**Accessible Walking & Activity Group**

**October to December 2019**

**Thursdays 5.50pm – 9pm weekly**

**GROUP LEADER: Jamie Brock**

**Emergency Number 07976 704535 between 5pm -9pm**

**Call 0161 442 6054 for all other enquires 8am – 4pm**

**This is a lively weekly group with a varied timetable of adventurous activities and outdoor pursuits for young adults. The timetable varies according to season.**

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| **DATE** | **ACTIVITY** |
| 3rd October | Gym |
| 10th October | Swimming |
| 17th October | Archery |
| 24th October | Baking at Granville House |
| 31st October | Manchester Climbing Centre |
| 7th November | Gym |
| 14th November | Swimming |
| 21st November | Pottery at Granville House |
| 28th November | Bowling |
| 5th December | Gym |
| 12th December | Swimming |
| 19th December | Christmas Party at Granville House |
| 26th December | **Closed** |

**Please note: All activities may be subject to change at short notice**

**Meeting time: 5.50pm . Pick up time: 9.00pm**

**Transport will be leaving at 6.00pm, Please be prompt.**

**MEETING PLACE:**

**St. Thomas’s Place, Beside BP Petrol Station,**

**Wellington Road South (A6) Opposite Stockport College.**

**Warm Waterproof clothing is recommended (even if warm and sunny) for all Outdoor sessions. Please ensure you bring refreshments or money to purchase refreshments.**

Please remember to bring your Leisure Key card with you for Swimming sessions and Cinema Pass for Cinema nights. **Carers if appropriate - please don’t leave the meeting place until the Group Leader has arrived.**

**Supportability Leisure Groups, Meridian House, Pepper Road, Hazel Grove, Stockport. SK4 5BW.**