

Friends for Leisure

May-July 2021 activities

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



**Activities for young
people who are
registered with FFL.**

Not already registered?

Find our registration form at:

www.friendsforleisure.org.uk

or email

info@friendsforleisure.org.uk



What's new?

- PALS programme
- Changes to some of our youth groups
- Outdoor May half term activities

Find out more inside! 



May half term picnics!



Please note: in the event of bad weather, those booked to attend will be notified if the activity is going ahead by 10.30am on the day.

TUESDAY 1ST JUNE
12-1.30PM

**QUEENS PARK,
VICTORIA AVENUE,
CREWE,
CW2 7SE**



Places must be booked before attending.

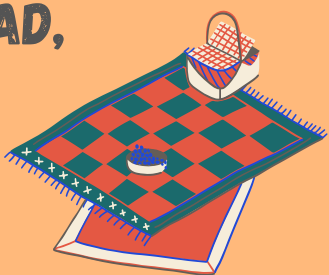
There is no charge for these activities but please bring along your own picnic.



WEDNESDAY 2ND JUNE

12-1.30PM

**SOUTH PARK,
PARK VALE ROAD,
PARK LANE,
MACCLESFIELD,
SK11 8AD**



THURSDAY 3RD JUNE

12-1.30PM

**ASTBURY MERE COUNTRY PARK,
SANDY LANE,
OFF A34 NEWCASTLE RD
CONGLETON
CW12 4FR**





WHAT IS PALS?

PALS stands for 'Personal and Life Skills'.

Includes 12 activity sessions in Macclesfield during school holiday periods and occasional Saturdays.

Sessions for different age groups at different times.

Where possible, session content will be co-produced with young people themselves.

What is different about PALS?

Sessions will:

- **last longer than our other activities, lasting approximately 3 hours each.**
- **not have a fixed regular day or time in the week and will be spread across the year.**
- **focus on activities that help achieve specific personal and life skills.**

What are personal and life skills?

The PALS programme will aim to deliver activities to help develop skills including:

- independence**
- safety (online safety, road safety, safety at home, stranger danger)**
- cooking**
- planning a meal out (travel, ordering and paying for a meal)**
- social skills (taking turns, making conversation)**
- wellbeing (friendship, positive experiences, mental health awareness)**
- community involvement (using local leisure providers and venues)**

Have your say

Let us know what activities and experiences you would like to see included by contacting our activity coordinator Hannah:

**hannah@friendsforleisure.org.uk
01260 275333**

PALS

Friends for Leisure



PERSONAL AND LIFE SKILLS

UPCOMING SESSIONS

BOLLINGTON TO MARPLE BIKE RIDE

SATURDAY 12TH JUNE

10.30AM-1.30PM

Meeting point TBC



Approx. 20 -22 miles return.

Bring along a snack for a lunch stop.

You will need to be a competent rider to take part.

You must have a cycle in good working order
& cycle helmet. More details given when booking.



COOKING WORKSHOP

SATURDAY 24TH JULY 10AM-1PM

Gawsworth Village Hall, Church Lane, Gawsworth, SK11 9QY
(between the junctions with Woodhouse Lane and Harrington Drive).



Prepare and cook a yummy recipe with the help of Jo from Beyond Baked Beans.

£5 per person to cover the cost of ingredients.

BIKE MAINTENANCE & SAFETY

SATURDAY 31ST JULY 1-4PM

The Core Community Hub, Upton Priory,
Churchway, Macclesfield, SK10 3HT

This is a must for independent riders.

Learn how to repair a puncture; fit your chain correctly;
check your safety kit essentials & riding tips.



CREWE



These activities are funded by Cheshire East Council.

£1 per session is required for refreshments provided (at face-to-face sessions). Tuck shop also available.

Please note: this term's youth group sessions will remain virtual but the FFL team will plan face-to-face sessions where possible, following government guidelines. Regular attendees will be notified of any changes to session plans by email.

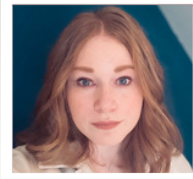
WHAT'S NEW?

