

How to apply



1, Ring to find out about spare places...

(Or to tell us if you would like to come on a different day!).



2, Visit the drop-in.



3, Fill in a form & find out how much it will cost for you to attend.

Welcome!



4, If you're happy - get started!



For more info ring

Toni on:

01535 609506



Charity No: 1090144

Action Point Community Support Services

23 Temple Row

Keighley

BD21 2AH

Phone: 01535 609506

E-mail: toni@actionpoint.uk

Or: admin@actionpoint.uk

Web: www.actionpoint.uk



Social and recreational group for adults with learning disabilities

'Leisure Link' is managed by Action Point Community Support Services.



It is a social group for adults who have a learning disability.



The group runs on a

Monday, Tuesday and Friday 10:00 - 3pm



and is based at Temple Row in Keighley.



Our Aim



Our aim is to provide a variety of enjoyable activities that meet the wants and needs of each person.

Each week, the project provides a safe and secure environment for members, enabling them to meet up and take part in a wide variety of activities of their choice.

With the support of staff and volunteers, the members are enabled to

- develop social skills,
- demonstrate creativity,
- Improve physical health,
- learn practical skills &
- gain new experiences

Activities

Members choose what activities they would like to do, examples include:-

- Arts and Crafts



- Computers



- Dancing



- Group Games



- Day trips



- Cooking & Baking



- Exercise and fitness



- Karaoke



- Sensory Room

- Tai Chi



Fees are calculated depending on the level

Fees



We are an approved provider for Bradford Council so our fees reflect their agreed session rate.

If you need any more information please don't hesitate to contact:



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01535 609506

toni@actionpoint.uk

We are look forward to hearing from you!



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