

Growing Opportunities for Learning Disabilities Group



Opportunities and activities in
Cheshire East



CONTENTS

Introduction	2
Crewe and Nantwich area	3
Sandbach, Middlewich and Congleton areas	6
Holmes Chapel and Knutsford area	10
Macclesfield, Bollington and Poynton areas	12
Alderley Edge, Wilmslow and Handforth Dean areas	17
Cheshire East Wide Services	19
Opportunities outside Cheshire East area	22

INTRODUCTION

Who are we?

GOLD (Growing Opportunities for Learning Disabilities) is a forum for groups who provide leisure or learning opportunities for adults with learning disabilities to work together, share best practice, knowledge and learning and promote services across Cheshire East. The aim of our group is to enable adults with learning disabilities in Cheshire East to use and benefit from more leisure and learning opportunities. In particular the group aim to:

- Share knowledge and experience between all organisations involved in the provision of activities for adults with learning disabilities across Cheshire East.
- Increase opportunities for Adults with Learning Disabilities to access such facilities.
- Increase knowledge and publicise accessible information about opportunities available to adults with learning disabilities in Cheshire East.
- Make recommendations to the Cheshire East Partnership Board and other relevant groups, on how existing provision may best be targeted, prioritised and developed, and potential funding sources

What do we do?

We believe that leisure and learning activities are not passive ways of spending time, rather a way of gaining enjoyment, satisfaction, achievement, pleasure and inclusion. Leisure time is where people develop social skills, form friendships and increase their practical abilities, self-worth and independence. These skills are a benefit to everybody and legislation promotes access for adults with learning disabilities in order to prevent more expensive services to be called into action.

This booklet is aimed at adults with learning disabilities, their parents and carers to enable them to find leisure and learning opportunities in the area that they live. If you would like more information about the GOLD Group including adding an entry to the booklet or joining our group, please contact Jon Wilkie on Jon.wilkie@cheshireeast.gov.uk or Andy Molyneux on andy.molyneux@everybody.org.uk.

PLEASE NOTE

The opportunities listed in this booklet are not being recommended or endorsed by the GOLD Group. They are opportunities which were available for people with learning disabilities when we listed them. However they may or may not be suitable and affordable for you, for someone you care for, or someone you work with. Please check out these resources for yourselves before deciding to use them. In particular we recommend asking about the level of support available and the cost.

Key - To help clarify who the sessions are aimed at we have a simple system to help use the booklet and identify the opportunity which is most appropriate for the person. These are:

open

= A mainstream activity welcoming people with impairment to take part



= Activities for people with any disability




= An activity specifically for people with a learning disability




Crewe and Nantwich Area




Organisation	Activity Location	Activities offered	Day and time	Contact details
Autism Networks	Prince Albert Street, Crewe, CW1 2DF	Activities are mainly for people with autism and their families including social evenings and disco on a Friday evening.	Monday 6:30pm — 9pm Thursday 6:30pm — 9pm Friday 6:30pm — 9pm	Tel: 01270 580444 Email: admin@autismnetworks.org.uk Website: www.autismnetworks.org.uk
Cheshire Academy / The Broad Street Project 	Broad Street , Crewe, CW1 3UD	Provides a range of opportunities to participate in sport and leisure including boccia, badminton, football and more.	See website	Tel:01270 255355 Email: cheshireacadem@aol.com Website: www.disabilitysport.com
Cheshire Centre for Independent Living – Good Company 	Hilary Centre, Salisbury Avenue, Crewe, CW2 6JW	Adult Activity Group for disabled adults aged 19-65 in Congleton We provide adults with a chance to meet old friends and new to participate in quality leisure activities.	Wednesday 6pm-8pm	Siobhan Oldfield Tel: 01606 331853 / 07756149714 Email Siobhan.oldroyd@cheshirecil.org Website: www.cheshirecil.org


