Growing Opportunities for Learning Disabilities Group

Opportunities and activities in Cheshire East

March 2017
Introduction

Who are we?
GOLD (Growing Opportunities for Learning Disabilities) is a forum for groups who provide leisure or learning opportunities for adults with learning disabilities to work together, share best practice, knowledge and learning and promote services across Cheshire East. The aim of our group is to enable adults with learning disabilities in Cheshire East to use and benefit from more leisure and learning opportunities. In particular the group aim to:

• Share knowledge and experience between all organisations involved in the provision of activities for adults with learning disabilities across Cheshire East.
• Increase opportunities for Adults with Learning Disabilities to access such facilities.
• Increase knowledge and publicise accessible information about opportunities available to adults with learning disabilities in Cheshire East.
• Make recommendations to the Cheshire East Partnership Board and other relevant groups, on how existing provision may best be targeted, prioritised and developed, and potential funding sources

What do we do?
We believe that leisure and learning activities are not passive ways of spending time, rather a way of gaining enjoyment, satisfaction, achievement, pleasure and inclusion. Leisure time is where people develop social skills, form friendships and increase their practical abilities, self-worth and independence. These skills are a benefit to everybody and legislation promotes access for adults with learning disabilities in order to prevent more expensive services to be called into action.

This booklet is aimed at adults with learning disabilities, their parents and carers to enable them to find leisure and learning opportunities in the area that they live. If you would like more information about the GOLD Group including adding an entry to the booklet or joining our group, please contact the Local Area Co-Ordinators via email; Localareacoordinator@cheshireeast.gov.uk

PLEASE NOTE
The opportunities listed in this booklet are not being recommended or endorsed by the GOLD Group. They are opportunities which were available for people with learning disabilities at the time when we listed them. However they may or may not be suitable and affordable for you, for someone you care for, or someone you work with. Please check out these resources for yourselves before deciding to use them. In particular we recommend asking about the level of support available and the cost.
**Key** - To help clarify who the sessions are aimed at we have a simple system to help use the booklet and identify the opportunity which is most appropriate for the person. These are:

- **Open** = A mainstream activity welcoming people with impairment to take part
- **Wheelchair Accessible** = Activities for people with any disability
- **LD** = An activity specifically for people with a learning disability

### Crewe and Nantwich Area

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Activity Location</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Autism Inclusive</td>
<td>Unit 8 Brierley Business Centre, Mirion Street, Crewe CW1 2AZ</td>
<td>We welcome all individuals with Autism Spectrum Conditions and their families, either diagnosed or awaiting a diagnosis.</td>
<td>Monday Wednesday Saturday</td>
<td>Email: <a href="mailto:info@autisminclusive.co.uk">info@autisminclusive.co.uk</a> Website: <a href="http://www.autisminclusive.co.uk">www.autisminclusive.co.uk</a></td>
</tr>
<tr>
<td>Autism Networks</td>
<td>Prince Albert Street, Crewe, CW1 2DF</td>
<td>Activities are mainly for people with autism and their families including social evenings and disco on a Friday evening.</td>
<td>See website for days/times</td>
<td>Tel: 01270 580444 Email: <a href="mailto:admin@autismnetworks.org.uk">admin@autismnetworks.org.uk</a> Website: <a href="http://www.autismnetworks.org.uk">www.autismnetworks.org.uk</a></td>
</tr>
<tr>
<td>Cheshire Academy / The Broad Street Project</td>
<td>Broad Street, Crewe, CW1 3UD</td>
<td>Provides a range of opportunities to participate in sport and leisure including boccia, badminton, football and more.</td>
<td>See website</td>
<td>Tel:01270 255355 Email: <a href="mailto:cheshireacadem@aol.com">cheshireacadem@aol.com</a> Website: <a href="http://www.disabilitysport.com">www.disabilitysport.com</a></td>
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</table>
| Cheshire Buddies | Shavington Youth Centre, Main Road, Shavington | We work with children, young people and adults with complex needs, physical disabilities and learning disabilities. We provide a range of different activity clubs to support people’s abilities. | Various | Stephanie Lawley  
Tel: 07873423389  
Email: cheshirebuddies@outlook.com  
Website: www.cheshirebuddies.co.uk |
| Cheshire Centre for Independent Living – Buzz Group | Jubilee House, St Pauls Street, Crewe, CW1 2QA | Buzz Youth Activity Group is a fully inclusive weekly youth group for disabled young people aged 8-18 years who live in Cheshire East. | Wednesday 6:30pm — 8pm | Tel: 01606 331853  
Email: office@cheshirecil.org  
Website: www.cheshirecil.org |
| Cheshire Centre for Independent Living – Good Company | Crewe Lifestyle Centre, Moss Square Crewe CW1 2BB | Adult Activity Group for disabled adults aged 19+. We provide adults with a chance to meet old friends and new to participate in quality activities and daytrips. We also provide personal care, Medication, one to one support and behavioural support whilst at the group. All members do have to be registered | Wednesday 6pm-8pm | Siobhan Oldroyd  
Tel: 01606 331853 / 07756149714  
Email: Siobhan.oldroyd@cheshirecil.org  
Website: www.cheshirecil.org |
| Cheyne Hall Day Service | 113 Beam Street, Nantwich, CW5 5LZ | Cheyne Hall is a day service for adults with learning disabilities in Nantwich. We can offer you the opportunity to take part in a wide range of leisure and therapeutic activities depending on your individual needs and choice. | Monday to Friday 8.30am – 5.00pm | Sharon Woods  
Tel: 01270 371390  
Email: Sharon.woods@cheshireeast.gov.uk |

