



ADULT LEISURE ACTIVITIES

For young people (minimum age 18) and adults with complex and additional needs.



Fully supervised social and physical group activities.

Daytime Groups

Monday Social Group -weekly **Approx 10am - 3pm**

Our Monday group enjoy a wide range of physical and social activities. A home pick up and drop off service is available. Activities include climbing, cycling, days out at the beach and much more.

Pickups available from 9.00am
Drop offs from 3.00pm.

Cost From £60

Tuesday Social and Activity Group - weekly **Approx 10am – 3pm.**

The group take part in all-abilities walks around parks and gardens in the area and also a range of laid back and social activities. A home pick up and drop off service is available.

Pickups from 9.00am.
Drop offs from 3.00pm.

Cost £60

Wednesday Social Group - weekly **Approx 10am - 3pm**

A very relaxed social group undertaking a wide range of leisurely activities. A home pick up and drop off service is available. Activities include all-abilities cycling, bowling, visits to stately homes, tea dances and museums.

Pickups from 9.00am.
Drop offs from 3.00pm.

Cost £60

Thursday Social and Activity Group - weekly **10.00am – 3.00pm**

A weekly group undertaking low level walks and a mix of laid back social activities, aimed at those with limited ability or energy. Fully supported by staff and volunteers. Meet in central Stockport.

Meet in central Stockport. **Cost £50**

Friday Stepping Out - weekly **10am – 3pm**

A group for all abilities; all abilities cycling in the morning and a low level walk in the afternoon. Meet at Granville House, Heaton Moor.

Cost £50

Saturday Hill Walking - fortnightly **10am – 4pm**

A full day out on a good length country walk, some uphill stretches – usually a route of around 6 miles. Meet in central Stockport

Cost £50

Saturday Social and Activity Group **fortnightly, 10am – 4pm -**

Sessions alternate between skiing (or snow tubing for the less adventurous) and other exciting outdoor activities, such as climbing, cycling and pedal karting. Activities vary from season to season. Meet in central Stockport.

Cost £50

Sunday Walking - fortnightly **10am - 2pm**

There is an optional home pick up available with this service – the drop off is in central Stockport after the walk. The walks are gentle low level routes suitable for those with limited mobility. Home pick ups only from 9.00am

Cost £50

Evening Groups

Wednesday Adult Outdoor Group - fortnightly **6 – 9pm**

A varied timetable of adventurous activities and outdoor pursuits for young adults. Activities include archery, target shooting, bowling, climbing and much more. The timetable varies according to season. Meet on St Thomas's Place, opposite Stockport College.

Cost £30

Thursday Adult Outdoor Group - weekly **6 – 9pm**

A lively weekly group with a varied timetable of adventurous activities and outdoor pursuits for young adults. Activities include canoeing, snowboarding, climbing, archery and much more.

The timetable varies according to season. Meet on St Thomas's Place, opposite Stockport College.

Cost £30

For further information on any of our activity groups call our friendly customer pathway team.

T: 0161 432 1248 (Option 1) Code: ALG0417)

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