

FRIENDS FOR LEISURE SHORT BREAKS

Friends for Leisure will deliver a programme of Short Breaks activities for disabled children and young people aged 5-21 years across the whole of Cheshire East. This includes regular term-time activities, holiday sessions and personal development opportunities. They will be held in the evenings, at weekends and during school holidays throughout the year and will be co-produced with young people. Parents/carers can have a necessary and valuable break from their caring responsibilities whilst their children are having fun with friends in safe, welcoming, and supported settings.

NOTE: Where necessary, activities will be delivered virtually via Zoom at the same times.

Congleton 15Up – for registered young people aged 15 – 21 years.

There will be 16 sessions on alternate Thursday evenings during term time.

Time: 6:30pm – 8:00pm

Usual venue: Central Congleton

Young people have a space to relax, socialise and make friends with others their own age. Some friendships will continue beyond FFL. They can try out new experiences and feel able to express their emotions and views in a safe, supportive environment. They will build confidence, feel less isolated and be more independent as they approach adulthood.

Macclesfield 15Up – for registered young people aged 15-21 years.

There will be 16 sessions on a selected weekday evening during term time.

Day, time and venue: To be confirmed.

Young people, who often go to different schools, meet with friends from their community and access local leisure provision. They feel less isolated, more independent and enjoy improved health and wellbeing. As they reach the upper age limit, they will be encouraged to think about organising their social lives as young adults.

Congleton youth group – for registered young people aged 10-14 years.

There will be 16 sessions on alternate Thursday evenings during term time.

Time: 5:00pm – 6:30pm

Usual venue: Trinity Church Hall, Wagg Street, Congleton. CW12 4BA.

Young people have their own regular club and something positive to look forward to. They are offered a range of activities designed to develop their confidence and reduce their social isolation. They feel more confident about accessing provision within their local community and will be prepared for progression to 15UP.

Macclesfield youth group – for registered young people aged 10-14 years.

There will be 16 sessions on alternate Wednesday evenings during term time.

Time: 6:30 – 8:00pm

Usual venue: St. John's Church, Wilwick Lane, Macclesfield. SK11 8RS.

Young people are offered range of exciting activities designed to build confidence, make them feel more included and develop new skills.

Children have fun away from their parents, and develop friendship circles, supporting them through the transition from primary to secondary education and preparing them for progression to 15UP.

Crewe youth group – for registered young people aged 10-21 years.

There will be 16 sessions on alternate Tuesday evenings during term time.

Time: 6:30pm – 8:00pm

Usual venue: All Saints' Church, Stewart Street, Crewe. CW2 8LX

Young people have a place where they can be with friends, have fun, and where they can develop a sense of identity and individuality. Activities will be age-appropriate and inclusive and will support young people through the transition from primary to secondary education and into adulthood.

Macclesfield Saturday Club – for registered young people aged 5-21 years.

There will be 12 sessions on specified Saturday mornings during term time.

Time: 10:45am – 12:00noon

Usual venue: Macclesfield Superbowl, Lyme Green Retail Park, Macclesfield. SK11 0TB

An opportunity to meet up with friends in a mainstream setting and to learn new skills, including taking a turn, being patient, making choices and helping each other.

Crewe Saturday Club – for registered young people aged 5-21 years.

There will be 12 sessions on specified Saturday mornings during term time.

Time: 10:00am – 11:15am

Usual venue: YMCA, Gresty Road, Crewe. CW2 6EL

Opportunities for young people to chill and chat with friends whilst developing their personal and social skills. They will also improve confidence, increase independence, feel less isolated and enjoy activities of their choice.

Holiday activities – for registered young people aged 5-21 (siblings welcome).

A broad range of activities delivered across the borough. Young people have fun trying out new activities and in new settings, increasing awareness of what's on in their community and encouraging them to participate independently of FFL in the future. They build personal and social skills, increase their confidence and self-esteem and experience improved mental health and wellbeing.

These sessions will be offered at various times during school holidays, coordinated with other activity providers to ensure no duplication and a good geographic spread. Often delivered in more rural areas to reach children who find other group activities difficult to access.

Venues and times: To be confirmed.

PALS – Personal and Life Skills for registered young people aged 5-21 years.

This programme will deliver sessions in the Macclesfield area only, during school holidays and/or on specified Saturdays. There will be a specific focus on building personal and life skills through fun, creative, educational, and positive experiences.

Each session will last for approx. 3 hours.

Venues and times: To be confirmed.

Full details of the dates, venues and planned activities can be found on our website.

www.friendsforleisure.org.uk

Places are limited and must be booked. Please contact hannah@friendsforleisure.org.uk

For information on registering young people, please contact info@friendsforleisure.org.uk