Key =  = Mainstream activity  = Activities for all disabilities  = Learning Disability Specific activity
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| St Pauls Centre                  | St Paul's Centre, Hightown, Crewe, CW1 3BY | We offer work placements for Adults with Learning Disabilities which aim to develop their skills through an individualised plan based upon the client’s interests and skills in a real life working environment within an integrated team of people of all abilities. We provide individual support tailored to the needs of the client and to develop specific skills. | Monday to Friday             | Alexia Stockton  
Telephone: 01270 586186  
Email: alexia.stockton@stpaulscentre.org.uk  
Website: http://stpaulscentre.org.uk |
| Crewe Seahorse Swimming Club     | Crewe Lifestyle Centre, Moss Square Crewe, CW1 2BB | Swimming for a wide variety of disabilities, ages and the swimming ability                                                                                                                                       | Thursday's, 7pm - 8pm* (6-7pm in the summer) | Gareth Roberts, Secretary  
Tel: 01270 629958  
Website: www.spanglefish.com/seahorseswimmingclub/index.asp?pageid=197495 |
| David Lewis Centre               | The Beeches, 64 Beech Drive, Wisaston, Crewe, CW2 8RG | The Beeches offers a range of leisure and life skills based sessions including computers, cooking & baking, music & dance, sports, art, crafts, gardening, community access, media and sensory awareness. | Monday to Friday 9.00am-4.00pm | Darren Brodrick  
Tel: 01565 640070 or 07515992095.  
Email: Darren.brodrick@davidlewis.org.uk  
Website: www.davidlewis.org.uk |

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<td>Everybody Sport – Activ8 Adults</td>
<td>Crewe Lifestyle Centre, Moss Square Crewe, CW1 2BB</td>
<td>A weekly activity session for anyone with a disability to use the gym and have the opportunity to try different activities.</td>
<td>Tuesday 11am-12pm</td>
<td>Andy Molyneux Tel: 07506 317055 Email: <a href="mailto:andy.molyneux@everybody.org.uk">andy.molyneux@everybody.org.uk</a> Website: <a href="http://www.everybody.org.uk">www.everybody.org.uk</a></td>
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<tr>
<td></td>
<td>Barony Sports Complex, Barony Road, Nantwich CW5 5QY</td>
<td></td>
<td>Thursday 1.30pm – 2.30pm</td>
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</tr>
<tr>
<td>Friends for Leisure – Ten Pin Bowling</td>
<td>MFA Bowl (previously Lakeside), Dunwoody Way, Crewe, CW1 3AJ</td>
<td>Regular ten-pin bowling sessions for disabled children and young people aged 5-21 years.</td>
<td>Alternate Saturdays, 10am - 11am</td>
<td>Gillian Jones Tel: 01260 275333 Email: <a href="mailto:info@friendsforleisure.org.uk">info@friendsforleisure.org.uk</a> Website: <a href="http://www.friendsforleisure.org.uk">www.friendsforleisure.org.uk</a></td>
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<td></td>
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<td></td>
<td>Alternate Tuesdays in term-time 6.30pm - 8pm</td>
<td>Gillian Jones Tel: 01260 275333 Email: <a href="mailto:info@friendsforleisure.org.uk">info@friendsforleisure.org.uk</a> Website: <a href="http://www.friendsforleisure.org.uk">www.friendsforleisure.org.uk</a></td>
</tr>
<tr>
<td>Friends for Leisure – Youth Group</td>
<td>All Saints Church, Stewart Street, Crewe, CW2 8LX</td>
<td>Regular youth group providing a range of activities for disabled young people aged 14-21</td>
<td>Alternate Tuesdays in term-time 6.30pm - 8pm</td>
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- **handicapped** = Activities for all disabilities
- **LD** = Learning Disability Specific activity
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| Lady Verdin Trust, Daily Options Service | Lady Verdin Trust, Daily Options Service | 1:1 support to enable individuals to develop & build connections within their local community and to achieve individual goals. This could include pursuing leisure interests or hobbies, shopping, education, employment, socialising etc. Support can also be provided within someone’s own home or even on holiday. Achieved through a direct payment | Flexible to meet an individual’s need | Thalia Morris, Community Service Director  
Tel: 01270 256700  
Email: thalia.morris@ladyverdintrust.org.uk  
Website: www.ladyverdintrust.org.uk |
| The Acorn Centre                    | The Acorn Centre  
Crewe Lifestyle Centre, Moss Square, Crewe, CW1 2BB | We have a range of groups working within both the traditional day service setting and in the community. You can learn and develop new skills within a number of groups. These include; a Café Group, Gardening Group, Recycling Group and a Media Group. | Monday to Friday, 8.30am – 5.00pm | Sharon Woods  
Tel: 01270 371260  
Email: sharon.woods@cheshireeast.gov.uk |
| The Wingate Centre                  | The Wingate Centre  
Wrenbury Drive, Wrenbury, Nantwich, CW5 8ES | Gymnastic centre specialising in children and adults with disabilities                                                                                                                                              | Monday to Saturday                | Tel: 01270 780456  
Email: office@thewingatecentre.co.uk  
Website: www.thewingatecentre.co.uk |

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<tr>
<td>Willaston Social Club</td>
<td>Wistaston Rd, Willaston, CW5 6PU</td>
<td>Monthly disco and social evening for people with special needs, carers, support workers and family members. Admission £2.50.</td>
<td>Thursday, 7pm to 9.30pm</td>
<td>Dave Claridge Tel: 07988457155</td>
</tr>
<tr>
<td>Wishing Well Project</td>
<td>Jubilee House, St Pauls Street, Crewe, CW1 2QA</td>
<td>Adult learning opportunities along with a range of leisure and social activities. A Personal Assistant service is also available.</td>
<td>Various</td>
<td>Hilary Hamilton Tel: 01270 256919 / 01270 253551 Email: <a href="mailto:hilary.hamilton@nhs.net">hilary.hamilton@nhs.net</a> Website: <a href="http://www.wishingwellproject.com">www.wishingwellproject.com</a></td>
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# Alsager, Congleton and Sandbach Area

