

LIST OF WEEKLY ACTIVITIES for those with LEARNING DISABILITIES AND HOW TO GET THERE

The buses which go past the place where the activities are held at the time you need, are written underneath each activity in blue

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Arts and Craft 9.00am – 4.30pm Greenfields Community Centre Green Lane, Blackburn, BB 4SR £48, full at present</p> <p>Bus No. 5A/5C Bus No. 4 Bus No. 24 - (stop along Livesey Branch Rd)</p>	<p>Arts and Craft 9.00am – 4.30pm Greenfields Community Centre Green Lane, Blackburn, BB2 4SR £48, full at present</p> <p>Bus No. 5A/5C Bus No. 4 Bus No. 24 - (stops along Livesey Branch Rd)</p>	<p>Information Technology 9.00am – 12.30pm Greenfields Community Centre Green Lane, Blackburn, BB2 4SR £25, full at present</p> <p>Bus No. 5A/5C Bus No. 4 Bus No. 24 - (stops along Livesey Branch Rd)</p>	<p>Dance through Movement 9.00am – 4.30pm Greenfields Community Centre Green Lane, Blackburn, BB2 4SR £20, full at present</p> <p>Bus No. 5A/5C Bus No. 4 Bus No. 24 - (stops along Livesey Branch Rd)</p>	<p>Information Technology 9.00am – 4.30pm Greenfields Community Centre Green Lane, Blackburn, BB2 4SR £48, full at present</p> <p>Bus No. 5A/5C Bus No. 4 Bus No. 24 - (stops along Livesey Branch Rd)</p>
	<p>Dance and Movement 2.00pm – 4.30pm Greenfields Community Centre Green Lane, Blackburn, BB2 4SR £20, full at present</p> <p>Bus No. 5A/5C Bus No. 4 Bus No. 24 – (stops along Livesey Branch Rd)</p>		<p>Dance Syndrome 10.30am – 12.00 noon Dancer led, disability inspired New Era Complex, Paradise Street, Accrington, BB5 1PB £1 Contact Dawn 07875 128015</p> <p>Bus No. 6 or 6A going to there Bus No. 7 or 7A leaving there (stop Blackburn Road, opposite Eagle Street, Accrington)</p>	<p>Shine Group 10.30am - 2.30pm Ivy St. Community Centre Ivy Close Blackburn, BB2 3RR £5 full day / £2.50 half day</p> <p>Bus No. 24 Bus No. 12 Bus No. 1 Bus No. 223</p>

<p>Fun, Fit and Food 10.00am – 3.00pm Cook & eat, walking, dancing, arts & crafts Elysium 1 Barnmeadow Lane Great Harwood, BB6 7AB Entrance on Reed Street. £15 includes lunch Contact Heather 07960 428702</p> <p>Bus No. 6 or 6A going to there from Blackburn Bus No. 7 or 7A leaving there going back to Blackburn Bus stops on Queen Street, opposite Barnmeadow Lane</p>		<p>East Lancs Social Inclusion - ELSI 6.30pm – 9.15pm St. Albans Social Centre, Larkhill, BB1 6HN Tel: 01254 728642 07818465491 Email:michaelsutton2000@yahoo. co.uk Disco/live music/bingo/pool/darts/ karaoke £1 per visit</p> <p>Bus No. 3/3A Bus No. 5A/5C Bus No. 22</p>	<p>Sliding Doors – social afternoon 1.00pm - 3.00pm Accrington Road Community Centre Accrington Road, Blackburn, BB1 1AQ £1.00</p> <p>Bus No. 6 Bus No. 7 Bus No. X41</p>	
			<p>Peter Pan Social Group Poplar Social Club Wellington St Accrington BB5 2NJ 01254 231280</p> <p>Bus No. 67 Bus No. X41</p>	<p>Motivate Fridays A relaxed walk on a Friday afternoon which meets at Audley Sports Centre at 12.45pm. Please contact Matthew Leaver on 07837 921649 for more information on this walk</p> <p>Bus No. 2</p>

			<p>Sliding Doors 6.30pm – 8.30pm Blues Bar Blackburn Rover Football Club Ewood BB2 4JF</p> <p>Bus No. 1 Bus No. 24</p>	<p>Chill and Chat Group Your Support Your Choice Town Hall Street, Blackburn BB2 1AG 2.00pm – 3.30pm £1 per visit</p>
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- My Step Up, Brownhill Farm – paid for service.
- Motivate run a wide range of activities. Trampers are also available for use in the park, Monday-Friday am; Tuesday, Wednesday, Friday pm; Wednesday, Thursday evenings May – September. Ring for an induction. Wellbeing Hub 01254 682037. Beez card is required.
- The Connect Project can arrange a cycling session in Witton Park, lots of bikes available – trampers, bikes, trikes, disabled bikes. You can borrow the bike and the helmet. Visit includes refreshments. It is free through Connect and re:refresh. Daytime, by arrangement. Information flyer is available. Beez card is required. 01254 588814.
- The Connect Project can arrange an easy paced walk in Witton Park. Ideal for those who want to walk at a really easy pace, you can sit along the way if you need to, or walk just as far as you want to. Visit includes refreshments. It is free through Connect. Daytime, by arrangement. Information flyer is available. (No Beez card is required) 01254 588814.
- The Connect Project can offer an Introduction of Bus Travel to encourage service users to be able to travel independently or to travel confidently further afield out of Blackburn and Darwen. Ask for the flyer for more information. 01254 588814.