

Our activities program...

is designed to give service users the very best *opportunity to progress* into *independent living*.

Activities enhance service users lives giving them *access to education training* and a range of local *opportunities events* and *community resources*.

We have a calendar of weekly activities is designed to give residents the best opportunity to gain independence and prevent loneliness. Each event is scheduled and organised in consultation with the service users during the weekly residents meeting.

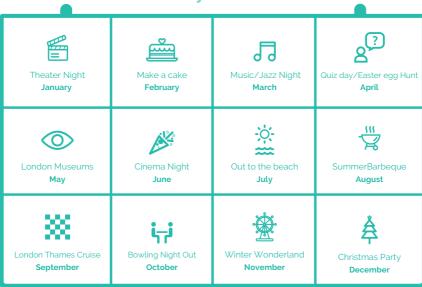


Christmas party.

We have monthly group activities. We encourage service users to participate in the organisation of group events which helps to promote independence. Service users are welcome to invite friends and family to monthly events including our summer BBQ and



Monthy Activities



Weekly Activities

Monday	Tuesday	Wednesday	Tursday	Friday	Saturday	Sunday
Cycling at Sutton	I ├── I Sports Group	Diaries	Cooking Group	Healthy eating	Weekly group activity	Anyone fancy a coffee
Practical Skills	_	Green Fingers	Football	Anyone fancy a coffee	_	_

Practicle skills Activities

Budgeting	IT skills	Social Skills	
Personal Hygiene	Day to Day Living	Mental Heath Awereness	
Dug & Alcohol Advice	Domestic Skills	CV Writing	
Mobility	First Aid	Recovery College	

Open Activities | soon





