



# Summer Holidays 2015

Activities for disabled young  
people in Cheshire East

**Friends for Leisure**, **Central Cheshire Buddy Scheme**, **Everybody Sport and Recreation**, **Cheshire Centre for Independent Living** and **Oakhanger Project** have joined together to put on a summer of activities for disabled young people in Cheshire East.





### Friends for Leisure

Ages 5 – 21. You must be registered with Friends for Leisure to attend the activities we provide. Siblings are welcome to all our holiday activities. We only have limited places so please call 01260 275333 to book. If you'd like to come to our activities but aren't registered already then please get in touch at least 2 weeks before the activity.

[www.friendsforleisure.org.uk](http://www.friendsforleisure.org.uk) | 01260 275333 | [info@friendsforleisure.org.uk](mailto:info@friendsforleisure.org.uk)



### Central Cheshire Buddy Scheme

CCBS will be running a number of different activities and clubs throughout the summer holidays. We ask all parents to register their child in advance. Contact Tori 07743341981. We provide lunch and we have limited transport available in Crewe area. CCBS also provide support for carers and siblings of disabled children. Visit our website at [www.cheshirebuddies.co.uk](http://www.cheshirebuddies.co.uk) or email [cheshirebuddies@outlook.com](mailto:cheshirebuddies@outlook.com)

[www.cheshirebuddies.co.uk](http://www.cheshirebuddies.co.uk) | 07743341981 | [cheshirebuddies@outlook.com](mailto:cheshirebuddies@outlook.com)



### Everybody Sport and Recreation

Ages 3 – 25. All our activities are for all the family to take part with siblings welcome. There's no registration required in advance but will be required to complete a registration form at your first session. Parents are asked to remain on site at the session. For more information or to book a place on our activities please contact Alex Cartney (07809 665228) or Andy Molyneux (07506 317055).

[www.everybody.org.uk/development/disability-sports](http://www.everybody.org.uk/development/disability-sports) | 07809 665228  
[alex.cartney@everybody.org.uk](mailto:alex.cartney@everybody.org.uk)



### Cheshire Centre for Independent Living | Buzz Youth Group

Ages 8 – 18. Full registration is required before attendance at an activity. If you are an existing member of the Buzz Youth Group please email [laura.dutton@cheshirecil.org](mailto:laura.dutton@cheshirecil.org) or ring 01606 331853 before Tuesday 14th July to confirm your attendance. If you wish to register as a new member please contact Melanie Hinde on 01606 331853 before Friday 10th July. Please note the Buzz Youth Activity Group is a fully inclusive group and parents/carers are not required to attend activity sessions with their young person.

[www.cheshirecil.org](http://www.cheshirecil.org) | 01606 331853 | [office@cheshirecil.org](mailto:office@cheshirecil.org)



### Oakhanger Project

All ages welcome. Activity and Adventure programmes for children of all ages and their families. We also provide training and support in volunteering and leadership and specialist courses in Canoeing and Kayaking. The Acorn Team provides support for young volunteers ages 14 to 17 and prepares them for leadership in activity and adventure.

For further details contact Oakhanger Project 07999932963 or 01270 882158.  
<http://www.oakhanger.org> | 01270 882158 | [oakchallenge@aol.com](mailto:oakchallenge@aol.com)

Week 1

Monday 27th July – Sunday 2nd August



### Farm to Fork

Come and explore your local Tesco store; see how things are made in the bakery, have a go at making your own bread roll, taste different bread, cheeses and fruits and complete the mini treasure hunt around the fruit and veg department.

**Monday 27th July | 10am – 12pm | £3**

(Discounts available if siblings attend – please ask for more details)

Tesco Superstore, Barn Road, Congleton, CW12 1LR

Places are limited so please call Friends for Leisure to book your place.



### Multi-Sports Activity Session

Come along with the whole family and join us for an afternoon of fun activities including multi sports, arts & crafts plus much more.

**Wednesday 29th July | 12.30pm – 3.30pm | £2.50 or £5 for the family**

Victoria Community Centre, West Street, Crewe, CW1 2PZ

Siblings welcome. Please register in advance for numbers



### Reaseheath Zoo

Join your friends to meet the friendly ferrets, crested porcupines, meercats, tamarin twins, ring-tailed lemurs, and many more animals.

**Thursday 30th July | 1pm – 3pm | £4**

Reaseheath College, Nantwich, CW5 6DF

Places are limited so please call Friends for Leisure to book your place.



### Chat, Chill and Play

This is a parent and child session (8-18yrs) where parents can chat over a coffee while their child plays with equipment at Shavington. We have a swing, climbing wall, sandpit and bikes.

**Friday 31st July | 10am – 1pm | £2**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP

For more information contact Tori 07743341981

Week 2

Monday 3rd August – Sunday 9th August



### Horse Riding

Have a go at riding and grooming a horse.

**Monday 3rd August | 10:30am – 12pm | £10**

New Barn, Chelford Road, Ollerton, WA16 8SZ

Wear long trousers and strong shoes. You must weigh less than 13 stone to take part in this activity. Places are limited so please call Friends for Leisure to book your place.



