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

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Arts and Craft  9.00am – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB 4SR  £48, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 -  (stop along Livesey Branch Rd) | Arts and Craft  9.00am – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £48, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 -  (stops along Livesey Branch Rd) | Information Technology  9.00am – 12.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £25, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 -  (stops along Livesey Branch Rd) | Dance through Movement  9.00am – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £20, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 -  (stops along Livesey Branch Rd) | Information Technology  9.00am – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £48, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 -  (stops along Livesey Branch Rd) |
|  | Music and Karoke  10.00am – 12.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £3.00 (carers free)  Bus No. 5A/5C  Bus No. 4  Bus No. 24 –  (stops along Livesey Branch Rd) | Sensory Music  10.00am – 12.30pm  For those with complex needs  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £4.00  Bus No. 5A/5C  Bus No. 4  Bus No. 24 -  (stops along Livesey Branch Rd) | Information Technology  9.00am – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £48, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 –  (stops along Livesey Branch Rd) | Drama  9.00am – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £48, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 –  (stops along Livesey Branch Rd) |
|  | Dance and Movement  2.00pm – 4.30pm  Greenfields Community Centre  Green Lane, Blackburn, BB2 4SR  £20, full at present  Bus No. 5A/5C  Bus No. 4  Bus No. 24 –  (stops along Livesey Branch Rd) | Curiosity Club – art, craft, social  9.30am - 11.45am  The Energy Zone  Newfield Drive, Blackburn,  BB2 3UA  £4 includes tea and toast  Extra £1.50 if staying for lunch  Bus No. 2 | Sliding Doors – social afternoon  1.00pm - 3.00pm  Accrington Road Community Centre  Accrington Road, Blackburn,  BB1 1AQ  £1.00  Bus No. 6  Bus No. 7  Bus No. X41 | Shine Group  10.30am - 2.30pm  Ivy St. Community Centre  Ivy Close  Blackburn  BB2 3RR  £5 full day / £2.50 half day  Bus No. 24  Bus No. 12  Bus No. 1  Bus No. 223 |
|  |  | East Lancs Social Inclusion - ELSI  6.30pm – 9.15pm  St. Albans Social Centre,  Larkhill, BB1 6HN  [Tel: 01254](Tel:01254) 728642  07818465491  Email:michaelsutton2000@yahoo.co.uk  Disco/live music/bingo/pool/darts/ karaoke  £1 per visit  Bus No. 3/3A  Bus No. 5A/5C  Bus No. 22 | Sliding Doors  6.30pm – 8.30pm  Blues Bar  Blackburn Rover Football Club  Ewood  BB2 4JF  Bus No. 1  Bus No. 24 | Social Group  1.00pm -3.00pm  The Energy Zone  Newfield Drive, Blackburn,  BB2 3UA  £5.00 includes tea and toast  Bus No. 2 |
|  |  |  | Peter Pan Social Group  Poplar Social Club  Wellington St  Accrington  BB5 2NJ  01254 231280  Bus No. 67  Bus No. X41 | 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  Bus No. 2  Chill and Chat Group  Your Support Your Choice  Town Hall Street, Blackburn  BB2 1AG  2.00pm – 3.30pm  £1 per visit |

* My Step Up, Brownhill Farm – paid for service.
* All Together Club and Ivy St. Community Centre have an allotment linked to Ivy St. Community Centre 01254 55977.
* 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:fresh. 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. 01254 588814.