Our 2 weekday Crewe youth groups have joined to form one fortnightly group for ages 10-21.

CREWE YOUTH GROUP

**EVERY OTHER TUESDAY (TERM-TIME) 6.30PM-8PM
FOR AGES 10-21.**

- 22nd June
- 6th July

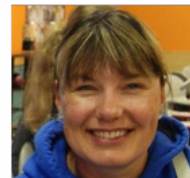


WITH FRANKIE & TESS

CREWE SATURDAY CLUB

**EVERY OTHER SATURDAY (TERM-TIME) 10AM-11.15AM
FOR AGES 5-21.**

- 26th June
- 10th July



WITH FRANKIE & LESLEY, JO OR MARIA

CONGLETON

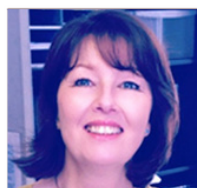
These activities are funded by Cheshire East Council.
£1 per session is required for refreshments provided (at face-to-face sessions). Tuck shop also available.

Please note: this term's youth group sessions will remain virtual but the FFL team will plan face-to-face sessions where possible, following government guidelines. Regular attendees will be notified of any changes to session plans by email.

CYG (CONGLETON YOUTH GROUP)

**EVERY OTHER THURSDAY (TERM-TIME) 5-6.30PM
FOR AGES 10-14.**

- 10th June
- 24th June
- 8th July

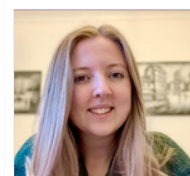


WITH LISA & JO

CONGLETON 15 UP

**EVERY OTHER THURSDAY (TERM-TIME) 6.30PM-8PM
FOR AGES 15-21.**

- 17th June
- 1st July
- 15th July



WITH LISA & LIZZIE

Book your place:
hanna@friendsforleisure.org.uk
01260 275333



MACCLESFIELD

These activities are funded by Cheshire East Council. £1 per session is required for refreshments provided (at face-to-face sessions). Tuck shop also available.

Please note: this term's youth group sessions will remain virtual but the FFL team will plan face-to-face sessions where possible, following government guidelines. Regular attendees will be notified of any changes to session plans by email.

WHAT'S NEW?

There are now 2 Macclesfield youth groups for different age ranges: 10-14 and 15+

MACCLESFIELD YOUTH GROUP

EVERY OTHER WEDNESDAY (TERM-TIME) 6.30-8PM
FOR AGES 10-14.

- 30th June
- 14th July



WITH HANNAH & CATHY
AT BOTH GROUPS

MACCLESFIELD 15 UP

EVERY OTHER WEDNESDAY (TERM-TIME) 6.30PM-8PM
FOR AGES 15-21.

- 23rd June
- 7th July

MACCLESFIELD SATURDAY CLUB

EVERY OTHER SATURDAY (TERM-TIME) 10.45AM-12
FOR AGES 5-21.

- 19th June
- 3rd July
- 17th July



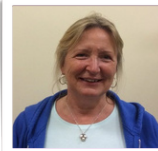
WITH HANNAH & JO OR MARIA

Book your place: hannah@friendsforleisure.org.uk 01260 275333

DRAMA



WITH JUDE THEATRE COMPANY & SUE



EVERY MONDAY (TERM-TIME) 6.30PM-7.30PM

EXCLUDING BANK HOLIDAYS

Virtual sessions cost £3.50 per session and can be paid by online transfer. Please request details to arrange.

Please note: sessions will remain virtual until a suitable venue can be arranged for face-to-face sessions to resume.



- **Activities are for young people registered with Friends for Leisure only.**
- **Places must be booked before attending.**
- **Unless specified otherwise, our activities are now free to attend but we require £1 per session to go towards refreshments.**
- **Any face-to-face activities will be planned as and when possible and you will be notified asap.**
- **The summer is on its way-look out for our summer holiday activity programme coming soon!**

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

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Registered Charity Number: 1068991