



Living the life you want



COOK CLUB Monday Tuesday Thursday & Friday Cook Club offers people the opportunity to meet in a safe friendly environment, develop their skills and make new friends. We work together developing people's independence skills. We focus on nutrition, healthy eating, and safe cooking techniques. We regularly take part in activities away from the kitchen such as festivals, and community farms to name a few. Most importantly we have lots of fun.



BOOK CLUB - Tuesday Evening Every Fortnight Book Club meets once a fortnight at Belair Road. It's a place where people of all abilities can enjoy the beauty of curling up with a good book. Participating in Book Club discussions does wonders for your communication skills, teaching you to listen to different points of view and different ways of expression. Great stories read in the traditional sense



WALKING FOR HEALTH - Walking is a great way to stay active. It's a low impact exercise, so it's easy for you to get involved. Joining one of our walks with a trained walk leader could help you feel more confident about taking those first steps to a more active lifestyle. Plus we offer a range of walks including History Walks, Breakfast Walks and our evening Ghost Walks.



MEDIA & ANIMATION Mondays & Thursday - Show off your talents at our Media & Animation sessions at The Studio. If you're into filmmaking, photography, animation and podcasting, then this session is for you. If you've always fancied yourself as an actor, a web guru or a film director, our sessions will give you experience, as well as the chance to make some great new friends.



ART & CRAFT Mondays Tuesday Thursday & Friday - Come along and create something beautiful. Our sessions offer people the opportunity to learn new skills, increase confidence and self esteem. Sessions are delivered individually or as part of a group. No experience is needed - just come along and have some fun whilst getting to know new people in a friendly welcoming atmosphere.



CONNECT GROUP Wednesday & Friday We believe everyone should have the opportunity to lead an active and enjoyable life, and from being supported to get out and about in their local community. The Connect Group hosts a range of fun activities. These often provide education and learning opportunities, which improves independent living skills and helps to build confidence



MOVIE CLUB - Thursday (Monthly) Movie Club members get together and go see a film of their choice. They also organise a range of social activities throughout the year. Why not come along and join us. Its a great way to meet people and make new friends. Sessions are delivered individually or as part of a group.

For more information contact Richard Price on 07964 369492 email richardprice@supportyourway.co.uk