



Leisure and Learning opportunities for people with Learning Disabilities in East Cheshire



Crewe and Nantwich

Organisation	Address	Activities offered	Day and time	Contact details
Autism Networks	Prince Albert Street Crewe CW1 2DF	Disco	Monday evening from 7 to 9 pm	Information desk open mornings Tuesday, Thursday and Friday from 9am to 12pm. Website www.autismnetworks.org.uk
The Wingate Centre	Wrenbury Nantwich Cheshire CW5 8ES	Gymnastic Centre	Monday to Friday	01270 781179
The Purple Onion	Breeden House 249-251 Edleston Road Crewe, CW2 7EA	Drop in facility offering: Large widescreen TV/DVD and Wi-Fi, internet access, willow weaving, origami, arts and crafts, and sound beam equipment. (changing facilities are available) Evening social events – discos, karaoke or bingo. News matters group	Monday to Saturday Wednesday 7.00 until late Monday evening once every 4 weeks	Judith Fraser 01270 253683 fraserj@ladyverdintrust.com Patrick Jervis 01270 256700 jervis@ladyverdintrust.com Website: www.ladyverdintrust.com

Crewe and Nantwich

Organisation	Address	Activities offered	Day and time	Contact details
The Blue Tomato Bistro	Pickmere Court Rose Terrace Crewe CW1 3ET	An eating place to meet friends and family over a coffee or a meal.		Telephone: 01270 563564
Promotion and Improvement Cheshire East Council with CWP	Delamere House Delamere Street Crewe CW1 2LL	Gym group (The Barony, Nantwich) Green gym – in the process of being set up	Mon 11 to 12 Thurs 11 to 12 £2.00 charge per session as from 1 Oct 2010	Jill Tompkins 01270 654400
Cheshire and Wirral Partnership NHS Foundation Trust	Stalbridge Road Crewe	Rebound sessions at Macon House	Tuesday 10 to 12	Rona Leftwift Jill Tompkins 01270 654400
Cheshire East Council in partnership with Cheshire and Wirral Partnership NHS Foundation Trust	Stalbridge Road Crewe	Cooking Courses for adults with learning disabilities - registration is required	Thursday 2.30 to 3.30	Jill Booth 01270 654400
Cheshire East Council in partnership with Cheshire and Wirral Partnership NHS Foundation Trust	Stalbridge Road Crewe	Ten Pin Bowling at Lakeside, Crewe. £2.50 per session.	Wednesday 7 pm to 8 pm	Jill Booth 01270 654400
Cheshire East Council in partnership with Cheshire and Wirral Partnership NHS Foundation Trust	Stalbridge Road Crewe	Football at the Barony Sports Complex, Nantwich. £3.00 per session.	Friday 4 pm to 5 pm	Jill Booth 01270 654400

Crewe and Nantwich

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Christian Concern	St Paul's Centre Hightown Crewe CW1 3BY	Computer based Life Skills training for adults with learning disabilities. The course is free but must be booked		Cheryl Wykes Training Manager at Christian Concern 01270 586186
Cheshire East Health Improvement Team		Exercise referral scheme		Joe Doran 01270 685780
Wulvern Crewe		Computer training and support Computers on loan scheme		John Bottomley 01270 663154 John.bottomley@bcs.org
Nantwich Library	Beam Street Nantwich Cheshire CW5 5LY		Open 6 days a week (Monday – Saturday)	01270 375361 nantwich.infopoint@cheshireast.gov.uk
Crewe Library	Crewe Library, Prince Albert Street, Crewe, Cheshire CW1 2DH		Open 6 days a week (Monday – Saturday)	01270 375295 crewe.infopoint@cheshireast.gov.uk
Crewe Seahorse Swimming Club	Crewe Pool Flag Lane Crewe CW2 7QX	Swimming	Open on Thursday 7.00 pm – 8.00 pm* * 6-7 pm in summer	Gareth Roberts Secretary 01270 629958

Congleton and Sandbach

Organisation	Address	Activities offered	Day and time	Contact details
Congleton Library	Market Square Congleton Cheshire CW12 1ET		Open Monday, Tuesday, Thursday, Friday, Saturday	01260 375550 congleton.infopoint@cheshireeast.gov.uk
Sandbach Disco	Junction 17, Bradwell Road, Sandbach	Disco	Tuesday 6.30 to 9 pm Admission £1.00	Not available at the moment.
Friends for Leisure (Charity)	Ground floor Albert Chambers Canal Street Congleton CW12 4AA	Everyday leisure activities which include: shopping, a meal out, a trip to the cinema. For young people aged 5 to 21 with physical, sensory, mental health and learning disabilities.		Gillan Jones - manager Tel: 01260 275333 info@friendsforleisure.org.uk www.friendsforleisure.org.uk
Aquarius Swimming Club	Sandbach Boys School Crewe Road Sandbach CW11 3NS	Swimming	Term time on a Monday from 7 to 8 pm. £2.50 entrance fee. Hoists are available.	Secretary: 01270 763498

