



**Friends
for Leisure**

www.friendsforleisure.org.uk

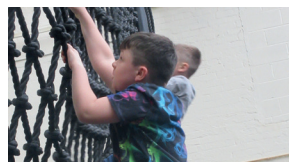
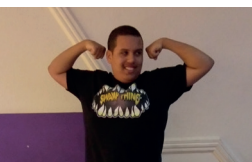
Because everyone needs a friend



Flyer sponsored by
the Wilmslow and
District Rotary

WHAT'S GOING ON AT FRIENDS FOR LEISURE?

Summer holiday activities 2022



Promoting everyday friendship and leisure opportunities for disabled children and young people.

Are you aged between 5 – 21?

Do you live in Cheshire East?

Are you registered with Friends for Leisure?

If you'd like to come to any of our activities,
please contact us to book your place.

Please note: All our activities are for young people who are registered with FFL. If you are not already registered or know someone who would like to attend please visit our website.

www.friendsforleisure.org.uk | 01260 275333 | info@friendsforleisure.org.uk

Read me first... Hello!

Welcome to our programme of summer holiday activities.
Before we start, here are a few things to remember...

- Friends for Leisure activities are for disabled young people aged 5-21 registered with the charity. If you are not already registered, you can download our registration form online at www.friendsforleisure.org.uk
- Places must be booked in advance.
- Siblings can attend our holiday activities. Please let us know at the time of booking.
- Next to some of our activities you will notice the following logo. This means that this activity is part of our PALS programme in Macclesfield or Crewe. PALS stands for 'Personal and Life Skills' and these sessions will be a bit longer than our usual activities and will focus on developing a certain skill.
- Virtual activities will be labelled with a zoom logo. Places must still be booked for virtual activities. Once booked, you will receive the zoom details nearer the time of the activity.
- FFL staff and volunteers cannot provide personal or 1-to-1 care. If your child requires this support, a parent or carer must attend with them, and this should be communicated with staff when booking.
- Thanks to funding from Cheshire East Council, most of our activities are free of charge. All we ask is for £1 towards the cost of refreshments each time you attend. Any additional charges for particular activities will be in the activity details for each session.
- If for any reason you can no longer attend an activity that you have booked onto, please let us know as places will be limited and some activities may have a waiting list, if popular.

To book your place at our activities:

Please contact hannah@friendsforleisure.org.uk or call **01260 275333** and someone will get back to you.

Thank you.

Week 1 25th-29th July



Safety Wednesday 27th July, 10am-12pm

Learn all about how to keep safe in the community and online with PCSO Mandy Simpson.

Gawsworth Hall, Church Lane, Gawsworth, Macclesfield SK11 9RN



Take Time Out Thursday 28th July, 2pm-3:30pm

Visit Time Out's base and learn what they're about whilst taking part in some activities.

Time Out, 25 The Paddock, Cheshire, Handforth, Wilmslow, SK9 3HQ

***For
over 16s
only***



Week 2 1st-5th August



Bootcamp Wednesday 3rd August, 1.30pm-3pm
Take part in some fun exercises and games with personal trainer Matt Dwire. Please wear appropriate footwear and clothing.
Congleton Park, Park Road, Congleton, CW12 1JG



Time for lunch! Thursday 4th August, 12:30pm-2.30pm
Enjoy lunch out with your friends.
**The Duke of Gloucester,
University Way, Crewe, Cheshire, CW1 4NP**



Week 3 8th-12th August



Bowling & a burger Tuesday 9th August, 11am-1pm
Enjoy a game of bowling with friends and finish with a tasty burger!
**Macclesfield Superbowl, Lyme Green Business Park,
London Road, Lyme Green, Macclesfield SK11 OTB**



Kick off! Friday 12th August, 11am-12.30pm
A chance to practise your football skills and lead up to a game. Please wear appropriate footwear and clothing.
Congleton Town Football Club, Ivy Gardens, Congleton, CW12 4GA



Change, Grow, Live Friday 12th August, 1pm-4pm
CGL join us for a fun drug and alcohol awareness workshop.
**All Saints Church, Stewart Street,
Crewe, CW2 8LX**

16-21
year
olds



Week 4 15th-19th August



Star Tennis Monday 15th August, 3.30pm-5pm
Join us for some games to practise your tennis skills. Please wear appropriate clothing and footwear.
Prestbury Tennis Club, Bollin Grove, Macclesfield, SK10 4JJ



Ready, steady, go! Tuesday 16th August, 1pm-2.30pm
Enjoy sports and games on the outdoor pitch and race track with Andy from Everybody Health and Leisure.
Cumberland Arena, Thomas Street, Crewe, CW1 2BD



Clay Creations Wednesday 17th August, 1.30pm-3pm
Get messy with clay and make something to take home.
Congleton Masonic Hall, 44 Mill Street, Congleton, CW12 1AG



Week 5 22nd-26th August



Play Pizzazz Monday 22nd August, 1pm-4pm

Drama fun and games around friendship.

All Saints Church, Stewart Street, Crewe, CW2 8LX



Grubs up! Wed 24th August, 12pm-2pm

Enjoy a meal out with friends.

**The Rising Sun, 245 Congleton Road, Gawsorth,
Macclesfield, SK11 7XD**



Get outdoors! Thurs 25th August, 12.30-3.30pm

**Hassall Green Nature Reserve, Betchton Lane,
Sandbach CW11 4XX**



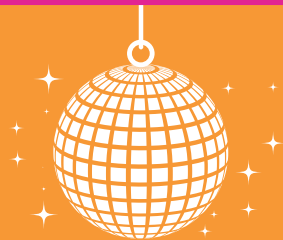
Week 6 29th August-2nd September



Virtual disco Tuesday 30th August , 6pm-7pm

It's back! Get your disco moves ready!

Zoom



Activity Planner

Use this page to make a list of the activities you'd like to attend!





Friends for Leisure

www.friendsforleisure.org.uk

Because everyone needs a friend



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thrive



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Find out more:

www.friendsforleisure.org.uk

info@friendsforleisure.org.uk

01260 275333

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