Organisation	Activity Location	Activities offered	Day and time	Contact details
Cheshire Dance - Dance 'N' Tone 	Wychwood Village Hall, Abbey Park Way Wychwood Village Weston, CW2 5TD	A great way to enjoy feeling healthy! Dance N Tone is a class for improved health, fitness, balance and co-ordination.	Wednesday 10am-11am	Rosalind Holgate-Smith Tel: 01606 861770 Email: rosalind@cheshiredance.org Website: www.cheshiredance.org
Cheshire Dance – Creative Arts 	Victoria Community Centre, Oakley Building, West Street, Crewe, CW1 2PZ	Welcoming adults with disability these are fun and friendly creative dance sessions. A great opportunity to keep fit, meet new people, and have fun learning different dance styles.	Thursday 1.30pm – 2.30pm	Rosalind Holgate-Smith Tel: 01606 861770 Email: rosalind@cheshiredance.org Website: www.cheshiredance.org
Cheshire Dance – Creative Arts 	Nantwich Civic Hall, Market Street, Nantwich, CW5 5DG	Welcoming adults with disability these are fun and friendly creative dance sessions. A great opportunity to keep fit, meet new people, and have fun learning different dance styles.	Friday 11am-12pm	Rosalind Holgate-Smith Tel: 01606 861770 Email: rosalind@cheshiredance.org Website: www.cheshiredance.org
Cheshire & Wirral Partnership 	Barony Sports Complex, Barony Road, Nantwich, Cheshire, CW5 5QY	Gym equipment / supervised session / weekly weigh	Monday, 11am -12pm and Thursday, 11am -12pm	Jill Tompkins, Specialist Health Facilitator Tel: 01270 654400 Email: jilltompkins@cwpc.nhs.uk

Key =  = Mainstream activity


 = Activities for all disabilities

 = Learning Disability Specific activity

Organisation	Activity Location	Activities offered	Day and time	Contact details
Cheyne Hall Day Service 	113 Beam Street, Nantwich, CW5 5LZ	Cheyne Hall is a day service for adults with learning disabilities in Nantwich. We can offer you the opportunity to take part in a wide range of leisure and therapeutic activities depending on your individual needs and choice.	Monday to Friday 8.30am – 5.00pm	Sharon Woods Tel: 01270 371390 Email: Sharon.woods@cheshireeast.gov.uk
Christian Concern 	Christian Concern, St Paul's Centre, Hightown, Crewe, CW1 3BY	We offer work placements for Adults with Learning Disabilities which aim to develop their skills through an individualised plan based upon the client's interests and skills in a real life working environment within an integrated team of people of all abilities. We provide individual support tailored to the needs of the client and to develop specific skills.	Monday to Friday	Alexia Stockton Telephone: 01270 586186 Email: alexia.stockton@christianconcern.org.uk Website: www.christianconcern.org.uk
Crewe Seahorse Swimming Club 	Crewe Pool, Flag Lane, Crewe, CW2 7QX	Swimming for a wide variety of disabilities, ages and the swimming ability	Thursday's, 7pm - 8pm* (* 6-7pm in the summer)	Gareth Roberts, Secretary Tel: 01270 629958 Website: www.spanglefish.com/seahorseswimmingclub/index.asp?pageid=197495

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Friends for Leisure – Drama Group 	Wistaston Memorial, Hall, Church Lane, Crewe, CW2 8ER	Inclusive drama sessions for disabled young people. Drama group in partnership with Wistaston Young Drama Group	Every Saturday, 10.30am-12.45pm	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website: www.friendsforleisure.org.uk
Friends for Leisure – Ten Pin Bowling 	MFA Bowl (previously Lakeside), Dunwoody Way, Crewe, CW1 3AJ	Regular ten-pin bowling session for small group of young people aged 5-21 years with disabilities	Alternate Saturdays, 10am - 11am	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website: www.friendsforleisure.org.uk
Friends for Leisure – Youth Group 	Albert Chambers, Canal Street, Congleton, CW12 4AA	Regular youth group for 11-21-year-olds with disabilities at All Saints Church, Stewart Street, Crewe CW2 8LX	Alternate Tuesdays in term-time 6.30pm - 8pm	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website :www.friendsforleisure.org.uk

