



AUTUMN in LIFESKILLS

WEEKDAYS in LIFESKILLS

We are really are really excited about our new Autumn programme and hope you will be too!

This Autumn we are offering many different opportunities for you to get involved, learn new skills and meet new friends in a safe environment with all the support you may require.

We have included lots of your ideas to give you even more choice to get involved in the activities you have told us that you enjoy and we've added more evening sessions too!

NEW for AUTUMN 2011

Sensory Music, Animal Care, Woodwork, Sports, Swimming, Horse Riding and so much more!!

Really Wild Lifeskills



9am - 4pm
Full days Only
Do you want to get out & about?
Do you have the taste for fun &

adventure? If so this is for you! We will be getting out into the country, walking up hills and down dales and we will add some archery, cycling and water sports into the mix! You will need suitable clothing and good strong footwear.

Get ready to go EXTREME!!

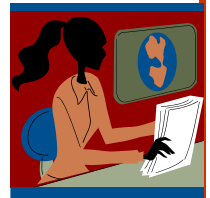
ILS Enterprise

9am - 4pm
Full Day Only
An exciting new initiative based in the community, the Lifeskills Cafe, opening October 2011, the course starts in September to help us get prepared. Learn practical skills, interact with the public and have the satisfaction of providing a great service for your customers!



Computer Skills

4pm - 7:30pm
Develop your basic IT skills. We will cover how to get around the computer, using a mouse and keyboard, the internet and typing. There will also be some photography projects and you can get involved in writing and producing the Lifeskills news letter!



We also have all your favourite sessions

such as Conservation, Art, Yoga, Cookery, Dance & Drama, Reading & Numeracy.



Weekdays begin with a tutorial between 9am & 10am where you can arrive and plan for the day ahead.

Sessions take place from 10am until 12 noon and between 1pm & 3pm with an hour for lunch between 12 noon & 1pm.

The day winds down with social time between 3pm & 4pm.

Full day sessions provide 7 hours of support, and cost from £56 per day for group support. We will provide additional and individual support where needed.

Please give us a call on 0161 972 0668 to discuss your individual care package needs.

Invoices will be submitted on a monthly basis.



DAY TRIPS WITH STOCKDALES

We are really pleased to tell you that now you can also enjoy day trips with Lifeskills during the week. Trips take place every Thursday and of course we still have the weekend trips for you to enjoy too.

Most trips cost £42 and include, 8 hours supervision and support for the day, any entrance fee's and transport to and from venues with safe drop off and collection points. On each trip you will be issued with an emergency contact card for your safety. If you regularly use Ring and Ride please confirm you wish to use them on your booking form and we will also coordinate that for you too!

On some trips lunch will be included and this will be shown on the booking form. If it isn't provided, don't forget to bring a packed lunch with you and some spending money for any extra drinks and snacks you might want during the day. If you have a bus or travel pass or a student card please bring these with you on all trips in case they are needed. Please bring a waterproof coat with you just in case of autumn showers, and please bring a warm top in case it gets a little chilly when out and about!

We will be publishing the details of Lifeskills Autumn day trips very soon and there are some fantastic, interesting and exciting activities for you to take part in!

STOCKDALES SOCIAL CLUBS

Social clubs are held on Monday nights at TCIL & Tuesday nights at Al Saints Church between 7pm - 9pm each week.

**SPACES
NOW AVAILABLE**
Monday nights @
TCIL!

A great place to get together with friends and take part in lots of different activities. Maybe enjoy a Chinese take away or fish & chips, win prizes at bingo, sing along to Karaoke or relax and watch a film with friends.

Activities are published monthly and you will need to fill in a booking form to let us know which evenings you will be joining us. Clubs are fully supervised and Ring & Ride service is available for registered students.

Places are limited and both clubs are very popular so we do operate a waiting list.

STOCKIES.... A great new club for younger students aged between 11 & 19 years of age. Stockies will be taking place on weekends and during the week.

Keep an eye on our website for more details coming soon!

www.stockdales.org.uk



AUTUMN in LIFESKILLS

MONDAYS

Choose from...

Sensory Cookery 10-12 noon



Explore tastes and textures in our interactive cooking session.

Sensory Smells 1pm - 3pm

Relax and enjoy scents and smells whilst making lovely products which you can take home and use.



Really Wild Lifeskills

9am - 4pm Full Days Only



Do you want to get out & about? Do you have the taste for fun & Adventure? If so this is for you! We will be

getting out into the country, walking up hills and down dales and we will add some archery, cycling and water sports into the mix! You will need suitable clothing and good strong footwear.

