



**Friends
for Leisure**

www.friendsforleisure.org.uk

Because everyone needs a friend



Flyer sponsored by
the Rotary Club of
Wilmslow Dean

WHAT'S GOING ON AT FRIENDS FOR LEISURE?

Summer Holiday Activities 2021

**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
then 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

Hello! Please read me first.

Welcome to our programme of summer holiday activities. We cannot wait to get back to what we love doing best - having fun and making friends. 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. 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.

Please be assured that all activities are risk assessed and Covid-19 regulations will be followed at all times.

Thank you.



Week 1 - 26th July-1st August



Star Tennis

Monday 26th July
1-3pm



Join the Star Tennis coaches for a chance to practise your tennis skills. Please wear appropriate clothing and footwear.

Prestbury Village Lawn Tennis Club, Bollin Grove, Prestbury, Macclesfield, SK10 4JJ



Puppet making workshop

Wednesday 28th July | 1-2.30pm



A fun arts and crafts workshop with artist Tom Addis.

Astbury Village Hall, Peel Lane, Astbury, Congleton, CW12 4RQ



Climbing Tower

Thursday 29th July
2-3.30pm



Can you reach the top of the tower? Join Orbis Outdoor Adventures and their outdoor climbing tower for some climbing fun. Please wear appropriate clothing and footwear.

Autism Inclusive, Apollo Buckingham Health & Science campus, Crewe, CW1 5DU



Bike maintenance & safety

Saturday 31st July | 1-4pm



A must for independent riders. Learn how to repair a puncture; fit your chain correctly and check your safety kit essentials.

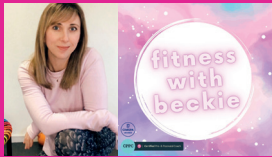
The Core Community Hub, Churchway, Upton Priory, Macclesfield, SK10 3HT

Week 2: 2nd-8th August



Musical Motion

Monday 2nd August
1.15pm-2.45pm



Start the week off with a workout! Join Beckie Morley for some musical themed dance fitness. Please wear appropriate clothing and footwear.

Morton Hall
Community Centre,
Union Road,
Macclesfield,
SK11 7BN



Zoo 2 U

Thursday 5th
August | 10.30am-
12 midday



A chance to learn
about and handle
a range of animals
with our friends
from Zoo 2 U.

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



Virtual Disco

Friday 6th August
5-6pm



Get your disco lights
on and dance moves
ready. DJ Spencer is
back for a summer
themed virtual disco!

Week 3: 9th-15th August



Indoor Archery

Tuesday 10th August | 1.30pm-3pm



Bullseye! Practise your sucker
archery skills with Orbis Outdoor
Adventures.

Trinity Church Hall,
7-9 Wagg Street,
Congleton,
CW12 4BA



Fitness Fun

Thursday 12th August | 1-4pm



Take part in some exercise with
personal trainer and FFL volunteer
Matt Dwire before recovering over
lunch and playing some health and
fitness themed games.

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



Week 4: 16th-22nd August



Drama & Games

Monday 16th
August | 1-4pm



For young people
aged
12+

Take part in some drama themed exercises and games with drama teacher Ian, focusing on particular social skills and confidence.

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



Karate Club

Wednesday 18th
August | 6-7.30pm



Karate instructor Phil takes us through our paces in this Karate taster session. Please wear comfortable clothing and footwear.

Eaton Masonic Hall,
Mill Street, Congleton,
CW12 1HW



Virtual Family Quiz Night

Thursday 19th
August | 6-7.30pm

Get your team name ready! Prizes to be won for the top 3 families.

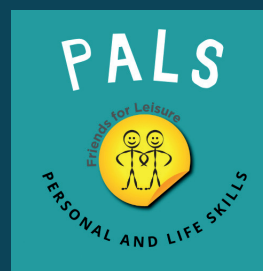


Week 5: 23rd-29th August



Play Pizzazz

Tuesday 24th
August | 1-4pm



Play Pizzazz is joining us once again for a fun, active drama and wellbeing session! Using our own life stories as well as some fictional characters, we will explore what it takes to build friendships, resilience and talk about what makes us who we are!

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



Take Time Out

Thursday 26th
August | 10.30-12.30am



For young people
aged
17+

Drop in and see what Time Out Group is all about and meet some of their members. Explore their venue and try out some taster activities including arts, crafts and gardening.

Time Out Group is for adults (aged 18+) with learning disabilities.

Time Out Group,
25 The Paddock,
Handforth, SK9 3HQ





Friends for Leisure

www.friendsforleisure.org.uk

Because everyone needs a friend

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Find out more:

www.friendsforleisure.org.uk

info@friendsforleisure.org.uk

01260 275333

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