



Day Activities

At each of our eight regions, we offer a wide variety of day activities. You can come along and meet our staff teams to help you to choose which ones would be best for you.

We will make sure that any activity that you decide upon is geared towards your level of ability. We do this by making a personal plan that is all about you and your personal goals. By meeting with you and the people who support you, we find out just what you are able to do now and what you would like to do in the future and then we set about helping you to achieve it.

Our staff teams are very skilled and can help you to get the very best from each activity. We offer plenty of recreational activities, like cycling, pottery or music and drama, but we also provide training that can help you to learn a skill, like catering, horticulture or computers, and we can assist you should you want to work towards getting a job.

Each of our areas offers a different range of activities (see where we are) and you need to talk to the regional office closest to your home for advice about your own requirements. If you would like assistance to do something in particular that you haven't been able to find elsewhere, then please talk to our staff teams – we may well be able to help.

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