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Hilary Centre 	Salisbury Avenue, Crewe, CW2 6JW	A day service which provides a service for older people and adults with complex physical disabilities. A team of trained support workers will be able to assist you with your personal needs and also offer you the opportunity to learn new skills or regain past ones to build confidence and self esteem and maintain your independence.	Monday – Friday, 8.30am – 5.00pm	Sharon Woods Tel: 01270 371295 Email: Sharon.woods@cheshireeast.gov.uk
Lady Verdin Trust, Daily Options Service 	A variety of locations in the community as per an individual's needs	1:1 support to enable individuals to develop & build connections within their local community and to achieve individual goals. This could include pursuing leisure interests or hobbies, shopping, education, employment, socialising etc. Support can also be provided within someone's own home or even on holiday. Achieved through a direct payment	Flexible to meet an individual's need	Thalia Morris, Community Service Director Tel: 01270 256700 Email: morrist@ladyverdintrust.com Website :www.ladyverdintrust.org.uk
Looking Forward Group and Activities 		Age appropriate activities including drama, dining out, dance, bowling, arts and crafts etc. Pick up and drop service available in limited areas	Various	Michelle Turner Tel: 07511 189331 Email: m.turner386@btinternet.com

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Macon House Day Service 	Macon Way Crewe CW1 6PD Oakley Centre Crewe West street Crewe CW1 2PZ	We have a range of groups working within both the traditional day service setting and in the community. You can learn and develop new skills within a number of groups. These include; a Café Group, Gardening Group, Recycling Group and a Media Group. At Macon House itself we have two groups who support people with complex healthcare and specialist needs.	Monday to Friday, 8.30am – 5.00pm	Sharon Woods Tel: 01270 371260 Email: Sharon.woods@cheshireeast.gov.uk
The Blue Pumpkin  	Pickmere Court, Rose Terrace, Crewe, CW1 3ET	Provides opportunities for people with LD to gain work experience (via Lady Verdin Trust). The Bistro is open to residents and non-residents to meet friends and family over a coffee or a meal.	Open 7 days a week'	Tel: 01270 536564 Email: enquiries@ladyverdintrust.com Website: www.ladyverdintrust.org.uk
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 & crafts and sound beam equipment. Changing facilities available Evening social events (discos, karaoke, bingo etc.)	Monday to Saturday Wednesday, 7pm until late	Tel: 01270 253683 / 01270 256700 Email: enquiries@ladyverdintrust.com Website :www.ladyverdintrust.org.uk





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Organisation	Activity Location	Activities offered	Day and time	Contact details
The Wingate Centre 	Wrenbury Drive, Wrenbury, Nantwich, CW5 8ES	Gymnastic centre specialising in children and adults with disabilities	Monday to Saturday	Tel: 01270 780456 Email: office@thewingatecentre.co.uk Website: www.thewingatecentre.co.uk
Willaston Social Club 	Wistaston Rd, Willaston, CW5 6PU	Monthly disco and social evening for people with special needs, carers, support workers and family members. Admission £2.50. <i>(Forthcoming dates 05/6, 10/7, 07/8, 04/9 and 02/10)</i>	Thursday, 7pm to 9.30pm	Dave Claridge Tel: 07988457155
Wishing Well Project 	Jubilee House, St Pauls Street, Crewe, CW1 2QA	Adult learning opportunities along with a range of leisure and social activities. A Personal Assistant service is also available.	Various	Hilary Hamilton Tel: 01270 256919 / 01270 253551 Email: Hilary.hamilton@cecpct.nhs.uk Website: www.wishingwellproject.com




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Sandbach, Middlewich and Congleton Area

Organisation	Activity Location	Activities offered	Day and time	Contact details
Aquarius Swimming Club 	Sandbach Boys School Crewe Road, Sandbach, CW11 3NS	Swimming	Monday (term time), 7pm - 8pm. £2.50 entrance fee. Hoists available.	Tel: 01270 763496 or 768994
Cheshire Centre for Independent Living – Good Company 	Carter House, 48 Lawton Street, Congleton, CW12 1RS	Adult Activity Group for disabled adults aged 19-65 in Congleton We provide adults with a chance to meet old friends and new to participate in quality leisure activities	Thursday, 6pm - 8pm	Siobhan Oldfield Tel: 01606 331853 / 07756149714 Email Siobhan.oldroyd@cheshirecil.org Website: www.cheshirecil.org
Congleton Leisure Centre 	Worrall Street, Congleton, CW12 1DT,	Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.	Wednesday, 8pm - 9pm	Tel: 01260 387717 Email: clc@everybody.org.uk Website: www.everybody.org.uk
Friends for Leisure Youth Group 	Trinity Church, Waggs Street, Congleton, CW12 4BA	Regular youth group for 11 to 21-year-olds with disabilities.	Alternate Thursdays in term-time 5pm - 7pm	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website :www.friendsforleisure.org.uk