Get ready to go EXTREME!!

Horse Riding 2:30pm - 5:30pm

Meet the horses, groom them and then enjoy a riding lesson. Remember to wear suitable clothing and boots with a heel.



Monday Social Club

7pm - 9pm @ TCIL

Meet up with friends and get involved in lots of fun activities.

SPACES NOW
AVAILABLE ON
MONDAYS SOCIAL
CLUB

Independent Living Skills @ TCIL

Full & Half Days available 10am - 12 noon & 1pm - 4pm

Discover useful new skills for life in a fun

Environment. This session will be based locally and will cover areas such as communication, culture, equality and diversity, personal hygiene and voluntary work.

All activities take place or depart from Stockdales unless otherwise stated.



AUTUMN in LIFESKILLS

TUESDAYS

Choose from...

Conservation

9am - 4pm Full Days Only

Join the National Trust Wardens for a days work in the Cheshire countryside.

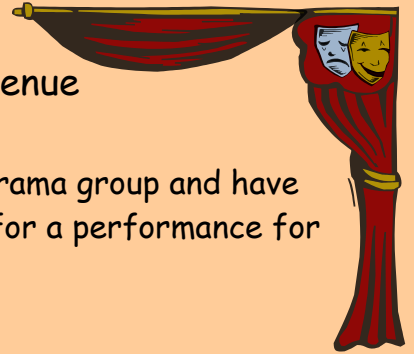
Suitable clothing required including strong boots and waterproofs.



Drama @ The Avenue

1pm - 3pm

Join the Lifeskills drama group and have great fun preparing for a performance for friends and family!



Dance @ The Avenue

10am - 12 noon

Dance is a great way to enjoy music with friends whilst keeping fit & active .



Sensory Music 1pm - 3pm



Listen to new music and create sounds with a variety of instruments. This **NEW** session is led by professional musicians and should be a great experience for the music lovers amongst you!

Get Cooking! 10am - 12 noon

@ The Avenue.

Practical cookery sessions where you learn to make delicious dishes you can eat for your lunch or take home to share with friends and family!



Tuesday Social Club

@ All Saints Church 7pm - 9pm

Tuesday nights mean great fun with friends! Maybe enjoy a Chinese meal or Chippy supper, sing along to Karaoke.. always a favorite! Watch a movie or win prizes at bingo, just some of the great things you can come along and enjoy!

Activities are published monthly and you need to book in and let us know you are coming along.

Sensory Surprise 10-12 noon

Stimulate and relax your senses!



**Book NOW to
save your place!**

All activities take place or depart from Stockdales unless otherwise stated.



AUTUMN in LIFESKILLS

WEDNESDAYS

All activities take place or depart from Stockdale's unless otherwise stated.

Choose from...



Sensory Art

10am - 12 noon

Have great fun exploring new techniques and textures and make lovely craft items to take home!

Reading

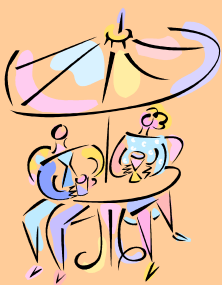
@ The Avenue 1pm - 3pm

Develop your reading & writing skills in a relaxed and friendly environment. The class caters for all levels and looks at nouns, pro nouns, adjectives, capital letters, letter sounds and much more.



ILS Enterprise @ The Avenue

9am - 4pm Full Day Only



An exciting new initiative based in the community, the Lifeskills Cafe, opening October 2011, the course starts in September to help us get prepared. Learn practical skills, interact with the public and have the satisfaction of providing a great service for your customers!

Computer Skills 4pm - 7:30pm

Develop your basic IT skills. We will cover how to get around the computer, using a mouse and keyboard, the internet and typing. There will also be some photography projects and you can get involved in writing and producing the Lifeskills news letter too!

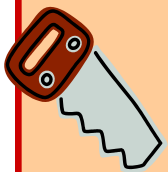


LIFESKILLS Interactive Only available as a full day 9am - 4pm
Exciting **NEW** activities for you to enjoy! Choose one morning and one afternoon session from the list below and put together your own great day.

Sensory Sensation

10am - 12 noon

Enjoy new sensory experiences... why not try out the hydro pool, ball pool or try other amazing sensory activities!



