



**WE ALSO PROVIDE SATURDAY SUPPORT IN THE FORM OF WEEKLY ROADTRIPS!**

Saturday Roadtrips every weekend to destinations outside of Nottinghamshire! Venues include Skegness, Yorkshire Wildlife Park, Leeds Arcade Club, Newark Riverboat Cruise, Laser Quest, Trainspotting, Crich Trams, Peak District Hikes and many more!

**4-weekly activity rota | Updated: Apr 2026**

	WEEK	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>MORNINGS</b>  9am-1:30pm	WK1	Country Park Wander & Pub Lunch Social	Group 1) Mellish Gym & Car showroom / Packed Lunch Group 2) Café Breakfast Social & Little Town Wander	Small Group Mindfulness Sessions: Cafes & Retail Parks	"Rackets" Badminton & Table Tennis / Horse & Groom Pub Drink afterwards	Nature Walk Group & Dog Spotting! / Packed Lunch
	WK2	Sports & Leisure: Mini golf, Bowling, Arcades / Packed Lunch	Group 1) Waterside Walk & Pub Lunch Group 2) Nature Walk & Pub Lunch	Small Group Mindfulness Sessions: Cafes & Retail Parks	"Rackets" Badminton & Table Tennis / Horse & Groom Pub Drink afterwards	Nature Walk Group & Dog Spotting! / Packed Lunch
	WK3	Tram Adventure! Travel Training: Beeston, Highfields, Town / Packed Lunch	Group 1) Victoria Baths Swimming / Packed lunch Group 2) 5k Walk / Packed Lunch	Small Group Mindfulness Sessions: Cafes & Retail Parks OR Classic Car Showroom <b>NEW!!!</b>	"Rackets" Badminton & Table Tennis / Horse & Groom Pub Drink afterwards	Nature Walk Group & Dog Spotting! / Packed Lunch
	WK4	Wildlife & Farm Parks / Packed Lunch	Groups Combine! Mellish Sports Centre: Badminton, Table Tennis, Gym & then Bulwell Hall Park & Café Lunch Social	Small Group Mindfulness Sessions: Cafes & Retail Parks	"Rackets" Badminton & Table Tennis / Horse & Groom Pub Drink afterwards	Nature Walk Group & Dog Spotting! / Packed Lunch
<b>AFTERNOONS</b>  2pm-5pm	WK1	Ken Martin Ladies swim OR Cinema Club <b>NEW!!!</b>	Group 1) Spot On Leisure Pool & Darts Social Group 2) Stop Motion Animation Project / WarHammer World <b>NEW!!!</b>	Garden Centre or Car Showroom Café Social	Group 1) Ken Martin Swimming Baths & Packed Lunch Group 2) Café Lunch Social	Mellish Sports Centre: Gym, Table Tennis OR Arts & Crafts then Friday End of the Week Drink!
	WK2	Small Group, Dedicated Life Skills Session / Community Life skills <b>NEW!!!</b>	Group 1) Spot On Leisure Pool & Darts Social Group 2) Stop Motion Animation Project / WarHammer World <b>NEW!!!</b>	High Street Shops / Retail Park / Small Town & Café Social	Group 1) Spot On Leisure Pool & Darts Social then Packed Lunch Group 2) Café Lunch Social	Mellish Sports Centre: Gym, Table Tennis OR Arts & Crafts then Friday End of the Week Drink!
	WK3	Small Group, Dedicated Life Skills Session / Community Life skills <b>NEW!!!</b>	Group 1) Spot On Leisure Pool & Darts Social Group 2) Stop Motion Animation Project / WarHammer World <b>NEW!!!</b>	Wildlife & Farm Parks	Group 1) Nature Walk then Packed Lunch Group 2) Café Lunch Social	Mellish Sports Centre: Gym, Table Tennis OR Arts & Crafts then Friday End of the Week Drink!
	WK4	Monday Pool & Darts Social <b>NEW!!!</b>	Group 1) Spot On Leisure Pool & Darts Social Group 2) Stop Motion Animation Project / WarHammer World <b>NEW!!!</b>	Sports and Recreation OR Arts & Crafts	Group 1) Pub Canvery Group 2) Café Lunch Social	Mellish Sports Centre: Gym, Table Tennis OR Arts & Crafts then Friday End of the Week Drink!
<b>EVENINGS</b>  5pm onwards	WK1			Karaoke & McDonalds	Gamston Village Hall Evening Meal!: Food Shop, Meal Prep, Cooking, Cleaning Life Skills & PS4 Gaming, Karaoke, Boardgames, DVDs Post Meal Entertainment <b>NEW!!!</b>	
	WK2	Mansfield Disco (Approx every 2 months)	Occasional Pub Social Champions League Football / International Football Matches	IKEA Meal Social & Lap of the Showroom!	Gamston Village Hall Evening Meal!: Food Shop, Meal Prep, Cooking, Cleaning Life Skills & PS4 Gaming, Karaoke, Boardgames, DVDs Post Meal Entertainment <b>NEW!!!</b>	
	WK3			Tenpin Bowling & McDonalds	Gamston Village Hall Evening Meal!: Food Shop, Meal Prep, Cooking, Cleaning Life Skills & PS4 Gaming, Karaoke, Boardgames, DVDs Post Meal Entertainment <b>NEW!!!</b>	
	WK4			Pub Meal Social (Different locations each week)	Gamston Village Hall Evening Meal!: Food Shop, Meal Prep, Cooking, Cleaning Life Skills & PS4 Gaming, Karaoke, Boardgames, DVDs Post Meal Entertainment <b>NEW!!!</b>	