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Lady Verdin Trust, Daily Options Service	A variety of locations in the community as per an individual's needs	1:1 support to enable individuals to develop & build connections within their local community and to achieve individual goals. This could include pursuing leisure interests, shopping, education, employment, socialising etc. Support can also be provided within someone's own home or even on holiday. Achieved through a direct payment	Flexible to meet an individual's need	Thalia Morris, Community Service Director Tel: 01270 256700 Email: morrist@ladyverdintrust.com Website : www.ladyverdintrust.org.uk
Looking Forward Group and Activities 		Age appropriate activities including drama, dining out, dance, bowling, arts and crafts etc. Pick up and drop service available in limited areas	Various	Michelle Turner Tel: 07511 189331 Email: m.turner386@btinternet.com
Sandbach Disco 	Sandbach Cricket Club Hind Heath Road, Sandbach, Cheshire, CW11 3LZ	Weekly Disco	Tuesday 6.30pm - 9pm Admission £1.00	Steve Tel: 01270 766663
Youth in Action 		Sociable, adult group with activities including trips, sport, art & craft, cookery and much more.	Various	Louise Lovenbery / Faye Baker Tel: 07813 025237 / 07745 751173 Email: youthinaction@live.co.uk


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Holmes Chapel and Knutsford Area

Organisation	Activity Location	Activities offered	Day and time	Contact details
All4U Cheshire 	Cranage Village Hall, Knutsford Road, Cranage, CW4 8EQ	A social support club which provides a range of leisure and social activities. We welcome people from all surrounding areas.	Friday, 7pm-9pm	Dave and Carol Tel: 01477 532403 Email: All4ucheshire@hotmail.co.uk
Knutsford Leisure Centre 	Westfield Drive, Knutsford, WA16 0BL	Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.	Saturday, 12.30pm-1.30pm	Tel: 01565 653321 Email: klc@everybody.org.uk Website: www.everybody.org.uk

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Macclesfield, Bollington and Poynton Area

Organisation	Activity Location	Activities offered	Day and time	Contact details
Friends for Leisure Drama Group 	Fallibroome Academy, Priory Lane, Macclesfield, SK10 4AF	Drama sessions for 5 to 21-year-olds with disabilities.	Every Monday in term-time, 6.30pm - 8:00pm	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website :www.friendsforleisure.org.uk
Friends for Leisure Ten Pin Bowling Group 	AMF Bowling, Lyme Green, Macclesfield	Regular ten-pin bowling session for small group of young people aged 5-21 years with disabilities	Alternate Saturdays, 11am - 12 noon	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website :www.friendsforleisure.org.uk
Friends for Leisure Youth Group 	St John's Church, Wilwick Lane, Macclesfield SK11 8RS	Regular youth group for up to 21-year-olds with disabilities	Alternate Wednesdays (term time) 6.30pm - 8.00pm	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website :www.friendsforleisure.org.uk
Macclesfield College 	Park Lane , Macclesfield , Cheshire, SK11 8LF	A range of full-time and part-time courses of Life and Leisure Skills and Preparing Students for Work, Full Time e.g. It's My Life, Into Work, Steps; Part Time e.g. Dance and Movement, Explore the Outdoors, Number and Communication Skills	All year	Katherine Howell, Curriculum Leader for Students with Learning Difficulties and/or Disabilities Tel: 01625 410000 ext 532 Email: Katherine.Howell@macclesfield.ac.uk Website: www.macclesfield.ac.uk

