

FRIDAY



**The LIFE Project Programme – April 2026
9.30am – 3.30pm Activity Room Parkside**



Life Skill Focus: Accessing Local Community Services Safely

DATE	MORNING	AFTERNOON
10th April	<p>May programme planning, Setting SMART targets</p> <p>Practicing money safety skills by independently paying for items needed for the Life Project and checking that the change received is correct</p> <p>Practicing the Green Cross Code walk safely to Tices Nature reserve</p>	<p>Swimming at Aldershot Pools</p> <p>Explore what safety equipment is available and who would help if you were hurt or in danger</p> <p>Zumba with Smiley Jo</p>
LP PLUS GROUP A		
17th April	<p>At the groups chosen Heritage Trail, the group will review the map and choose a route, followed by a discussion on what to do if they were to get lost</p> <p>Practicing the Green Cross Code walk safely to Tices Nature reserve</p>	<p>Picnic lunch</p> <p>Practicing our safety awareness whilst walking around the chosen Heritage trail</p> <p>Zumba with Smiley Jo</p>
LP PLUS GROUP B		
24th April	<p>Practicing the Green Cross Code walk to Manor Park. Discussion around how to stay safe whilst playing sports in the community</p> <p>Practicing our safety skills whilst playing Tennis</p> <p>Practicing the Green Cross Code walk safely to Tices Nature reserve</p>	<p>Picnic lunch</p> <p>Practice our safety skills whilst walking around the Pond and exploring what is in place to help keep us safe</p> <p>Zumba with Smiley Jo</p>
LP PLUS GROUP C		
1st May	<p>Review SMART targets</p> <p>Discuss what we have learnt this month. To celebrate vote on a group activity for this afternoon</p>	<p>Enjoy chosen Group activity together</p> <p>***Shopping for SMART target rewards***</p>

For each session bring sun cream and a packed lunch unless stated otherwise, plus your £5 Activity Fee

For any comments suggestions or queries regarding the activity programme please contact the Club Leader, Leanne Court or Jade Letham or the Deputy Manager, Angie Morris Tel: 01252 313103 or email Leanne.court@parksideldershot.co.uk or jade.letham@parksideldershot.co.uk or angie.morris@parksideldershot.co.uk