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<tr>
<td>Alsager Swans Swimming Therapy Group</td>
<td>Alsager Leisure Centre, Hassall Road, Alsager, ST7 2HP</td>
<td>A Swimming Club for people of all ages with disabilities, as well as for those who would benefit from water therapy. We offer one to one instructor swimming therapy in a fun and friendly environment.</td>
<td>Sunday 7pm - 8pm</td>
<td>William Cooper Tel: 01270 884438 Email: <a href="mailto:gillwillcooper@hotmail.co.uk">gillwillcooper@hotmail.co.uk</a> Website: <a href="http://www.alsagerswans.co.uk">www.alsagerswans.co.uk</a></td>
</tr>
<tr>
<td>Aquarius Swimming Club</td>
<td>Sandbach Boys School Crewe Road, Sandbach, CW11 3NS</td>
<td>Friendly, recreational, non-competitive swimming club. All ages and abilities welcome - particularly suitable for those with a disability or recovering from surgery.</td>
<td>Monday (Term time only), 7pm - 8pm, £3 per person, £1.50 per carer</td>
<td>Tel: 07746 425434 Email: <a href="mailto:contact@aquarius-swimming-sandbach.org">contact@aquarius-swimming-sandbach.org</a> Website: <a href="http://www.aquarius-swimming-sandbach.org">www.aquarius-swimming-sandbach.org</a></td>
</tr>
<tr>
<td>Carter House Day Service</td>
<td>Carter House, 48 Lawton Street, Congleton, CW12 1RS</td>
<td>The centre provides support and activities for adults who have learning disabilities. Activities can include arts, crafts and multi-sensory sessions; gardening and eco groups within the grounds of the centre; support you to access educational and recreational courses. We can support you to keep healthy by encouraging fitness and accessing the local leisure centre</td>
<td>Monday to Friday 8.30am to 5pm</td>
<td>Paul Biddulph Tel: 01260 375419 Email <a href="mailto:paul.biddulph@cheshireeast.gov.uk">paul.biddulph@cheshireeast.gov.uk</a></td>
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</table>
| Friends for Leisure Youth Group    | Trinity Church, Waggs Street, Congleton, CW12 4BA | Regular youth group providing a range of activities for disabled young people aged 11 to 21 years | Alternate Thursdays in term-time 5pm - 7pm            | Gillian Jones  
Tel: 01260 275333  
Email: info@friendsforleisure.org.uk  
Website: www.friendsforleisure.org.uk |
| Inclu5ive Sandbach                 | Old Hall, High Street, Sandbach CW11 1AL | 1nclu5ive Sandbach is a group who get together socially, learn new skills and experiences. Membership is free and open to anyone with a long term health condition or impairment. | See website                                                                                           | Email: info@1nclu5ive.org.uk  
Website: www.sda.btck.co.uk/ |
| Jump 2 It Trampolining             | Congleton High School Sports Centre, Box Lane, Congleton CW12 4NS | Trampolining Classes for Children, Adults & Disabilities                             | Monday 3.30pm - 4.30pm 4.30pm - 6.00pm                | Tel: 07732814510  
E-mail: info@jump2itcoaching.co.uk  
Website: www.jump2itcoaching.co.uk |
| Lady Verdin Trust, Daily Options Service | A variety of locations in the community as per an individual’s needs | 1:1 support to enable individuals to develop & build connections within their local community and to achieve individual goals. This could include pursuing leisure interests, shopping, education, employment, socialising etc. Support can also be provided within someone’s own home or even on holiday. Achieved through a direct payment | Flexible to meet an individual’s need                  | Thalia Morris, Community Service Director  
Tel: 01270 256700  
Email: thalia.morris@ladyverdintrust.org.uk  
Website: www.ladyverdintrust.org.uk |

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| Looking Forward Group and Activities |                                                        | Social, Life and Work Skills Group. Activities include self-defence, cooking, first aid, drama, dancercise etc. Members receive AQA certificates for workshops completed. (transport available from Middlewich, Holmes Chapel, Congleton, Macclesfield areas) | Monday 9.30am-1.30pm        | Michelle Turner  
Tel: 07511 189331  
Email: looking.forward@btinternet.com  
Website: www.lookingforwardactivities.co.uk |
| New Life Church                    | Danesford Community Centre, West Road, Congleton, CW12 4EY | The Jubilee Club is open to anyone in the community who might be struggling with life for one reason or another and needs a place to come, belong, feel safe and accepted and make wholesome friendships, consider volunteering or look for employment. The club offers the following activities; The allotment, The cooking group, The craft group, The Life skills group, The Job Club and they also host regular social events. | Tuesday (Term-Time)  
10am to 12.30  
and Job Club  
12.45 to 3.30pm | New Life Church  
Tel: 01260 297961  
Email: will.spendilow@nlchurch.org.uk  
Website: www.nlchurch.org.uk |
| Oakhanger Project                  | The Oakhanger Methodist Centre, “The Firs”, Butterton Lane, Oakhanger, Crewe, CW1 5UU | The Oakhanger Project is a Christian based organisation providing a range of Outdoor and Adventure activities designed to encourage and enable the physical, mental, emotional and spiritual growth and development of those taking part. | Various (contact group for specific days/times) | Tel: 01270 882158 / 07999 932963  
Email: oakchallenge@aol.com  
Website: www.oakhanger.org |
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<tbody>
<tr>
<td>Sandbach Disco</td>
<td>Sandbach Cricket Club Hind Heath Road, Sandbach, Cheshire, CW11 3LZ</td>
<td>Weekly Disco</td>
<td>Tuesday 6.30pm - 9pm Admission £1.50</td>
<td>Steve Tel: 01270 766663 Email: <a href="mailto:steve.coppenhall@btinternet.com">steve.coppenhall@btinternet.com</a></td>
</tr>
<tr>
<td>Youth in Action</td>
<td>Various</td>
<td>Sociable, adult group with activities including trips, sport, art &amp; craft, cookery and much more.</td>
<td>Various</td>
<td>Louise Lovenberry / Faye Baker Tel: 07745 751173 Email: <a href="mailto:youthinaction@live.co.uk">youthinaction@live.co.uk</a> or <a href="mailto:louiselovenberry@yahoo.co.uk">louiselovenberry@yahoo.co.uk</a> Website: <a href="http://www.yiacongleton.org">www.yiacongleton.org</a></td>
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## Holmes Chapel, Middlewich and Knutsford Area