Key =








= Mainstream activity








= Activities for all disabilities




= Learning Disability Specific activity



Organisation	Activity Location	Activities offered	Day and time	Contact details
Macclesfield Community Garden Centre 	West Park, Prestbury Road, Macclesfield, SK10 3BJ	Learn horticultural skills and get work experience in safe environment. Training and NVQ qualifications.	Monday to Friday, 10.00am – 3pm	Jo Matthews Tel: 01625 612925 or 07702 197065 Email: jomatthews@maccgardencentre.co.uk
Macclesfield Disability Disco 	The Macclesfield United Reformed Church, Park Green, Macclesfield , SK11 7NA	Evening disco for anyone with learning disabilities and their carers. Admission £2 each	Wednesday, 7pm - 9pm.	DJ Matt Hill Tel: 07787 9 666 21 Email: mathewdavidhill@googlemail.com
Macclesfield Lifestyle Group 	Macclesfield Leisure Centre, Priory Lane, Macclesfield, SK10 4AF	The Lifestyle Group provide a wide range of activities. You can access the local library once a week or try swimming, use the gym or try an assortment of activities at the centre.	Monday to Friday, 9am – 4.30pm	Dan McCabe Tel: 01625 374107 Email: Daniel.McCabe@cheshireeast.gov.uk
Macclesfield Seals Swimming Club 	Macclesfield Leisure Centre, Priory Lane, Macclesfield , SK10 4AF	For adults and children with a disability.	Friday, 7.30pm - 8.30pm	Tel: 01625 262619 Email: macc.seals@ntlworld.com
Macclesfield Speaking Up Speaking Out 	SUSO Centre, 25-27 Old Park Lane, Macclesfield, SK11 6TJ	Self help group for adults with learning disabilities meets weekly to talk about things that matter to us, guest speakers, fund raising, awareness raising, activities and workshops	Wednesday, 1.30pm - 3.30pm	Karen Keen Tel: 01625 424717 Email: info@maccsuso.org.uk Website: www.maccsuso.org.uk

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Mayfield Centre 	Mayfield Terrace, Macclesfield, SK11 7TG	Our Day Service provides for people who need support during the day and offers a safe, stimulating environment and activities	Monday to Friday, 9.00am – 4.30pm	Dan McCabe Tel: 01625 374107 Email: Daniel.McCabe@cheshireeast.gov.uk
Parachute Project  	SUSO Centre, 25-27 Old Park Lane, Macclesfield, SK11 6TJ	A drop in for adults with learning disabilities and additional needs. You can make friends, get information, use the computers and go online, join in the activities or just enjoy a cup of tea and a chat.	Monday, Tuesday and Thursday, 10.15am - 3.45pm	Karen Keen Tel: 01625 424717 Email: info@maccsuso.org.uk Website: www.maccsuso.org.uk
Poynton Leisure Centre 	Yew Tree Lane, Poynton, SK12 1PU	Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.	Monday, 12.30pm-1.30pm	Tel: 01625 876442 Email: plc@everybody.org.uk Website: www.everybody.org.uk
Rossendale Trust - Oakwood 	Rossendale Hall, Hollin Lane, Macclesfield, SK11 0HR	Social, Leisure, Informal Learning and Work Experience activities for adults with a learning disability, based at various locations. Including: Horticulture, Woodwork, Arts and Crafts, Cookery, Computer and Media, Market Stall, Grounds Maintenance and Leisure (walking, swimming, cycling, fishing, trips out).	Monday to Friday, 9.00am - 4.00pm	Jason Blythe Tel: 01260 251501 Email jb@rossendaletrust.org Website: www.rossendaletrust.org







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Organisation	Activity Location	Activities offered	Day and time	Contact details
The Brocklehurst Centre 	Clarke Terrace, Macclesfield, SK11 7QD	A broad range of tailored activities to suit the individual, particularly those with dementia. A small but skilled and dedicated team who promote a relaxed and encourage spontaneity, fun and laughter	Monday to Friday, 9.00am – 4.30pm	Dan McCabe Tel: 01625 374107 Email: Daniel.McCabe@cheshireeast.gov.uk




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Alderley Edge, Wilmslow and Handforth Area






