

Looking Forward Group

& Activities

Age Appropriate
activities for people
with learning
disabilities

Congleton Group

Monday 9.30am-1.30pm

Northwich Group

Friday 9.00am-1.00pm

Evening Social Groups

Across Cheshire
(transport included)

**Make friends,
improve social and life skills
and most of all have FUN!!**

Some of the things we do...

- Dine Out • Drama
- Dancercise/Groove • Self Defence
- Make Healthy Meals • First Aid
- Bowling • Arts/Crafts • DJ Workshops

For more information call Michelle on 07511 189331 or
email: looking.forward@btinternet.com



Looking Forward Group & Activities Aims

To support group members in the following areas:

Being Healthy

- Introduction to a variety of sports and leisure activities
- Guidance on healthy eating, with the opportunity to cook simple meals and dine out

Staying Safe

- Teach and re-enforce good road safety practice whilst out and about
- Plan travel using public transport
- Staying Safe Workshops
- Internet Safety
- Basic First Aid Skills

Enjoy and Achieve

- A fun place which enables socialisation
- Confidence building through games, team working and drama

Making a Positive Contribution

- Planning and decision making in respect of Looking Forward Group & Activities
- Contribute and plan social activities
- Develop positive relationships
- Find out what is happening in the local community and get involved
- Develop personal and social skills
- Discussion based topics

Eligibility Criteria

- Having a Learning Disability
- Age 16-40
- Have independent personal care skills
- Behaviour must not cause a risk to themselves, other members or staff
- Group members will have the opportunity to be involved in a variety of activities. The main emphasis will be on developing life and social skills
- You will need to register for Activities or for Looking Forward Group

Please contact Michelle Turner for more information

07511 189331

or email looking.forward@btinternet.com

You can use Direct Payments/Self directed support to fund