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<tr>
<td>All4U Cheshire</td>
<td>Middlewich Royal British Legion Club, Lewin Street</td>
<td>A social support club which provides a range of leisure and social activities. All sessions are run by trained carers and volunteers who are all CRB checked and fully insured. We welcome people from all surrounding areas.</td>
<td>We meet on selected Fridays, 7pm-9.30pm</td>
<td>Dave and Carol Tel: 01477 532403 Email: <a href="mailto:all4ucheshire@hotmail.co.uk">all4ucheshire@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Knutsford Leisure Centre</td>
<td>Westfield Drive, Knutsford, WA16 0BL</td>
<td>Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.</td>
<td>Saturday, 12.30pm-1.30pm</td>
<td>Tel: 01565 653321 Email: <a href="mailto:klc@everybody.org.uk">klc@everybody.org.uk</a> Website: <a href="http://www.everybody.org.uk">www.everybody.org.uk</a></td>
</tr>
<tr>
<td>The Stanley Centre</td>
<td>Bexton Road, Knutsford, WA16 0BX</td>
<td>The Stanley Centre is a day service for adults with learning disabilities, physical disabilities and older people which is based in Knutsford. We can offer you the opportunity to take part in a wide range of leisure and therapeutic activities, tailored to your needs and choice.</td>
<td>Monday to Friday 9.00am – 4.30pm</td>
<td>Steve Edge Tel: 01625 3744885 Email: <a href="mailto:steve.edge@cheshireeast.gov.uk">steve.edge@cheshireeast.gov.uk</a></td>
</tr>
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## Macclesfield, Bollington and Poynton Area

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<tr>
<td>Cheshire Centre for Independent Living – Buzz Group</td>
<td>The Hub (Macclesfield) 33 Great King Street, Macclesfield, SK11 6PN</td>
<td>Buzz Youth Activity Group is a fully inclusive weekly youth group for disabled young people aged 8-18 years who live in Cheshire East.</td>
<td>Thursday 6:30pm — 8pm</td>
<td>Tel: 01606 331853  Email: <a href="mailto:office@cheshirecil.org">office@cheshirecil.org</a>  Website: <a href="http://www.cheshirecil.org">www.cheshirecil.org</a></td>
</tr>
<tr>
<td>Cheshire Centre for Independent Living – Good Company</td>
<td>Macclesfield Lifestyle Room, Macclesfield Leisure Centre,</td>
<td>Adult Activity Group for disabled adults aged 19+. We provide adults with a chance to meet old friends and new to participate in quality activities and daytrips. We also provide personal care, Medication, one to one support and behavioral support whilst at the group. All members do have to be registered.</td>
<td>Thursday 6pm-8pm</td>
<td>Siobhan Oldroyd  Tel: 01606 331853 / 07756149714  Email: <a href="mailto:Siobhan.oldroyd@cheshirecil.org">Siobhan.oldroyd@cheshirecil.org</a>  Website: <a href="http://www.cheshirecil.org">www.cheshirecil.org</a></td>
</tr>
<tr>
<td>Friends for Leisure Drama Group</td>
<td>Fallibroome Academy, Priory Lane, Macclesfield, SK10 4AF</td>
<td>An integrated group of both Friends for Leisure young people (ages 10 -21) and Fallibroome students (Year 10 +) who work with Jude Theatre Company providing a theatrical experience for all.</td>
<td>Every Monday in term-time, 6:30pm - 8:00pm</td>
<td>Gillian Jones  Tel: 01260 275333  Email: <a href="mailto:info@friendsforleisure.org.uk">info@friendsforleisure.org.uk</a>  Website: <a href="http://www.friendsforleisure.org.uk">www.friendsforleisure.org.uk</a></td>
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| Friends for Leisure Ten Pin Bowling Group | AMF Bowling, Lyme Green, Macclesfield    | Regular youth group providing a range of activities for disabled young people aged between 11 – 21 years.                                                                                                                | Alternate Saturdays, 11am - 12 noon | Gillian Jones  
Tel: 01260 275333  
Email: info@friendsforleisure.org.uk  
Website: www.friendsforleisure.org.uk |
| Friends for Leisure Youth Group    | St John’s Church, Wilwick Lane, Macclesfield SK11 8RS | Regular ten-pin bowling sessions for disabled children and young people aged between 5 – 21 years.                                                                                                                   | Alternate Wednesdays (term time) 6.30pm - 8.00pm | Gillian Jones  
Tel: 01260 275333  
Email: info@friendsforleisure.org.uk  
Website: www.friendsforleisure.org.uk |
| Macclesfield College               | Park Lane, Macclesfield, Cheshire, SK11 8LF | A range of full-time and part-time courses for students with SEND(Special Educational Needs and Disabilities) and/or SEMHD (Social, Emotional, and Mental Health Difficulties) who might benefit from extra support.  
Our courses include: Life and Leisure Skills and Preparing Students for Work, e.g. Life Skills, Looking After Yourself; Making Music and Singing; Drama and Performance; Indoor and Outdoor Sports and Hobbies; Music, Dance and Movement; Creative Book and Art Project; Enterprise. | All year                     | Zena Eaton, Programme Leader for Foundation Learning  
Tel: 01625 410000 ext. 559  
Email: zena.eaton@macclesfield.ac.uk  
Lucy Oliver, Course Leader for Foundation Learning  
Tel: 01625 410000 ext. 532  
Email: lucy.oliver@macclesfield.ac.uk  
Website: www.macclesfield.ac.uk |
| Macclesfield Community Garden Centre | West Park, Prestbury Road, Macclesfield, SK10 3BJ | Learn horticultural skills and get work experience in safe environment. Training and NVQ qualifications.                                                                                                          | Monday to Friday, 10.00am – 3pm | Jo Matthews  
Tel: 01625 612925 or 07702 197065  
Email: jomatthews@maccgardencentre.co.uk |