Congleton and Sandbach

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Congleton Leisure Centre	Worrall Street Congleton Cheshire CW12 1DT	Swimming session for disabled people of all ages	Wednesday 8.00 p.m. – 9.00 p.m.	01260 387717
Alsager Swans Swimming Therapy Club	Alsager Leisure Centre Hassall Road Alsager ST7 2HP	Disability Swimming Club	Sunday 7.00 p.m. – 8.00 p.m.	William Cooper Secretary 01270 884438

Knutsford

Organisation	Address	Activities offered	Day and time	Contact details
Knutsford Library	Toft Road Knutsford Cheshire WA16 0PG		Open 6 days a week (Monday – Saturday)	01565 632909 knutsford.infopoint@cheshireeast.gov.uk
Knutsford Leisure Centre	Westfield Drive Knutsford WA16 0BL	Swimming session for disabled people of all ages	Saturday 12.30 – 1.30 p.m.	01565 653321

Macclesfield

Organisation	Address	Activities offered	Day and time	Contact details
Macclesfield Speaking Up Speaking Out	SUSO Centre 25-27 Old Park Lane Macclesfield SK11 6TJ	Self advocacy group for adults with learning disabilities. Drop-in Group meeting	Wednesday morning from 10.00 Afternoon 1.30-3.30	Karen Keen - Development Worker tel: 07939 919210. Email maccsusos@btinternet.com
Macclesfield Lifestyle Group	Macclesfield Leisure Centre, Priory Lane, SK10 4AF	Provides support and social care to adults with learning disabilities from Macclesfield and surrounding areas. Swimming, squash, table tennis, basketball, leisure and play coached sport sessions, badminton, accessing the gym, links with the library, aromatherapy, recycling, voluntary work opportunities, travel training and accessing the community.	Monday to Friday 9 am to 4.45 pm	Telephone: 0776 9930 106
Peatfields Day Centre	Macclesfield	Arts and crafts, gardening projects, relaxation sessions, cooking, baking, Wii fit and Wii games, community sports, talking books, poetry sessions, jewellery making, cultural taster groups, dough craft, newsletter group, dance and drama, keep fit and the healthy lifestyle group.	Monday to Friday 9 am to 4.45 pm	Telephone: 01625 374070

Macclesfield

Organisation	Address	Activities offered	Day and time	Contact details
Cheshire East Council Leisure Centre Programmes	Macclesfield Congleton and Crewe	Regular bulletins by email are available		Richard Roeton Richard.roeton@cheshireeast.gov.uk And Jon Winkle Jon.winkle@cheshireeast.gov.uk
Macclesfield Library	Jordangate Macclesfield Cheshire SK10 1EE	For hire CDs (95p) and books (free) various other activities available during the week.	Open 6 days a week (Monday – Saturday)	01625 374000
Macclesfield Adult Leisure & Life Skills Club	Various locations in and around Macclesfield No fixed based.	A supported leisure and life skills group for adults with a learning disability living in and around Macclesfield (including Bollington, Hursdsfield, Prestbury & Poynton). A range of activities are arranged including bowling, keep fit, trips out, social evenings and visits to the local pubs / restaurant.	1 evening a month Tues or Thurs.	Kelly Brown 01625 618146 Darren Brodrick 01625 422486
All Dressed UP (Drama Group)	Salvation Army Macclesfield Roe Street Cheshire SK9 6UT	All Dressed Up is a local drama group which meets alternate weeks in Macclesfield and is attended by service users from many of the local day centres including Peatfields, Dean Row and Carter House The group	Every other Wednesday	Andy Worth 07884441620

Macclesfield

Organisation	Address	Activities offered	Day and time	Contact details
		prepare productions to run at large gatherings of service staff across Cheshire. Focus of the productions tends to be around promoting good Health.		
Chicago Rock Cafe	Pickford Street Macclesfield Cheshire SK11 6JD	Evening disco for anyone with learning disabilities and their carers. Free entry.	Wednesday 7.00pm-9.00pm.	01625 502893 Email: Chicago-rock-cafe-macclesfield@3d-entertainmentgroup.com .
Macclesfield College	Park Lane Macclesfield Cheshire SK11 8LF	Leisure and Life Skills A range of part-time courses for Life Skills and preparing students for work. 2 fulltime courses; Into Work and It's My Life.	All year	Katherine Howell, Programme Area Coordinator for Adult Entry Provision. Tel: 01625 410000 ext 532 Katherine.Howell@macclesfield.ac.uk
Macclesfield Community Garden Centre	West Park Prestbury Road Macclesfield Cheshire SK10 3BJ	Learn horticultural skills and get work experience in safe environment. Training and NVQ qualifications.	5 days a week	Tel: Jo Matthews on - 01625 612925 or 07702 197065 jomatthews@maccgardencentre.co.uk

