



Thursday

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



Life Skill Focus: Accessing Local Community Services Safely

DATE	MORNING	AFTERNOON
9th April	<p>May programme planning</p> <p>Setting SMART targets</p> <p>Visit Virginia Waters to practice our safety skills whilst walking around the lake</p> <p>Picnic lunch</p>	<p>Discussion around how to stay safe whilst playing sports. Locate any safety equipment available to the public</p> <p>Practice our safety skills whilst playing football at Virginia waters</p>
16th April	<p>A visit to Squires Garden centre</p> <p>By exploring it, as a group spot risks, understand how injuries might happen, and think about what first aid might be needed.</p>	<p>Group discussion about what to do if someone injures themselves whilst accessing the community and who to call for help</p> <p>Playing Tennis at Manor Park</p>
23rd April	<p>Catch the bus to the groups chosen town to practice our safety knowledge whilst using public transport</p>	<p>Purchase a drink or snack in the groups chosen Café whilst practicing keeping our money safe</p>
30th April	<p>Catch the train to Woking to practise our safety knowledge and explore who we can approach for help whilst accessing the train</p>	<p>Practicing the Green Cross Code in Woking town centre</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