



Mayfair's 44Bs Activity Menu

For adults with learning disabilities or autism



Get Cooking!

Group cookery sessions in Mayfair's fully accessible kitchen, promoting healthy eating, cookery skills and sociable eating.



Get Creative!

Themed Arts and Crafts
Fortnightly visit to the library.
Work experience within Mayfair



Build Life Skills!

Opportunity for practical tasks such as personal shopping, paying bills as well as getting the food for cookery.



Get out and about!

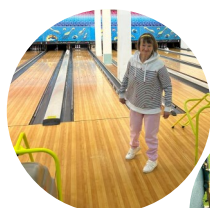
Litter picking - Doing our bit for the community.
Sampling sports like croquet, crazy golf, pétanque, bowls, Cook, chat, chill and colour.



Have fun!

Monthly film club with fish and chips. Monthly yoga. Shows, walks and outings, including visits to other groups for social events.

Be part of the community EVERY DAY



Travel training
Road safety



Supported work placements within Mayfair or elsewhere in the town

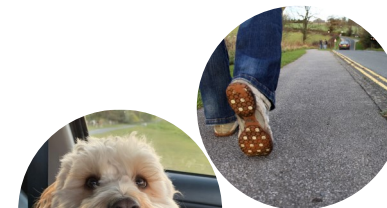


Exercise classes
Singing group



Wellbeing skills
Baking and lite bite cooking
Attend appointments such as chiropody, hairdresser....
Personal shopping
Socialise Share ideas and have fun

Local walks
Dog & nature walks
Social activities with other centres/services and friends
Your choice! If you want to try something else, chat to us and we'll see if we can make it happen



to try
us and we'll see if we can

friends

To find out more, contact Helen Crumpton or the 44Bs team on 01694 722077
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