

# Stepping out

Stepping out get people together with shared interests which includes leisure, Learning, contributing, health, fitness and work.

## Low Arousal Sensory Session - Tuesday 10-4pm

Join us for a sensory therapy session in the morning. Then a day of various low arousal activities including table top games, a wide variety of sensory stimulating focused activities. Cost £4.50+ support cost.

## Music—Wednesdays 5:30-8:30pm in Leigh

An evening of themed sing a longs with various instruments available to play, where people can enjoy the high spirits created by music. Cost £3 + support costs.

The Walk Out— One Saturday per month join us for a walk, enjoying local scenery and benefiting for some low intensity exercise.

## Out & About— Any Day Anytime

Would you and your friends like to share support to go out on a regular basis to any place you choose? We can do this. Rather than you and your friends spending time together with your individual support we can provide just enough support for you as a group. Shared support costs less per hour therefor giving you more time to spend with your friends.

Lunch is not provided at any of the sessions, please bring lunch or money with you.

Support with travel arrangements to and from sessions is available upon request.

Please contact **Caroline Abbott** or **Tracey Dale** for any further information regarding our sessions or support costs and the referral process.

Tel:- **01942 807009** or email **steppingout@imagineactandsucceed.co.uk**

## Wednesday Club—Wednesdays 10-4pm in Leigh

A fun & vibrant games day where people meet up to play various games and enjoy each others company. Games include bingo, play your cards right, dominos, table tennis, darts, twister, computer games, chair exercises and much more. Cost £3.50 + support costs.

## The Social Evening— La Vida Loca - Last Friday of every month in Golbourne

An evening to dance, and chat! Support is tailored to your needs and can be on a 1-1 basis or as part of a group.



**Sensory Swim– Monday mornings at Hindley Phoenix Pool. 11-12pm**

We have private hire of the pool and can offer support for people through-out the session at the ratio suitable for your needs.

Cost £6 + support cost

**Make and Bake Leigh - Thursdays 10-4pm based at St Joseph's Parish Hall**

A place where people can socialise whilst developing cookery and baking skills and enjoying various arts and craft activities in a vibrant environment.

Cost £3 + support costs

**Gardening Service and Allotment**

We now have gardening enterprise. If you would like to be supported to join us to gain voluntary work experience please get in touch for more info.

**Much more than a shop! - Tues, Thurs & Sat 10-1pm ElmrIDGE Court and Mon, Weds and Sat 11-1 Wickham Hall**

Stepping Out support people to work in and run a grocery shops within ElmrIDGE Court extra care facility in Lowton and Wickham Hall Extra Care facility in Wigan. The shops are open to the public and have become a social hub for the residents and given them a lifeline to the outside world.

**Perfect Catch- Tuesdays 10-4pm**

Spend the day fishing at Partridge fisheries in Culcheth. this includes use of equipment and bait etc. Additional to this everyone will need a fishing license that they can purchase for the year or on a daily basis..

Cost £11+ support costs,

**Make and Bake Hindley - Fridays 10-4pm based at the Hawthorns**

A duplicate day of Make and Bake Leigh for people who would prefer a more laid back low arousal atmosphere. Everyone brings a long ingredients from a recipe chosen the week before and we support people to cook their own lunch.

Cost £3 + support costs

**The Biker Squad-Every Sunday 10:15am -11:15am**

Enjoy a bike ride along various routes on pathways. Bicycles are provided by inspiring healthy lifestyles. The session is free however there is a charge for support. Support is also available for travel to and from the group upon request.