### Circus Skills Session

Come along to our circus themed day. Learn how to juggle, balance and use a diablo. There will be circus themed activities including arts and crafts.

**Tuesday 4th August | 10am – 3pm | £7.50**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP

For more information please contact Tori on 07743341981



### Football Skills

Come along and learn to take a free kick like David Beckham or score a goal like Wayne Rooney

**Wednesday 5th August | 10am – 1pm | £4 per person**

Venue to be confirmed in Crewe area



### Oakhanger Project A4A - Activities for All

Build your own Shelter; Paddle your own Canoe or Kayak.  
All this and much more at the family activity days

**Wednesday 5th August | 11am – 3:30pm | £7.50 for the day**

Email: oakchallenge@aol.com | Mobile: 0799 993 2963



### Football Skills

Come along and learn to take a free kick like David Beckham or score a goal like Wayne Rooney

**Thursday 6th August | 10am – 1pm | £4 per person**

Venue to be confirmed in Macclesfield area



Week 2

Monday 3rd August – Sunday 9th August



### Multi-Sports Activity Session

Come along with the whole family and join us for an afternoon of fun activities including multi sports, arts & crafts plus much more.

**Wednesday 5th August | 12:30pm – 3:30pm**

**£2.50 or £5 for the family**

Wilmslow Leisure Centre,  
Rectory Fields, Wilmslow, SK9 1BU  
Siblings welcome



### Orienteering at Astbury Mere

Work as a team to find the control points using a map.  
Variety of games to follow for you to play with your friends.

**Thursday 6th August | 1pm – 2:30pm | £3**

(Discounts available if siblings attend – please ask for more details)  
Astbury Mere Country Park, Congleton, CW12 4FR

Places are limited so please call Friends for Leisure to book your place.



### Chat, Chill and Play

This is a parent and child session (8-18yrs) where parents can chat over a coffee while their child plays with equipment at Shavington. We have a swing, climbing wall, sandpit and bikes.

**Friday 7th August | 10am – 1pm | £2**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP

For more information contact Tori 07743341981



### Outdoor Activity Day with Oakhanger Project

Outdoor Pursuits, den building, canoeing and water sports.

**Friday 7th August | 10:30am – 3:30pm | £6**

Brereton Heath Local Nature Reserve, Davenport Lane,  
Davenport, Congleton, CW12 4SU

Places are limited so please book your place!



Week 3

Monday 10th August – Sunday 16th August



### Creepy Crawly Session

The session's theme will be Bugs and creepy crawlies. You will get the chance to hold snakes, cockroaches, spiders and giant snails. There will be snail racing and bug arts and crafts.

**Tuesday 11th August | 10am – 3pm | £7.50**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP  
Young people will go out on trips and activities.  
For more information please contact Tori on 07743341981



### Macclesfield Bowling and a Burger

Join your friends for a game of bowling and enjoy a meal afterwards.

**Tuesday 11th August | 11am – 1pm | £6.50**

Macclesfield Superbowl, Lyme Green, London Road, Macclesfield, SK11 0TB  
Places are limited so please call Friends for Leisure to book your place.



### Graffiti Arts

Come along and produce some unique and creative art work.

**Wednesday 12th August | 10am – 1pm | £6 per person**

Venue to be confirmed in Crewe area



### Oakhanger Project A4A - Activities for All

Build your own Shelter; Paddle your own Canoe or Kayak. All this and much more at the family activity days.

**Wednesday 12th August | 11am – 3:30pm | £7.50 for the day**

Email: oakchallenge@aol.com | Mobile: 0799 993 2963



### Multi-sports Activity Session

Come along with the whole family and join us for an afternoon of fun activities including multi sports, arts & crafts plus much more.

**Wednesday 12th August | 12:30pm – 3:30pm | £2.50 or £5 for the family**

Congleton Leisure Centre, Worrall Street, Congleton, CW12 1DT  
Siblings welcome

Week 3

Monday 10th August – Sunday 16th August



### Graffiti Arts

Come along and produce some unique and creative art work.

**Thursday 13th August | 10am - 1pm | £6 per person**

Venue to be confirmed in Macclesfield area



### Crewe Bowling and a Burger

Join your friends for a game of bowling and enjoy a meal afterwards.

**Thursday 13th August | 11am – 1pm | £6.50**

MFA Bowling, Phoenix Leisure Park, Dunwoody Way, Crewe, CW1 3AJ  
Places are limited so please call Friends for Leisure to book your place.



### Chat, Chill and Play

This is a parent and child session (8-18yrs) where parents can chat over a coffee while their child plays with equipment at Shavington. We have a swing, climbing wall, sandpit and bikes.

**Friday 14th August | 10am – 1pm | £2**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP  
For more information contact Tori 07743341981



### Multi-sports Activity Session

Come along with the whole family and join us for an afternoon of fun activities including multi sports, arts & crafts plus much more. Siblings welcome.

