



Summer Activities 2019

for disabled young people

Friends for Leisure, Everybody Sport and Recreation, Cheshire Centre for Independent Living, and Oakhanger Project have joined together to put on a summer of activities for disabled young people in Cheshire East.



Friends for Leisure



Ages between 5 – 21. You must be registered with Friends for Leisure to attend the activities we provide. Siblings are welcome to all our holiday activities. We only have limited places so please call 01260 275333 to book. If you'd like to come to our activities but aren't registered already then please get in touch at least 2 weeks before the activity.

www.friendsforleisure.org.uk | 01260 275333 | info@friendsforleisure.org.uk

Everybody Sport and Recreation



Ages 3 – 21. All our activities are for all the family to take part with siblings welcome. There's no registration required in advance but will be required to complete a registration form at your first session. For more information or to book a place on our activities please contact Andy Molyneux.

Website: <https://everybody.org.uk/what-we-offer/disability-activities/>
Phone No: 07506 317055
Email: inclusion@everybody.org.uk

KEY



Friends for Leisure



Everybody Sport and Recreation

Oakhanger Project



All ages welcome. Activity and Adventure programmes for children of all ages and their families. We also provide training and support in volunteering and leadership and specialist courses in Canoeing and Kayaking. The Acorn Team provides support for young volunteers ages 14 to 17 and prepares them for leadership in activity and adventure.

Inclusive activities for children and adults of all ages. Come and have a go at canoeing, Kayaking and raft building, join the nature trail and have fun with the parachute.

For further details contact Oakhanger Project 07999 932963 or 01270 882158.
<http://www.oakhanger.org> | 01270 882158 | oakchallenge@aol.com

Cheshire Centre for Independent Living / Buzz Youth Group



Ages 8-18 years. Full registration is required before attendance at an activity session.

If you wish to register as a new member of the Buzz Youth Group please contact office@cheshirecil.org before Friday 28th June.

The Buzz Youth Group is a fully inclusive group and parents/carers are not required to attend activity sessions with their young person.

www.cheshirecil.org 01606 331853 office@cheshirecil.org

KEY



Oakhanger Project



Cheshire Centre for Independent living / Buzz Youth Group

**Week
1**

29th July - 2nd August



Friends for Leisure

Picnic in the park joined by CAT radio

Tuesday 30th July

12-1.30pm

Queens Park, Victoria Avenue, Crewe, CW2 7SE

Enjoy a picnic and games with your friends in the park.

£4

All ages welcome.

Meeting point to be confirmed



Oakhanger Project

Family Activity Day

Wednesday 31st July

11.00 a.m. - 3.00 p.m..

Canoe, Kayak, Adventure Trail, Watersports

Bereton Park Nature Reserve

Booking essential | contact 01270 882158 | email oakchallenge@aol.com



Friends for Leisure

FFL Fiesta

Thursday 1st August

1-2.30pm

St John's Church, Wilwick Lane, Macclesfield, SK11 8RS

Come and join in the fun with all things Mexican! Fancy dress welcome.

£4

All ages welcome.



**Week
1**

29th July - 2nd August

Cheshire Centre for Independent Living

Visit to Waterworld (packed lunch required)

1st August

10.00-3.00 approximately

Meeting places at Crewe and Macclesfield to board the train and travel to Waterworld

£15.00

Fully inclusive, no parents/carers required

All personal requirements will be met by qualified staff team (personal care, medication, behaviour)

15 People

You need to be registered with the Buzz Youth Group to access activity sessions; if you are not already a member please contact office@cheshirecil.org to request a registration pack. Closing date for new registrations is Friday 28th June



Everybody Sport and Recreation

Outdoor activities with Oakhanger Project

Friday 2nd August 2019

11:00 - 15:00

Brereton Heath Nature Reserve

Brereton Heath Local Nature Reserve, Davenport Lane, Brereton Heath, Congleton, CW12 4SU

Come join us for a day of outdoor activities with the Oakhanger Project. This will include den building, nature trail along with canoeing/kayaking on the water. £5.00 per person

Places will be limited and need to be booked in advance

Bring a change of clothing for after you've been on the water.

Why not bring along a picnic and make the most of the day.

Siblings & friends welcome.



**Week
2**

5th August - 9th August

Everybody Sport and Recreation

Climbing & multi-sports

Monday 5th August

13:00 - 15:00

Cheshire College – South & West

Cheshire College – South & West, Dane Bank Ave, Crewe CW2 8AB



Why not come along for an afternoon of rock climbing and multi-sport activities. People will have chance to have a go on the climbing wall as well our regular sports activities. If you just want to come for the sports activities and not go on the climbing wall that's fine.