Organisation	Activity Location	Activities offered	Day and time	Contact details
David Lewis  	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, animal care, woodwork, garden maintenance, computers and customer service.	Monday to Friday 9.00am - 4.00pm.	Darren Brodrick Tel: 01565 640070 Email: darren.brodrick@davidlewis.org.uk Website: www.davidlewis.org.uk
David Lewis  	JD's, Mill Lane , Warford, Chehsire, SK9 7UD	A range of leisure and life skills based sessions including community access, computers, sensory awareness, swimming, bowling, drama, rebound therapy, sports, arts & crafts and cooking	Monday to Friday 9.00am - 4.00pm	Darren Brodrick Tel: 01565 640070 Email: darren.brodrick@davidlewis.org.uk Website: www.davidlewis.org.uk
FC Red Thunder 	Wilmslow Phoenix Sports Club, Styal Road, Styal, Wilmslow, SK9 4HP	Football session for pan disability aged 16+. Club also has competitive opportunities in the Ability Counts League	Friday, 5.30pm – 7.00pm	Matt Low Tel: 07554 660992 Email: lowie_ml@hotmail.co.uk
Redesmere Day Services 	Redesmere Centre, Redesmere Road, Handforth, SK9 3RX	A day service which provides a wide range of activities and support for people who live with dementia, older people and for people with learning and physical disabilities.	Monday to Friday,	Andrea Hill Tel: 01625 374482. Email: andrea.hill@cheshireeast.gov.uk

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Time Out Group 	7 Worthington Close, Henbury, Macclesfield, SK11 9NS	<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 Second Wednesday and fourth Thursday in month</p> <p>Every Tuesday</p>	<p>Tel: 07845 968 331 Email: info@timeoutgroup.org.uk Website: www.timeoutgroup.org.uk</p>
Wilmslow Leisure Centre 	Rectory Fields, Station Rd, Wilmslow, SK9 1BU	Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.	Tuesday, 7.00pm-8.00pm	<p>Tel: 01625 533789 Email: wlc@everybody.org.uk Website: www.everybody.org.uk</p>
Wilmslow Lifestyle Centre 	Wilmslow Leisure Centre, Rectory Fields, Wilmslow, SK9 1BO	The Lifestyle Group provide a wide range of activities. You can access the local library once a week or try swimming, use the gym or try an assortment of activities at the centre.	Monday to Friday, 9.00am - 4.30pm.	<p>Andrea Hill on Tel: 01625 374482 Email: andrea.hill@cheshireeast.gov.uk</p>

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Cheshire East Wide Services



Organisation	Activity Location	Activities offered	Day and time	Contact details
Cheshire Centre for Independent Living 	Various locations around the Cheshire East locality	High quality leisure opportunities in the community: offsite and onsite activities. All activities to be decided by the members of the group through consultations	Weekly groups (times TBC)	Kate Jolley Tel: 01606 331853 Email: kate.jolley@cheshirecil.org Website: www.cheshirecil.org
Everybody Sport Leisure Development Team  	Across all of Cheshire East	Involved with the delivery and provision of a wide range of sport and leisure activities across Cheshire East.	Various (see website for programme specific info)	Andy Molyneux Tel: 07506 317055 Email: andy.molyneux@everybody.org.uk Website: www.everybody.org.uk
Everybody Sport and Recreation Trust  	Alsager, Congleton, Crewe, Knutsford, Macclesfield, Nantwich, Poynton, Sandbach Wilmslow	<p>Everybody Sport and Recreation operates 15 leisure facilities across Cheshire East providing a wide range of services for people to access.</p> <p>A discount leisure card scheme is also available. Everybody Options scheme gives savings of 40% off the full adult peak rate for a range of activities at leisure facilities across Cheshire East area.</p>	Every day (see website for individual opening times)	Website: www.everybody.org.uk

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Organisation	Activity Location	Activities offered	Day and time	Contact details
Cheshire East Council Library Service  	17 locations across Cheshire East	Details of events and activities at your library can be found on the individual web page of each library. You can also find information about events across Cheshire East in the What's On online guide. Find information and news on Cheshire East website.	Various (see website for specific days & times)	Tel: 0300 123 5018 Email: libraries@cheshireeast.gov.uk Website: www.cheshireeast.gov.uk
Cheshire East Council Ranger Service 	Various locations across the borough	A range of countryside walks, activities and events in the parks and green spaces of Cheshire East	Various (see website for programme specific info)	Tel; 01625 383777 Email: rangers@cheshireeast.gov.uk Website: www.cheshireeast.gov.uk
Disability Resource Exchange 	Unit 10 Brierley Business Centre, Mirion Street, Crewe CW1 2AZ	Providing a greater awareness of disability issues and provide information to ensure access for all	Monday to Friday	Tel: 01270 501535 Email: info@drecrewe.org.uk Website: www.drecrewe.org.uk
Friends for Leisure 	Albert Chambers, Canal Street, Congleton, CW12 4AA	One to one buddies – to go along to activities of your choice if you have a disability. Holiday activities for 5 to 21-year-olds with disabilities	Variable and flexible Variable	Gillian Jones Tel: 01260 275333 Email: info@friendsforleisure.org.uk Website: www.friendsforleisure.org.uk
Purple Wheels Driving School 		Driving lessons on one to one lessons tailored to specific needs.	Various	Tracey Weaver Tel: 07973128590 Email: tracey@purplewheels.co.uk Website: www.purplewheels.co.uk