**Friday 14th August | 12:30pm – 3:30pm | £2.50 or £5 for the family**

Knutsford Leisure Centre, Westfield Drive, Knutsford, WA16 0BL



### Trearddur Bay, Anglesey

Have a go at sea kayaking in North Wales, join our walking leaders as you explore the cliffs and sheltered coves along the coast. The highlight of the camp is the BBQ and Talent show on the Saturday evening and the morning briefing times.

**Friday 14th August – Sunday 16th August**

Email: oakchallenge@aol.com | Mobile: 0799 993 2963



Week 4

Monday 17th August – Sunday 23rd August



### Build a Scarecrow

Use your imagination to build a scarecrow with your friends to be displayed at the FFL Celebration Event.

**Monday 17th August | 10am – 12pm | £4**

Trinity Church Hall, Wagg Street, Congleton, CW12 4BA

Places are limited so please call Friends for Leisure to book your place.



### Sports Day

We will have sports day on the field, football, table tennis, cricket and rounders. Inside there will be giant zorbes and the big ball with a range of games and activities all day.

**Tuesday 18th August | 10am – 3pm | £7.50**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP

For more information please contact Tori on 07743341981



### Oakhanger Project A4A – Activities for All

Build your own Shelter; Paddle your own Canoe or Kayak. All this and much more at the family activity days

**Wednesday 19th August | 11am – 3:30pm | £7.50 for the day**

Email: oakchallenge@aol.com | Mobile: 0799 993 2963



Week 4

Monday 17th August – Sunday 23rd August



### Multi-sports Activity Session

Come along with the whole family and join us for an afternoon of fun activities including multi sports, arts & crafts plus much more.

**Wednesday 19th August**

**12:30pm – 3:30pm**

**£2.50 or £5 for the family**

Macclesfield Leisure Centre,

Priory Lane, Macclesfield, SK10 4AF

Siblings welcome



### Sailing

**Thursday 20th August | 10am – 3pm | £30 per person (includes transport)**

Budworth Mere

Pick up points for transport to be confirmed



### Picnic & Games at Queen's Park

Come and play a variety of games with your friends. Bring your own sandwiches and we will provide a drink and snack.

**Thursday 20th August | 11am – 1pm | £3**

(Discounts available if siblings attend – please ask for more details)

Queen's Park, Victoria Avenue, Crewe, CW2 7SE

Places are limited so please call Friends for Leisure to book your place.



### Chat, Chill and Play

This is a parent and child session (8-18yrs) where parents can chat over a coffee while their child plays with equipment at Shavington. We have a swing, climbing wall, sandpit and bikes.

**Friday 21st August | 10am – 1pm | £2**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP

For more information contact Tori 07743341981



Week 5

Monday 24th August – Tuesday 1st September



### Wacky Woods

Come and have a go at the wacky wood adventure with your friends; make a pizza on a campfire, toast marshmallows with your friends and get arty in the natural environment, plus lots more outdoor fun!

**Monday 24th August | 11am – 12:30pm | £6**

Styperson Quarry Woods, Brookledge Lane, Macclesfield, SK10 4JX  
Please wear long trousers, a long-sleeved top and either walking boots or wellington boots. Places are limited so please call Friends for Leisure to book your place.



### Transport Day

We will have a transport theme with a make a boat and float it challenge, cycling at Wythenshawe a trip on the Audlum lass, transport themed arts and crafts.

**Thursday 25th August | 10am – 3pm | £7.50**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP  
For more information please contact Tori on 07743341981



### Oakhanger Project A4A – Activities for All

Build your own Shelter; Paddle your own Canoe or Kayak. All this and much more at the family activity days

**Wednesday 26th August | 11am – 3:30pm | £7.50 for the day**

Email: oakchallenge@aol.com | Mobile: 0799 993 2963



Week 5

August – Tuesday 1st September



### Football

Learn some football skills with training from Cheshire Blades and have a match against your friends.

**Thursday 27th August | 1pm – 3pm | £3**

Congleton Town Football Club, Booth Street, Congleton, CW12 4DG  
Places are limited so please call Friends for Leisure to book your place.



### Chat, Chill and Play

This is a parent and child session (8-18yrs) where parents can chat over a coffee while their child plays with equipment at Shavington. We have a swing, climbing wall, sandpit and bikes.

**Friday 28th August | 10am – 1pm | £2**

Shavington Youth Club, 140 Main Road Shavington, Crewe, CW2 5DP  
For more information contact Tori 07743341981



### End of Summer Celebration

Come along and celebrate the end of summer having fun with friends. Cookery, arts and crafts, sports and games.

**Tuesday 1st September | 10am - 3pm | £7.50**

Shavington Youth Club, 140 Main Road, Shavington, Crewe, CW2 5DP  
For more information please contact Tori on 07743341981



# Activity Planner

Please complete the planner with all of the activities that you would like to attend.

Name

---

Week 1

---

---

---

Week 2

---

---

---

Week 3

---

---

---

Week 4

---

---

---

Week 5

---

---

---