



Weekly Sessions 2024/2025 | 4 week rotation of activities...

SATURDAYS!

Saturday road trips every week!

	WEEK	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
MORNINGS 9am-1:30pm	WK1	Country Park Wander / Pub Lunch Social	1) Gym / Car showroom / Pakistan Centre Lunch 2) Café Breakfast / Little Town Wander	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	1) Walking Group / Packed Lunch 2) Projects and Collaborations
	WK2	Tram adventure (Travel training) Beeston arts or Highfields / Packed Lunch	1) Waterside Walk and Pub Lunch 2) Country Park and Pub Lunch	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	1) Walking Group / Packed Lunch 2) Projects and Collaborations
	WK3	Fun & Games (Bowling/Arcades/Golf) / Packed Lunch	1) Gym / Old Buildings / Packed Lunch 2) The Big Walk / Packed Lunch	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	1) Walking Group / Packed Lunch 2) Projects and Collaborations
	WK4	Animals / Nature / Farm Parks / Packed Lunch	1) Mellish Sports / Bulwell Hall Park and Café lunch 2) The same!	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	1) Walking Group / Packed Lunch 2) Projects and Collaborations
AFTERNOONS 2pm-5pm	WK1	Staff Training / supervision	1) Pool and Snooker social 2) Beeston Resource Centre Arts and Crafts	Garden Centre / Local Farm Park / Café snacks	1) Harvey Haddon Swim 2) Pool social / Packed Lunch	Mellish gym / Table Tennis / Pub Social
	WK2	Staff Training / supervision	1) Pool and Snooker social 2) Warhammer Arts and Crafts	Little Town Wander / Shops / Café snacks	1) Ramsdale Golf / Patchings Cafe / Packed Lunch 2) The same!	Mellish gym / Table Tennis / Pub Social
	WK3	Staff Training / supervision	1) Pool and Snooker social 2) Beeston Marina Arts and Crafts	Animal Park Week / Café snacks	1) Harvey Haddon Swim 2) Walk / Packed Lunch	Mellish gym / Table Tennis / Pub Social
	WK4	Staff Training / supervision	1) Pool and Snooker social 2) Warhammer Arts and Crafts	Little Town Wander / Shops / Café snacks	1) Carvery Week 2) The same!	Mellish gym / Table Tennis / Pub Social
EVENINGS 5pm onwards	WK1			Karaoke / McDonalds	Gamston Village Hall Activities / Dinner	
	2	Mansfield Disco / Approx once a month	Occasional Pub Social Champions League Football	Pub Meal Social	Gamston Village Hall Activities / Dinner	Occasional Music Gigs
	3			Tenpin Bowling / McDonalds	Gamston Village Hall Activities / Dinner	
	4			Town Centre Meal or IKEA Meal Social	Gamston Village Hall Activities / Dinner	