

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

Day	Venue	Activity	Transport Included	Transport Available	Areas Covered
Monday 9.30am-1.30pm	Congleton	Life & Social Skills Group £12.50 per hour. All activities and lunch included Cooking * Exercise Drama Self * Defence Meals Out * Trips Out Life Skills AQA Accredited (certificates)	No	Yes	Winsford Northwich Middlewich Holmes Chapel Congleton Macclesfield
Tuesday 10am-4pm	Various (pick up and drop off included)	Healthy Lifestyle Group £11.60 per hour. Activities, transport and support included Badminton * gym * tennis, dancercise * circuits * local walks Healthy lunch (money needed for lunch only)	Yes		Winsford Northwich Middlewich Holmes Chapel Sandbach
Tuesday Evening 6.00pm-8.30pm	Various (pick up and drop off included)	Social Group £12.50 per hour • Dancercise Including cost of dancercise	Yes		Winsford Northwich Middlewich
Wednesday 9.00am - 1.00pm (or 9-4pm)	Northwich & District Youth Centre	Life/Work and Social Skills Group £12.50 per hour. All activities and lunch included Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out Life Skills * Work Skills AQA Accredited (certificates)	No	Yes	Winsford Middlewich Northwich
Wednesday 1.00-4.00pm	Northwich & District Youth Centre	Work Skills Café £12.50 per hour Supported work skills AQA Accredited (certificates)	No	Yes	Winsford Middlewich Northwich Dutton
Wednesday Evening 6pm – 9pm	Various (pick up and drop off included)	Disco £12.50 per hour Including entrance to disco	Yes		Winsford Northwich Middlewich
Thursday Evening 5.30pm - 9.00pm	Various Pick up and drop off included	Meal Out & 10 Pin Bowling £12.50 per hour Including one bowling game	Yes		Winsford Northwich Middlewich Crewe
Friday 9.00am – 1.00pm (or 9-4pm)	Northwich & District Youth Centre	Life & Social Skills Group £12.50 per hour including activities & lunch Healthy Cooking * Exercise Drama * Self Defence Meals Out * Trips Out	No	Yes	Winsford Northwich Middlewich Dutton
Friday 1.00pm – 4.00pm	Various (pick up and drop off included)	Social Group £12.50 per hour • Cinema • Bowling • Trips Out • Pub/Cafe Including activity	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  www.lookingforwardactivities.co.uk

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