

DAY CENTRE ACTIVITIES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (bi-weekly)
10:00 – 11:00	Functional Skills, ICT, Life Skills, Allotment & Gardening	Social Club, Music & Movement, Art & Crafts	Vehicle Maintenance	Community Access (AMF Bowl, Zoo, Aquarium, Cinema, etc.)	Volunteering & Work Placements, Hydro Pool	Fortnightly Social Club, Competitions, Sensory Room, Games
11:00 – 12:15	Crafts, Hydro Pool	Cooking	Hydro Pool	Course Fishing	Photography	Puzzles, Pool & Darts, Games Consoles
12:15 – 1:00	☪ Lunch Break	☪ Lunch Break	☪ Lunch Break	☪ Lunch Break	☪ Lunch Break	☪ Lunch Break
1:00 – 2:00	Gym Fitness, Photography, Community Access	Cooking, Baking, Sensory Room	Personal Gym Programmes, Social Games, Film Club	Sports (Tennis), Competitions, Community Access	Course Fishing, Photography, Trips Out	Baking, Social Games, Film Club
2:00 – 3:00	Community Access (Cafés, Libraries)	Social Games, Film Club	Competitions, Sensory Room	Sports & Recreation	Life Skills at Training House	Community Access
3:00 – 4:00	Sports Activities	Film Club, Trips Out	Social Club	Access to Local & Wider Community	Gym	Sports & Recreation

Please note: The activities listed above may vary based on weather conditions, availability, or seasonal changes. All outings and trips incur additional costs beyond the standard day service fee and are charged as expenses. For full details, please refer to our **Terms & Conditions** on the **Policies** page of our website