Key =  
open = Mainstream activity  
= Activities for all disabilities  
LD = Learning Disability Specific activity
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Activity Location</th>
<th>Activities offered</th>
<th>Day and time</th>
<th>Contact details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macclesfield Disability Disco</td>
<td>The Macclesfield United Reformed Church, Park Green, Macclesfield, SK11 7NA</td>
<td>Evening disco for anyone with learning disabilities and their carers. Admission £2 each</td>
<td>Wednesday, 7pm - 9pm.</td>
<td>Sheila and David Hill Tel: 01782 305161</td>
</tr>
<tr>
<td>Macclesfield Lifestyle Group</td>
<td>Macclesfield Leisure Centre, Priory Lane, Macclesfield, SK10 4AF</td>
<td>The Lifestyle Group provide a wide range of activities. You can access the local library once a week or try swimming, use the gym or try an assortment of activities at the centre.</td>
<td>Monday to Friday, 9am – 4.30pm</td>
<td>Zoe Smallwood Tel: 01625 374077 Email: <a href="mailto:zoe.smallwood@cheshireeast.gov.uk">zoe.smallwood@cheshireeast.gov.uk</a></td>
</tr>
<tr>
<td>Macclesfield Seals Swimming Club</td>
<td>Macclesfield Leisure Centre, Priory Lane, Macclesfield, SK10 4AF</td>
<td>Macclesfield Seals Swimming Club founded back in 1957 is for all people with disabilities - any disability any age children and adults.</td>
<td>Friday, 7.30pm - 8.30pm</td>
<td>Tel: 01625 611789 Email: <a href="mailto:macc.seals@ntlworld.com">macc.seals@ntlworld.com</a></td>
</tr>
<tr>
<td>Macclesfield Speaking Up Speaking Out Airspace</td>
<td>SUSO Centre, 25-27 Old Park Lane, Macclesfield, SK11 6TJ</td>
<td>Airspace a discussion group that meets to share news and ideas and talk about things that is important to us.</td>
<td>Wednesday, 1.30pm - 3.30pm and alternative Tuesday and Thursday mornings</td>
<td>Karen Keen Tel: 01625 424717 Email: <a href="mailto:info@maccsuso.org.uk">info@maccsuso.org.uk</a> Website: <a href="http://www.maccsuso.org.uk">www.maccsuso.org.uk</a></td>
</tr>
<tr>
<td>Mayfield Centre</td>
<td>Mayfield Terrace, Macclesfield, SK11 7TG</td>
<td>Our Day Service provides for people who need support during the day and offers a safe, stimulating environment and activities</td>
<td>Monday to Friday, 9.00am – 4.30pm</td>
<td>Zoe Smallwood Tel: 01625 374077 Email: <a href="mailto:zoe.smallwood@cheshireeast.gov.uk">zoe.smallwood@cheshireeast.gov.uk</a></td>
</tr>
</tbody>
</table>

**Key**

- open icon = Mainstream activity
- wheelchair icon = Activities for all disabilities
- LD icon = Learning Disability Specific activity
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<th>Contact details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parachute Project</td>
<td>SUSO Centre, 25-27 Old Park Lane, Macclesfield, SK11 6TJ</td>
<td>A drop in for adults with learning disabilities and additional needs. You can make friends, get information, use the computers and go online, join in the activities or just enjoy a cup of tea and a chat.</td>
<td>Monday to Thursday, 10.30am-3.45pm</td>
<td>Karen Keen&lt;br&gt;Tel: 01625 424717&lt;br&gt;Email: <a href="mailto:info@maccsuso.org.uk">info@maccsuso.org.uk</a>&lt;br&gt;Website: <a href="http://www.maccsuso.org.uk">www.maccsuso.org.uk</a></td>
</tr>
<tr>
<td>Poynton Leisure Centre</td>
<td>Yew Tree Lane, Poynton, SK12 1PU</td>
<td>Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.</td>
<td>Monday, 11.30am-12.30pm</td>
<td>Tel: 01625 876442&lt;br&gt;Email: <a href="mailto:plc@everybody.org.uk">plc@everybody.org.uk</a>&lt;br&gt;Website: <a href="http://www.everybody.org.uk">www.everybody.org.uk</a></td>
</tr>
<tr>
<td>Rosendale Trust - Oakwood</td>
<td>Rossendale Hall, Hollin Lane, Macclesfield, SK11 0HR</td>
<td>Social, Leisure, Informal Learning and Work Experience activities for adults with a learning disability, based at various locations. Including: Horticulture, Woodwork, Arts and Crafts, Cookery, Computer and Media, Market Stall, Grounds Maintenance and Leisure (walking, swimming, cycling, fishing, trips out).</td>
<td>Monday to Friday, 9.00am - 4.00pm</td>
<td>Jason Blythe&lt;br&gt;Tel: 01260 251501&lt;br&gt;Email: <a href="mailto:Jason.Blythe@rossendaletrust.org">Jason.Blythe@rossendaletrust.org</a>&lt;br&gt;Website: <a href="http://www.rossendaletrust.org">www.rossendaletrust.org</a></td>
</tr>
<tr>
<td>Silky Disco’s</td>
<td>Macclesfield Town Football Club Moss Rose Ground, London Road, Macclesfield SK11 7SP</td>
<td>A weekly disco. £1 entry which includes raffle and chip butty</td>
<td>Sunday 7.00pm-9.00pm</td>
<td>Darren&lt;br&gt;Tel: 07837 057265</td>
</tr>
</tbody>
</table>

