

## Creative Day Opportunities

**Now available**

Sessions will be tailored to the Individual to maximize their outcomes

**“Let’s get started”**

If your outcomes are to achieve basic or build on existing skills in the following areas:-

Survival Cookery  
Numeracy & Literacy  
Basics in Baking  
IT skills  
Getting into work

**“Active and Able”**

If your outcomes are to start, maintain or improve your health and fitness by accessing the following:-

Swimming                      Gym  
Boxercise                      Zumba

Use of sports hall to include a variety of sports games.  
Walking Group

**“Explore and Experience”**

Accessing the following sessions if your outcomes are to develop and experience community living skills and travel training will be:-

Days out and about, Use of community facilities,  
Night Owls

**“Creative Images”**

If your outcome is to develop your creative skills then these sessions are available

Photography, Film Making, Media  
Card making for sale to the general public  
Creative crafts  
Relaxation & Reminiscence

The cost for a day at Creative Choices will include all travel during the day, plus pick up and drop off at home, materials for activities and hot & cold drinks.

Excluded in the costs are any admission fees to external activities, use of public transport and cooking. Lunch is not provided but clients can bring their own or we can order.

We are also able offer a one to one service or a mix and match package which can include both a day service and a one to one service.

Please contact us for more information on costs.

For any enquiries or further information contact

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Or see our website where you can contact us and download forms

[www.creativechoicescic.co.uk](http://www.creativechoicescic.co.uk)