Woodwork 10am - 12 noon

You will learn how to safely use woodworking tools including, saws, hammers, screwdrivers and drills. Projects will include smaller individual projects as well as larger group projects. You will learn individual skills while working in a group.

Animal Care 1pm - 3pm

Love Animals? Then this is the session for you! The course will focus on the care of pets as well as more unusual reptiles. It will involve practical work including cleaning and feeding animals as well as developing your reading skills through the study of animals.

Sports & Swimming 1pm - 3pm

Have great fun trying out new sports including trampolining, keep fit in the gym or enjoy splashing around in the pool!





AUTUMN in LIFESKILLS

THURSDAYS

Choose from...

All activities take place or depart from Stockdales unless otherwise stated.

Art, Craft & Pottery @ TCIL

10am - 12 noon

Get Creative! Roll up your sleeves and come along to our art, craft & pottery class. Enjoy developing your artistic talents and surprise yourself with what you

can achieve. We will be tackling many exciting projects such as making sculptures, paintings, making pots and getting busy with paper and fabric craft.



Taste of Cookery

1 - 3pm

Help to choose and cook tasty new dishes to either eat together or take home for tea!



Yoga @ TCIL 1pm - 3pm

A great way to relax and unwind. Join us at TCIL for an afternoon of relaxing yoga and gentle exercise.



Day Trips

Days Out with Lifeskills always mean great days out and lots of fun with friends! Now you can enjoy them during the week too! Trips are now available every Thursday as well as at the weekend. The Trip programme will be sent to you very soon, be sure to get your choices back to us as soon as possible so you are not disappointed as places are limited.



Evening Cookery 4pm - 7:30pm

If you can't make it to one of our great cookery sessions in the daytime, this evening session is just for you! Come along and get cooking!



Send your choices
in by POST, EMAIL
or by PHONE

Stockdales, 34 Harboro Road, Sale M33 5AH
Telephone: 0161 972 0668 Email: enquiries@stockdales.org.uk

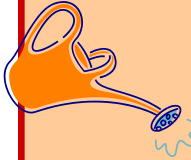


AUTUMN in LIFESKILLS

FRIDAYS

All activities take place or depart from Stockdales unless otherwise stated.

Choose from...



Gardening & Allotment

9am - 4pm Full Days Only

If you like being out and about in the fresh air why not help at the Lifeskills allotment on Fridays? Help us grow fruit, vegetables and flowers, keep the plot tidy and hopefully enjoy the sunshine!

Dance @ Sale West

10am - 12 noon

Dance is a great way to enjoy music with friends whilst keeping fit & active.



Reading @ The Avenue

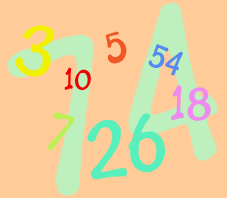
10am - 12 noon

Develop your reading & writing skills in a relaxed and friendly environment. The class caters for all levels and looks at nouns, pro nouns, adjectives, capital letters, letter sounds and much more.

Numeracy @ The Avenue

1pm - 3pm

Develop your basic numeracy skills for everyday living including learning about money & its value, adding, subtracting & dividing.



Friday Afternoon Social 1pm - 4pm

A brilliant new way to get the weekend off to a great start!

Help plan & choose activities to do as a group ... the choice is yours!

Duke of Edinburgh Award Scheme

4pm - 6pm (Ages 16—23 only)

Enjoy lots of challenging new activities, take part in expeditions and residential trips all of which will help you to achieve your Bronze Duke of Edinburgh award!

Independent Living Skills 9am - 4pm Full Days Only

Sessions will focus on developing your independence and will involve getting out in the community to experience new and exciting experiences. You will use different types of public transport to visit places out and about in Manchester such as museums and galleries. Areas covered will include communication, culture, equality and diversity, personal hygiene and voluntary work.

WEEKENDS

Day Trips Full details of the trips will be sent to you really soon.

Weekends with Lifeskills always mean great days out and lots of fun with friends!

NEW for Autumn we are now planning an evening trip to a pub or club once a month which should be a great night out!

Lifeskills weekends take place throughout the Autumn on Saturdays and Sundays.



AUTUMN in LIFESKILLS

Book NOW to
save your place!

Send your choices in by post to:
Stockdales, 34 Harboro Road, Sale M33 5AH

By Email: enquiries@stockdales.org.uk

Or give us a call on 0161 972 0668

Looking forward to hearing from you very soon
All the team in Lifeskills



STOCKDALES