**Key**

- **open** = Mainstream activity
- **handicap** = Activities for all disabilities
- **LD** = Learning Disability Specific activity
## Alderley Edge, Wilmslow and Handforth Area

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</table>
| Cheshire Centre for Independent Living – Good Company | Redesmere Centre, Redesmere Road, Wilmslow, SK9 3RX | Adult Activity Group for disabled adults aged 19+. We provide adults with a chance to meet old friends and new to participate in quality activities and daytrips. We also provide personal care, Medication, one to one support and behavioural support whilst at the group. All members do have to be registered | Tuesday 6pm-8pm | Siobhan Oldroyd  
Tel: 01606 331853 / 07756149714  
Email: Siobhan.oldroyd@cheshirecil.org  
Website: www.cheshirecil.org |
| David Lewis | Footsteps, Mill Lane, Warford, Alderley Edge, Cheshire, SK9 7UD | Learn more and gain some valuable work related experience and qualifications in a range of different employment areas including Horticulture, animal care, woodwork, garden maintenance, computers and customer service. | Monday to Friday 9.00am - 4.00pm. | Darren Brodrick  
Tel: 01565 640070  
Email: darren.brodrick@davidlewis.org.uk  
Website: www.davidlewis.org.uk |
| David Lewis | JD’s, Mill Lane, Warford, Cheshire, SK9 7UD | A range of leisure and life skills based sessions including community access, computers, sensory awareness, swimming, bowling, drama, rebound therapy, sports, arts & crafts and cooking | Monday to Friday 9.00am - 4.00pm | Darren Brodrick  
Tel: 01565 640070  
Email: darren.brodrick@davidlewis.org.uk  
Website: www.davidlewis.org.uk |

**Key**
- open = Mainstream activity
- 🚶‍♂️ = Activities for all disabilities
- 🧑‍💼 = Learning Disability Specific activity
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</thead>
<tbody>
<tr>
<td>Everybody Sport – Activ8 Adults</td>
<td>Wilmslow Leisure Centre, Rectory Fields, Wilmslow, SK9 1BO</td>
<td>A weekly activity session for anyone with a disability to use the gym and have the opportunity to try different activities.</td>
<td>Wednesday 1.15pm – 2.15pm</td>
<td>Andy Molyneux Tel: 07506 317055 Email: <a href="mailto:andy.molyneux@everybody.org.uk">andy.molyneux@everybody.org.uk</a> Website: <a href="http://www.everybody.org.uk">www.everybody.org.uk</a></td>
</tr>
<tr>
<td>FC Red Thunder</td>
<td>Wilmslow High School Holly Road North, Wilmslow SK9 1LZ</td>
<td>Football session for pan disability aged 16+. Club also has competitive opportunities in the Ability Counts League</td>
<td>Friday, 6.00pm – 7.00pm</td>
<td>Matt Low Tel: 07554 660992 Email: <a href="mailto:lowie_ml@hotmail.co.uk">lowie_ml@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Redesmere Day Services</td>
<td>Redesmere Centre, Redesmere Road, Handforth, SK9 3RX</td>
<td>A day service which provides a wide range of activities and support for people who live with dementia, older people and for people with learning and physical disabilities.</td>
<td>Monday to Friday</td>
<td>Steve Edge Tel: 01625 374481 Email: <a href="mailto:steve.edge@cheshireeast.gov.uk">steve.edge@cheshireeast.gov.uk</a></td>
</tr>
<tr>
<td>Time Out Group</td>
<td>See website</td>
<td>Time Out Group is a supported social and leisure group for adults with learning disabilities living in the North West area. We currently have one group that meets in the Wilmslow area and one that meets in the Macclesfield area.</td>
<td>See website</td>
<td>Salli Ward – Manager Tel: 07745 234600 Email: <a href="mailto:admin@timeoutgroup.org.uk">admin@timeoutgroup.org.uk</a> Website: <a href="http://www.timeoutgroup.org.uk">www.timeoutgroup.org.uk</a></td>
</tr>
</tbody>
</table>

Key = ![open] = Mainstream activity  ![handicap] = Activities for all disabilities  ![learning_disability] = Learning Disability Specific activity
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<tbody>
<tr>
<td>Wilmslow Leisure Centre</td>
<td>Rectory Fields, Station Rd, Wilmslow, SK9 1BU</td>
<td>Swimming session for disabled people of all ages. Time may vary please check with the centre to confirm time.</td>
<td>Tuesday, 7.30pm-8.30pm</td>
<td>Tel: 01625 533789 Email: <a href="mailto:wlc@everybody.org.uk">wlc@everybody.org.uk</a> Website: <a href="http://www.everybody.org.uk">www.everybody.org.uk</a></td>
</tr>
<tr>
<td>Wilmslow Lifestyle Group</td>
<td>Wilmslow Leisure Centre, Rectory Fields, Wilmslow, SK9 1BO</td>
<td>The Lifestyle Group provide a wide range of activities. You can access the local library once a week or try swimming, use the gym or try an assortment of activities at the centre.</td>
<td>Monday to Friday, 9.00am - 4.30pm.</td>
<td>Steve Edge Tel: 01625 374107 Email: <a href="mailto:steve.edge@cheshireeast.gov.uk">steve.edge@cheshireeast.gov.uk</a></td>
</tr>
</tbody>
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Key =  🟢 = Mainstream activity  🥺 = Activities for all disabilities  🤖 = Learning Disability Specific activity
# Cheshire East Wide Services