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Organisation	Activity Location	Activities offered	Day and time	Contact details
The Great Outdoors Day Service 		Walking activities in the Peak District and other local areas in Cheshire. Transport service available door to door.	Monday to Friday	Martin Mallet Tel: 07795 547865 Email: thegreatoutdoorsds@gmail.com




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Opportunities Outside Cheshire East Area

Organisation	Address	Activities offered	Day and time	Contact details
Elite (enabling living independently today and everyday) 	Renford House, 24 High Street, Wolstanton, Staffordshire, ST5 0HB	Elite provide an opportunity for people to gain confidence through socialising as well as a great range of other activities including sports, arts & crafts, photography etc	Various (check website)	Tel: 01782 662872/611992 Email: info@elitestaffordshire.co.uk Website: www.elitestaffordshire.co.uk
Frogtastic Manchester Club Night 	The Frog & Bucket, Oldham Street, Manchester, M4 1LJ	Club Nights for people with Learning Disabilities and their friends in MANCHESTER! Please Note: Admission to 'Frogtastic' is strictly by ticket only and these events are strictly for people over the age of 18.	Wednesday (once a month)	Tel: 0161 872 8787 Email: heroesproject@ldok.net Website: www.heroesproject.org.uk
M.Y Inter-Theatre 	The Community Performance Arts Centre (CPAC), Birch Terrace, Hanley, ST13JN	Opportunity for those with disabilities to sing in a choir or take part in drama sessions. Cost £2.50 each per session		Jill Young Tel: 07805 443595
The SPACE Centre 	10 Pedders Lane, Ashton, Preston, PR2 2TH	Large Indoor Sensory and soft play Centre	Monday-Friday	Tel: 01772 760403 Website: www.spacecentre.org

Key =  = Mainstream activity  = Activities for all disabilities  = Learning Disability Specific activity

Organisation	Address	Activities offered	Day and time	Contact details
Vitalise Bookings 	212 Business Design Centre, 52 Upper Street, London, N1 0QH	Essential breaks for people with disabilities and their carers at various venues across the UK.	See website	Tel: 0303 303 0145 Email: Bookings@vitalise.org.uk Website: www.vitalise.org.uk
Warrington Play and Sensory Centre 	Woolston, Neighbourhood Hub, Hall Road, Warrington, WA1 4PB	Purpose built activity centre for disabled children and adults or those with special needs. It has a number of different areas where you can relax or play.	See website	Tel: 01925 817347 Email: sensorycentre@warrington.gov.uk
Your Direction Supported Holidays 		A wide range of holiday breaks for adults with disabilities at various venues in UK and abroad.	See website	Tel: 07865 443692 Email: enquiries@yourdirection.co.uk Website: www.yourdirection.co.uk

Key =  = Mainstream activity  = Activities for all disabilities  = Learning Disability Specific activity



The information in this was correct at the time of being printed and will be updated every 3 to 6 months. An up to date version of the booklet can be found on [Everybody Sport and Recreation website within the Development section](#).

This booklet is aimed at adults with learning disabilities, their parents and carers to enable them to find leisure and learning opportunities in the area that they live. The opportunities listed in this booklet are not being recommended or endorsed by the GOLD Group. They are opportunities which were available for people with learning disabilities when we listed them. However they may or may not be suitable and affordable for you, for someone you care for, or someone you work with. Please check out these resources for yourselves before deciding to use them. In particular we recommend asking about the level of support available and the cost.

For more information

If you would like more information about the GOLD Group including adding an entry to the booklet or joining the group, please contact Jon Wilkie on jon.wilkie@cheshireeast.gov.uk or Andy Molyneux on andy.molyneux@everybody.org.uk