

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

Day	Venue	Activity	Transport Included	Transport Available	Areas Covered
<b>Monday</b> 9.30am-1.30pm	<b>Congleton</b>	<b>Life &amp; Social Skills Group £12.50 per hour. All activities and lunch included</b> Cooking * Exercise Drama Self * Defence Meals Out * Trips Out Life Skills AQA Accredited (certificates)	No	Yes	Winsford Northwich Middlewich Holmes Chapel Congleton Macclesfield
<b>Tuesday</b> 10am-4pm	<b>Various</b> (pick up and drop off included)	<b>Healthy Lifestyle Group £11.50 per hour. Activities, transport and support included</b> Badminton * gym * tennis, dancercise * circuits * local walks Healthy lunch ( <b>money needed for lunch only</b> )	Yes		Winsford Northwich Middlewich Holmes Chapel Sandbach
<b>Tuesday Evening</b> 6.00pm-8.30pm	<b>Various</b> (pick up and drop off included)	<b>Social Group £12.50 per hour</b> • Dancercise <b>Including cost of dancercise</b>	Yes		Winsford Northwich Middlewich
<b>Wednesday</b> 9.00am - 1.00pm (or 9-4pm)	<b>Northwich &amp; District Youth Centre</b>	<b>Life/Work and Social Skills Group £12.50 per hour. All activities and lunch included</b> Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out Life Skills * Work Skills AQA Accredited (certificates)	No	Yes	Winsford Middlewich Northwich
<b>Wednesday</b> 1.00-4.00pm	<b>Northwich &amp; District Youth Centre</b>	<b>Work Skills Café £12.50 per hour</b> <b>Supported work skills</b> <b>AQA Accredited (certificates)</b>	No	Yes	Winsford Middlewich Northwich Dutton
<b>Wednesday Evening</b> 6pm – 9pm	<b>Various</b> (pick up and drop off included)	<b>Disco</b> <b>£12.50 per hour</b> <b>Including entrance to disco</b>	Yes		Winsford Northwich Middlewich
<b>Thursday Evening</b> 5.30pm - 9.00pm	<b>Various</b> Pick up and drop off included	<b>Meal Out &amp; 10 Pin Bowling</b>  <b>£12.50 per hour</b> <b>Including one bowling game</b>	Yes		Winsford Northwich Middlewich Crewe
<b>Friday</b> 9.00am – 1.00pm (or 9-4pm)	<b>Northwich &amp; District Youth Centre</b>	<b>Life &amp; Social Skills Group £12.50 per hour including activities &amp; lunch</b> Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out	No	Yes	Winsford Northwich Middlewich Dutton
<b>Friday</b> 1.00pm – 4.00pm	<b>Various</b> (pick up and drop off included)	<b>Social Group £12.50 per hour</b> • Cinema • Bowling • Trips Out • Pub/Cafe <b>Including activity</b>	Yes		Winsford Northwich Middlewich 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  [looking.forward@btinternet.com](mailto:looking.forward@btinternet.com)  [www.lookingforwardactivities.co.uk](http://www.lookingforwardactivities.co.uk)

*Would you like a group/activities near you? Contact Michelle on the number above*