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<tr>
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</tr>
</thead>
</table>
| Cheshire Centre for Independent Living | Sension House Denton Drive Northwich Cheshire CW9 7LU | High quality support services and leisure opportunities in the community. | | Tel: 01606 331853  
Email: office@cheshirecil.org  
Website: www.cheshirecil.org |
| Cheshire Centre for Independent Living – Get Yourself Active | Sension House Denton Drive Northwich Cheshire CW9 7LU | A signposting and information service of all the latest sport and physical activity opportunities across Cheshire. Home visits can be arranged on request. | | Tom Bell  
Tel: 01606 331853  
Email: Thomas.bell@cheshirecil.org  
Website: www.cheshirecil.org |
| Cheshire East Council Library Service | 17 locations across Cheshire East | Details of events and activities at your library can be found on the individual web page of each library. You can also find information about events across Cheshire East in the What's On online guide. Find information and news on Cheshire East website. | Various (see website for specific days & times) | Tel: 0300 123 5018  
Email: libraries@cheshireeast.gov.uk  
Website: www.cheshireeast.gov.uk |
| Cheshire East Council Ranger Service | Various locations across the borough | A range of countryside walks, activities and events in the parks and green spaces of Cheshire East | Various (see website for programme specific info) | Tel: 01625 383700  
Email: rangers@cheshireeast.gov.uk  
Website: www.cheshireeast.gov.uk |

Key:  
- `open` = Mainstream activity  
- `=` Activities for all disabilities  
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<tbody>
<tr>
<td>Cheshire East Council Supported Employment Service</td>
<td>2nd Floor, Macclesfield Town Hall, SK10 1EA</td>
<td>All aspects of support from referral to the achievement of a paid job. Direct service to the customer with a named Work Placement Officer. Support is available according to need and to the type of job the customer is interested in.</td>
<td></td>
<td>Tel: 01260 375468 Email: <a href="mailto:supportedemployment@cheshireeast.gov.uk">supportedemployment@cheshireeast.gov.uk</a> Website: <a href="http://www.cheshireeast.gov.uk/jobs_and_careers/supported_employment/supported_employment.aspx">www.cheshireeast.gov.uk/jobs_and_careers/supported_employment/supported_employment.aspx</a></td>
</tr>
<tr>
<td>Disability Information Bureau</td>
<td>Pierce Street, Macclesfield, Cheshire, SK11 6ER</td>
<td>We work locally to provide a range of accessible, personalised services for the benefit of people affected by disability.</td>
<td>Monday to Friday 9.00am - 5pm</td>
<td>Tel: 01625 501759 Email: <a href="mailto:info@dibservices.org.uk">info@dibservices.org.uk</a> Website: <a href="http://www.dibservices.org.uk">www.dibservices.org.uk</a></td>
</tr>
<tr>
<td>Everybody Sport Leisure Development Team</td>
<td>Across all of Cheshire East</td>
<td>Involved with the delivery and provision of a wide range of sport and leisure activities across Cheshire East. We have a Volunteer Programme offering opportunities for a range of ages and abilities and accept applications from ages 14+. Various (see website for programme specific info)</td>
<td></td>
<td>Andy Molyneux Tel: 07506 317055 Email: <a href="mailto:andy.molyneux@everybody.org.uk">andy.molyneux@everybody.org.uk</a> Website: <a href="http://www.everybody.org.uk">www.everybody.org.uk</a></td>
</tr>
<tr>
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</tr>
</tbody>
</table>
| Everybody Sport and Recreation Trust | Alsager, Congleton, Crewe, Holmes Chapel Knutsford, Macclesfield, Middlewich, Nantwich, Poynton, Sandbach Shavington Wilmslow | Everybody Sport and Recreation operates 15 leisure facilities across Cheshire East providing a wide range of services for people to access. A discount leisure card scheme is also available. Everybody Options scheme gives savings of 40% off the full adult peak rate for a range of activities at an Everybody Sport leisure facility.                                                                 | Every day (see website for individual centre opening times)                  | Tel: 0300 123 5018  
Email: support@everybody.freshdesk.com  
Website: www.everybody.org.uk  
www.everybody.org.uk/memberships/everybody-options/                                                                                                                                                                                  |
| Friends for Leisure                | Albert Chambers, Canal Street, Congleton, CW12 4AA | One to one buddies – to go along to activities of your choice if you have a disability.  
Holiday activities for 5 to 21-year olds with disabilities                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Variable and flexible  
Variable                                                                                                                                                                                                         | Gillian Jones  
Tel: 01260 275333  
Email: info@friendsforleisure.org.uk  
Website: www.friendsforleisure.org.uk                                                                                                                                                                                                                                                   |

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</thead>
</table>
| Looking Forward Group and Activities                | Various           | Healthy Lifestyle Group. Members are picked up from home, in the morning they take part in swimming, gym, basketball, badminton, tennis and after a healthy lunch go for a local walk (transport included and cost of activities available in Crewe, Sandbach, Holmes Chapel, Congleton, Middlewich) | Tuesday 9.30am-4.00pm | Michelle Turner  
Tel: 07511 189331  
Email: looking.forward@btinternet.com  
Website: www.lookingforwardactivities.co.uk |
| One You Cheshire East                                | Various           | Friendly local support to help you eat well, move more, stop smoking, drink less and be steady. Support, exercise programme, 'Active Lives', cookery classes, weight management programme.                                           | Various               | One You Cheshire East  
Tel: 0808 1643 202  
Email: info@cheshireeast.org  
Website: www.oneyoucheshireeast.org |
| Purple Wheels Driving School                        | Various           | Driving lessons on one to one lessons tailored to specific needs.                                                                                                                                                      | Various               | Tracey Weaver  
Tel: 07973128590  
Email: tracey@purplewheels.co.uk  
Website: www.purplewheels.co.uk |
| The Great Outdoors Day Service                      | Various           | The Great Outdoors Day Service aims to help adults and young people with learning disabilities experience the joy of walking in The Peak District. We provide a service Monday to Sunday, all year round, enabling our clients to experience the best of The Peak District through the seasons (don’t worry, waterproofs are an essential part of the kit list). | Monday to Friday      | Martin Mallet  
Tel: 07544 925 546  
Email: thegreatoutdoorsds@gmail.com |

