities

Remember, you can use your direct payments to fund any of our sessions!

If you would like to join in any our activities/groups or find out any more information regarding timing or cost, please do not hesitate to contact Michelle on 07511 189331 or email

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