

## Activities for people with learning disabilities, sensory impairment or autism

In Northwich, Cheshire



Main link to the main website

<https://www.lookingforwardactivities.co.uk/>

**New sessions starting alongside their other daily sessions:**

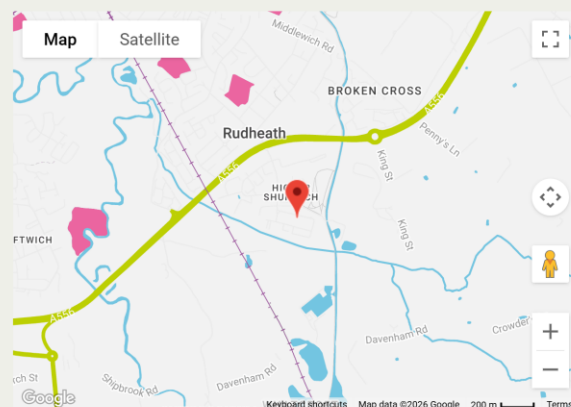
Additional Activize days:

1. **Activize Off-Site Trips** - gives members the opportunity to enjoy a wide range of days out, both locally and further afield. Trips may include places such as Cadbury World, zoos, the seaside, bowling, meals out, city visits, and National Trust properties. These outings support social skills, independence, confidence, and enjoying the community, while having fun and trying new experiences together. Some trips may require a contribution to cover entry or travel costs.
2. **Extra daily swimming sessions (currently Thursday & Friday)**
3. **Woodland Wellbeing** - Offers the chance to enjoy nature through relaxed, hands-on activities such as marshmallow toasting, simple weaving, learning about local wildlife, and building small shelters together. Activities are designed to be calm, enjoyable, and supportive, helping members build confidence, teamwork, and wellbeing while spending time outdoors.
4. **Make it 3D** - is a hands-on session where members use modern technology to design and make useful and creative items using a 3D printer. Members can choose designs, colours, and take home something they have helped to create and make items for our Social Enterprise pop up shop.
5. **Woodwork sessions** (in house)
6. **Down on the Farm** (2-hour session gives members the chance to meet, feed, and help care for farm animals in a calm, supportive environment. Due to the costs

involved in running this activity, including farm charge and transport, a contribution of £15 will be needed to help us continue offering this experience at LFA. Currently a Thursday afternoon (looking at an extra afternoon)

7. **Golden moments club** (for our older members to share experiences like music, films)
8. **Line Dancing** - daily sessions
9. **Silent Disco** - weekly sessions
10. **Performing Arts** - daily sessions by qualified teacher
11. **Community Volunteering** - two weekly sessions
12. **Crochet sessions** - items to take home - two weekly sessions
13. **Sing and Sign** - daily sessions
14. **Afternoon Tea** - a themed experience where members choose to whether to work or enjoy the experience! They learn how to set up and serve a café-style tea service. This includes laying tables, preparing simple food and drinks, serving guests, and practising polite customer service skills.
15. **Smoothie Bar** - making our own healthy smoothies - 3 daily sessions
16. **Out & About Walkers** - This weekly walking group is a chance to enjoy nature, get gentle exercise, and spend time outdoors in the fresh air. Members can explore beautiful local places and visit new locations further afield, while walking at a comfortable pace and enjoying the sights, sounds, and space around them. The group supports wellbeing, confidence, and enjoying the outdoors together.
17. **Media & Creative Voices** gives members the chance to explore photography, video, and simple podcasting in a fun and supportive way. Members can learn how to take photos, record voices, share ideas, and tell stories using cameras, tablets, or microphones

Looking Forward Activities Ltd  
Richmond House  
Gadbrook Business Centre  
Northwich  
CW9 7TN



For more information call  
07936 519684  
or email

[office@lookingforwardactivities.co.uk](mailto:office@lookingforwardactivities.co.uk)