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## Opportunities Outside Cheshire East Area

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<tr>
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</tr>
</thead>
</table>
| 3L Care CIC                                       | Chapel Road, Winsford, Cheshire, CW7 3AD.                              | All our leisure facilities are offered to families by the hour which is subsidised by our Charitable Trust. Booking is essential. Facilities include Onsite hydrotherapy pool hire; Onsite sensory room hire (up to 3 people; Onsite cinema room hire (up to 4 people)) | 7 days a week 9am-7pm       | Michelle Milne  
Tel: 01606 217663  
Email: info@3lcare.co.uk  
Website: www.3lcare.co.uk |
| Elite (enabling living independently today and everyday) | The Pavilion, Chesterton Memorial Park, off Victoria Street, Newcastle, ST5 7EP | Elite provide an opportunity for people to gain confidence through socialising as well as a great range of other activities including sports, arts & crafts, photography etc. | Various (check website)     | Tel: 01782 565723 (Newcastle-u-Lyme)  
Email: info@elitestaffordshire.co.uk  
Website: www.elitestaffordshire.co.uk |
| Frogtastic Manchester Club Night                  | The Frog & Bucket, Oldham Street, Manchester, M4 1LJ                   | Club Nights for people with Learning Disabilities and their friends in MANCHESTER! Please Note: Admission to ‘Frogtastic’ is strictly by ticket only and these events are strictly for people over the age of 18. | Wednesday 7-10.15 (once a month) | Tel: 0161 872 8787  
Email: heroesproject@ldok.net  
Website: www.heroesproject.org.uk |

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<th>Contact details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidsgrove Care Solutions</td>
<td>Various – see website</td>
<td>Provides opportunities and activities for adults and young people, who have disabilities and who live in and around Staffordshire.</td>
<td>See website</td>
<td>Wendy Lear: 07917 130264 Mick Lunt: 07988 722146 Email: <a href="mailto:kidsgrovecaresolutions@yahoo.co.uk">kidsgrovecaresolutions@yahoo.co.uk</a> Website: <a href="http://www.kidsgrovecaresolutions.co.uk">www.kidsgrovecaresolutions.co.uk</a></td>
</tr>
<tr>
<td>M.Y Inter-Theatre</td>
<td>Fenton Community Hall Manor Street Stoke-On-Trent ST4 2PT</td>
<td>Opportunity for those with disabilities to sing in a choir or take part in drama sessions.</td>
<td>Every Wednesday 1-4pm</td>
<td>Jill Young Tel: 07805 443595 Steve 07746 193644 Email: <a href="mailto:steve@soulpath.info">steve@soulpath.info</a></td>
</tr>
<tr>
<td>The SPACE Centre</td>
<td>10 Pedders Lane, Ashton, Preston, PR2 2TH</td>
<td>Large Indoor Sensory and soft play Centre.</td>
<td>Monday-Friday</td>
<td>Tel: 01772 760403 Website: <a href="http://www.spacecentre.org">www.spacecentre.org</a></td>
</tr>
<tr>
<td>Vitalise Bookings</td>
<td>212 Business Design Centre, 52 Upper Street, London, N1 0QH</td>
<td>Essential breaks for people with disabilities and their carers at various venues across the UK.</td>
<td>See website</td>
<td>Tel: 0303 303 0145 Email: <a href="mailto:Bookings@vitalise.org.uk">Bookings@vitalise.org.uk</a> Website: <a href="http://www.vitalise.org.uk">www.vitalise.org.uk</a></td>
</tr>
<tr>
<td>Warrington Play and Sensory Centre</td>
<td>Woolston, Neighbourhood Hub, Hall Road, Warrington, WA1 4PB</td>
<td>Purpose built activity centre for disabled children and adults or those with special needs. It has a number of different areas where you can relax or play.</td>
<td>See website</td>
<td>Tel: 01925 817347 Email: <a href="mailto:sensorycentre@warrington.gov.uk">sensorycentre@warrington.gov.uk</a></td>
</tr>
</tbody>
</table>

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</thead>
<tbody>
<tr>
<td>Your Direction Supported Holidays</td>
<td>14 Dalemeadow Road</td>
<td>A wide range of holiday breaks for adults with disabilities at various venues in UK and abroad.</td>
<td>See website</td>
<td>Tel: 0151 203 5758 Email: <a href="mailto:enquiries@yourdirection.co.uk">enquiries@yourdirection.co.uk</a> Website: <a href="http://www.yourdirection.co.uk">www.yourdirection.co.uk</a></td>
</tr>
</tbody>
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**Key**
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- **LD** = Learning Disability Specific activity
The information in this was correct at the time of being printed and will be updated on an annual basis. An up to date version of the booklet can be found on Everybody Sport and Recreation website within the Development section.

This booklet is aimed at adults with learning disabilities, their parents and carers to enable them to find leisure and learning opportunities in the area that they live. The opportunities listed in this booklet are not being recommended or endorsed by the GOLD Group. They are opportunities which were available for people with learning disabilities when we listed them. However they may or may not be suitable and affordable for you, for someone you care for, or someone you work with. Please check out these resources for yourselves before deciding to use them. In particular we recommend asking about the level of support available and the cost.

For more information
If you would like more information about the GOLD Group including adding an entry to the booklet or joining the group, please contact the Local Area Co-Ordinators via email; Localareacoordinator@cheshireeast.gov.uk

Pictures kindly provided by Cheshire Buddies and Changing Lives.
Printed version of the booklet supplied by Crewe Town Council, thank you to all concerned.