£4 per climber or £2 for non climber

Siblings & friends welcome. Places for the climbing will be limited and need to be booked in advance

Friends for Leisure

We will rock you!

Tuesday 6th August

3.15-4.15pm

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



Let loose, exercise and rock out with Beckie in her POUND workout using weighted drumsticks to music.

£4

Aimed at 8-21 year olds.

Please wear comfortable clothing and footwear.

Cheshire Centre for Independent Living

**Water sports, Bushcraft, Shelter Building with the Oakhanger Project
(packed lunch required)**

7th August

11.00-3.00 approximately

Bereon Heath Nature Reserve

£10.00

Fully inclusive, no parent/carers required

All personal requirements will be met by qualified staff team (personal care, medication, behaviour) 15 People

You need to be registered with the Buzz Youth Group to access activity sessions; if you are not already a member please contact office@cheshirecil.org to request a registration pack. Closing date for new registrations is Friday 28th June



**Week
2**

5th August - 9th August

Oakhanger Project



**Family Activity Day
Wednesday 7th August
11.00 a.m. - 3.00 p.m..**

Canoe, Kayak, Adventure Trail, Watersports
Bereton Park Nature Reserve

Booking essential | contact 01270 882158 | email oakchallenge@aol.com

Everybody Sport and Recreation



**Outdoor Disability Day
Thursday 8 August
11.00am to 2.00pm
Asbury Mere Country Park,
Sandy Lane, Congleton, CW12 4FR**

Come and try out adapted bikes, get involved in some nature activities and join in with other sports activities such as tennis, volleyball, archery etc. We will also have the birds from Kingsley Falconry Centre. Why not bring along a picnic and make the most of the day.

Places are FREE but need to be booked via Eventbrite at
<https://www.eventbrite.co.uk/e/asbury-mere-outdoor-experience-disability-day-tickets-53382011032>

Friends for Leisure



**White Light Ceramics
Friday 9th August
10-11.30am
Unit 3, 105 Lewin Street, Middlewich, CW10 9AX**

Visit Rebecca's ceramic and pottery studio and make your own models.
£5
All ages welcome. Aprons provided.

Oakhanger Project



**Family Camp
Friday to Sunday 9th - 11th August
3.00 p.m. - 3.00 p.m.**

Tyn Rhos Camp site, Ravenscroft Road, Trearddur Bay, Anglesey, LL65 2BQ
Family Camp; nature walks, BBQ, Kayaking, Beach activities
Please ring or email for details

Booking essential | contact 01270 882158 | email oakchallenge@aol.com

**Week
3**

12th August - 16th August

Everybody Sport and Recreation

Multi-sports activity session

Tuesday 13th August

1.30pm to 3.30pm

Sandbach Leisure Centre

Middlewich Road, Sandbach CW11 1FH

Come along with the whole family and join us for an afternoon of fun multi-sport activities including ten pin bowling, soft archery, football, bouncy castle, arts & crafts plus much more.

£3.60 per child

Siblings & friends welcome



Friends for Leisure

Segway and bounce!

Wednesday 14th August

10.30am-12 noon

Glebe Farm, Astbury, Congleton, Cheshire, CW12 4RQ

Try out a 30 minute Segway experience and enjoy an indoor bouncy castle.

£10

For ages 9-21.

Please wear comfortable clothing and closed footwear.



Cheshire Centre for Independent Living

Canoeing @ Kings Ransom (packed lunch required)

15th August

11.00-4.00 approximately

Kings Ransom, Sale

£15.00

Fully inclusive, no parents/carers required

All personal requirements will be met by qualified staff team (personal care, medication, behaviour) 15 People

You need to be registered with the Buzz Youth Group to access activity sessions; if you are not already a member please contact office@cheshirecil.org to request a registration pack. Closing date for new registrations is Friday 28th June



**Week
3**

13th August - 19th August

Oakhanger Project

Family Camp

Friday to Sunday 15th - 18th August

3.00 p.m. - 3.00 p.m.

Tyn Rhos Camp site, Ravenscroft Road, Trearddur Bay, Anglesey, LL65 2BQ

Family Camp; nature walks, BBQ, Kayaking, Beach activities

Please ring or email for details

Booking essential | contact 01270 882158 | email oakchallenge@aol.com



Friends for Leisure

Which Craft Workshop

Friday 16th August

10.30am-12 noon

Unit 14, Brierley Business Centre, Mirion Street, Crewe, CW1 2AZ

Get creative in Clare's workshop and take your masterpiece home.

