

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	Congleton	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 Congleton Macclesfield 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 Ellesmere Port Chester
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 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 • 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  looking.forward@btinternet.com  www.lookingforwardactivities.co.uk

Volunteering Opportunities in Northwich and Winsford

Who are the **Caring Companions** ?

We are a Brightlife funded non-profit organisation that has recognised the value that the over 50's have in our society. There are too many over 50's that can go from one week to the next without seeing a friendly face and even fewer who do not get out of the home to socialise.

We recognize that this can be isolating and de-moralising. With this in mind our **Caring Companions** who have learning difficulties would like to visit you to provide companionship, help with light jobs, go for a walk or to transport you to a local not for profit café held on a Wednesday afternoon.

Would you like to Volunteer for **Caring Companions**?

If you have a learning disability/difficulty and have a few hours a week spare and enjoy chatting and helping people, then please get in touch. *Our Support Worker will pick you up from home and drop you off.*

Would you like to help us by helping you?

If you are interested or know of someone that may get some benefit from our **Caring Companions** please do not hesitate to contact ether Michelle 07511 189331 or Andrea 07789904973, alternatively please e-mail at weembracecic@gmail.com. We are very happy to discuss our free service with you.