

Name: _____

(Please tick activities you would like to take part in)

ASDAN:-

Vocational Courses working towards Certifications in multiple areas including: Life skills, food hygiene and safety, personal wellbeing etc.

Arts and Crafts:-

Building creative skills through art and craft projects. We will be helping the drama groups with their set design!

Dance:-

Various style of dance including: Street, Line Dancing, Jazz, Ballet. Have fun whilst keeping fit.

Disco Nights:-

A night of dancing and good music, with pool and bar room open for a chill.

Drama:-

Help build self- confidence through fun role play. Planning, set design and creation and performing shows.

Cookery sessions:-

Learn a variety of skills and recipes while making scrumptious meals to enjoy within session.

Gardening:-

Weekly gardening sessions to include ground maintenance, growing our own vegetables and flowers. Maintaining the budding wildlife area for hedgehogs, birds and bees. We will be planting seeds in our potting shed.

Healthy Lifestyle Day:-

A day of activities including swimming,(when safe due to Covid-19)LFA mini gym, local walks, outdoor games and healthy Lunch.

Mini Gym:-

Keep fit in our own mini gym with cross-trainer, exercise bikes, free weights and yoga mats.

Mindfulness and Wellbeing sessions:-

Keeping the mind healthy with yoga and mental wellbeing sessions. A little boost in self-esteem and confidence. Our sensory/chillout pod will be available to individuals for that much needed time out.

Evenings and Weekends

- Ladies Pamper evenings – fizz and nibbles
- Lads nights at the LFA BAR – pool, footy and darts
- Curry Nights
- Prize Bingo
- Clubbersize – dancercise with glow sticks
- Movie nights
- Pub Quiz
- BBQ's
- Food from Around the World nights
- Gaming nights
- Karaoke Nights

Our successful outcome-based sessions will be running alongside the extra activities:

- Self Defence
- Kick-boxing
- Football Skills
- Makaton Sessions
- Food Hygiene
- Healthy Eating
- Fire Safety
- Circuits
- Stay Safe workshops
- Community Activities

Overnight themed sleepovers coming soon!

Your ideas...