



MONDAY

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



Life Skill Focus: Accessing Local Community Services Safely

DATE	MORNING	AFTERNOON
6 th April	Closed for Bank Holiday	
13 th April LP PLUS GROUP A	<p>May programme planning, Setting SMART targets Purchase Easter eggs whilst keeping our money safe, followed by an Easter egg hunt in the park</p> <p>Practising the Green Cross Code to walk safely to Brickfields Park</p>	<p>Swimming at Aldershot Pools</p> <p>Zumba with Smiley Jo</p>
20 th April LP PLUS GROUP B	<p>Shopping for items to have a picnic whilst keeping ourselves and our money safe in the community No Packed lunch required</p> <p>Practising the Green Cross Code to walk safely to Brickfields Park</p>	<p>Visit groups chosen venue. As a group risk access the venue ready for a picnic and an afternoon of games</p> <p>Zumba with Smiley Jo</p>
27 th April LP PLUS GROUP C	<p>Review SMART targets</p> <p>Practise the Green Cross code during a visit to Frimley Lodge Park for a walk and a game of football</p> <p>Practising the Green Cross whilst walking safely to Brickfields Park</p>	<p>Purchase an ice cream at the café independently whilst keeping our money safe</p> <p>*** Shopping for SMART target rewards ***</p> <p>Zumba with Smiley Jo</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