Macclesfield

Organisation	Address	Activities offered	Day and time	Contact details
Macclesfield Seals Swimming Club	Macclesfield Leisure Centre Priory Lane Macclesfield SK10 4AF	For adults and children with a disability.	Friday 7.30 pm to 8.30 pm	Wendy Moss 01625 262619

Alderley Edge, Wilmslow and Handforth

Organisation	Address	Activities offered	Day and time	Contact details
Time Out Group	10 Stanneylands Road Wilmslow Cheshire SK9 4EJ	<p>A supported leisure and social group for adults with a learning difficulty who live in the Wilmslow, Alderley Edge and Handforth area. Activities such as walks, bowling, going to the pub / restaurant, educational talks and sports sessions.</p> <p>Support members to attend Wilmslow Leisure Centre for the gym, swimming, or legs, tums and bums. Organise short breaks for members</p>	<p>Meet every two weeks on a Wednesday evening</p> <p>Every Tuesday</p>	<p>Sue Mills 0784 596 8331 or Debbie Summerscales</p> <p>www.timeoutgroup.org.uk</p>
David Lewis Centre	Footsteps Mill Lane Warford Alderley Edge Cheshire SK9 7UD	Learn more and gain some valuable work related experience and qualifications in a range of different employment areas including Horticulture, Woodwork, Computers and Retail.	Monday to Friday 9.00am to 4.00pm.	Darren Brodrick, Manager 01565 640070.
Wilmslow Library	Wilmslow Library South Drive Wilmslow Cheshire SK9 1NW		Open 6 days a week (Monday – Saturday)	01625 37406

Alderley Edge, Wilmslow and Handforth

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Alderley Edge Library	44a, London Road Alderley Edge Cheshire SK9 7GP		Open Tuesday, Thursday, Friday and Saturday	01625 584487 alderleyedge.library@cheshireeast.gov.uk
Handforth Library	The Green Wilmslow Road Handforth Cheshire SK9 3ES		Closed Wednesday	01625 528062 handforth.library@cheshireeast.gov.uk
Wilmslow Leisure Centre	Rectory Fields Station Rd Wilmslow Cheshire Sk9 1BU	Various activities available including swimming, the gym, badminton and lots more. Swimming session	Open 7 days a week Leisure Card available for concessions Tuesday 7.30 – 8.30 p.m.	Tel: 01625 533789 for the Leisure Centre
Wilmslow Lifestyle Group	Wilmslow Leisure Centre, Rectory Fields Station Rd Wilmslow Cheshire Sk9 1BU	The service provides support and social care to adults who have a learning disability living in Wilmslow, Knutsford and surrounding area. Activities: swimming, squash, badminton, gym, library, IT facilities, gardening in the community and voluntary work.	Monday to Friday during the day.	Wilmslow LILT on 01625 378094 Or for more information 01625 374107

Alderley Edge, Wilmslow and Handforth

Organisation	Address	Activities offered	Day and time	Contact details
Dean Row Centre	Dean Row Centre Dean Row Road Wilmslow	The service provides support and social care to adults who have a learning disability living in Wilmslow, Knutsford and surrounding area. Drama group, art, gardening, fishing, football, sound and light, cooking and computers.	Monday to Friday during the day.	Dean Row Centre 01625 374107

Cheshire East

Organisation	Address	Activities offered	Day and time	Contact details
Cheshire East Council Ranger Service		Guided walks and illustrated talks		Richard Doran richard.doran@cheshireeast.gov.uk or Brian Hallworth Brian.hallworth@cheshireeast.gov.uk
Cheshire East Council	Cheshire East Website	Sport / play Events, coaching, fitness sessions, games and activities Get Active in Cheshire. Leisure and play blogspot.		Geoff Beadle Geoff.beadle@cheshireeast.gov.uk or Gill O'Hare gill.ohare@cheshireeast.gov.uk http://www.cheshireeast.gov.uk/leisure_culture_and_tourism.aspx http://www.leisureandplay.blogspot.com

For all of Cheshire East

Organisation	Address	Activities offered	Day and time	Contact details
The SPACE Centre	10 Pedders Lane Ashton Preston PR2 2TH	Large Indoor Sensory and soft play Centre	Monday-Friday	01772 760403 www.spacecentre.org

Poynton

Organisation	Address	Activities offered	Day and time	Contact details
Poynton Leisure Centre	Yew Tree Lane Poynton Cheshire SK12 1PU	Swimming session for the disabled	Monday 12.30 p.m. – 1 p.m.	01625 876442