£4

All ages welcome.



Everybody Sport and Recreation

Multi-sports activity session

Friday 16th August

1.00-3.00pm

Macclesfield Leisure Centre

Priory Lane, Macclesfield, SK10 4AF

Come along with the whole family and join us for an afternoon of fun multi-sport activities including ten pin bowling, soft archery, football, arts & crafts plus much more.

£3.60 per child

Siblings & friends welcome





Friends for Leisure

Bowling and a burger

Monday 19th August

11.30am-1pm

Macclesfield Superbowl, Lyme Green, London Road, Macclesfield, SK11 0TB

Bowl with your friends and enjoy a meal at the end of the game.

£10

All ages welcome.



Everybody Sport and Recreation

Inclusive Cycling & multi-sports

Tuesday 20th August

1.00pm - 3.00pm

Cumberland Arena

Thomas St, Crewe, Cheshire East CW1 2BD

Come and try out our range of adapted bike such as trikes and tandems, suitable for all ages and abilities. We will also have some other multi-sports available on the 3G pitch such as football, volleyball, archery and other games. All the family are welcome to join in the activities.

£3.60 per child

Siblings & friends welcome



Friends for Leisure

Film Club

Wednesday 21st August

2.30pm-4.15pm

Trinity Church Hall, Wagg Street, Congleton, CW12 4BA

Enjoy a film and popcorn with your friends.

£4

Film to be confirmed.



Oakhanger Project

Family Activity Day

Wednesday 21st August

11.00 a.m. - 3.00 p.m..

Canoe, Kayak, Adventure Trail, Watersports

Bereton Park Nature Reserve

Booking essential | contact 01270 882158 | email oakchallenge@aol.com

**Week
4**

19th August - 23rd August



Cheshire Centre for Independent Living

Visit to Reasheath Zoo (packed lunch required)

21st August

11.00.4.00 approximately

Reasheath Zoo, Nantwich, CW5 6DF

£10.00

Fully inclusive, no parents/carers required

All personal requirements will be met by qualified staff team (personal care, medication, behaviour)

15 people

You need to be registered with the Buzz Youth Group to access activity sessions; if you are not already a member please contact office@cheshirecil.org to request a registration pack. Closing date for new registrations is Friday 28th June



Friends for Leisure

Junk Art Creations

Thursday 22nd August

3.30pm-5pm

Sandbach Community Centre, Union Street, Sandbach, CW11 4BG

Make a junk modelling creation to take home.

£5

All ages welcome.



Everybody Sport and Recreation

Multi-sports activity session

Thursday 22nd August

1.00pm - 3.00pm

Wilmslow Leisure Centre

Rectory Fields, Wilmslow, SK9 1BU

A great opportunity to try out a variety of different sports, including football, soft archery, sitting volleyball, arts & crafts and much more.

£3.60 per child

n/a

Siblings & friends welcome



**Week
5**

26th August - 30th August



Friends for Leisure

P.T. in the park

Tuesday 27th August

10.30am-12 noon

Congleton Park, Park road, Congleton, CW12 1JG

Try an outdoor workout with personal trainer Matt and finish with a small picnic to cool off.

£5

Aimed at 10-21 year olds.

Meeting point to be confirmed. Please wear comfortable clothing and appropriate footwear



Oakhanger Project

Family Activity Day

Wednesday 28th August

11.00 a.m. - 3.00 p.m..

Canoe, Kayak, Adventure Trail, Watersports

Bereton Park Nature Reserve

Booking essential | contact 01270 882158 | email oakchallenge@aol.com



Cheshire Centre for Independent Living

Beach trip to Llandudno (packed lunch required)

27th August

9.00-6.30 approximately

Pick up points for transport in Crewe and Macclesfield, to be confirmed

£35.00

Fully inclusive, no parents/carers required

All personal requirements will be met by qualified staff team (personal care, medication, behaviour)

Please note there is a minimum of 12 people required for this visit

You need to be registered with the Buzz Youth Group to access activity sessions;

if you are not already a member please contact office@cheshirecil.org to request a registration pack. Closing date for new registrations is Friday 28th

June







Activity Planner

Please complete the planner with all of the activities that you would like to attend.

Name _____

Week
1

Week
2

Week
3

Week
4

Week
5
