



Wednesday



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

Life Skill Focus: Accessing Local Community Services Safely

DATE	MORNING	AFTERNOON
8th April	<p>May programme planning</p> <p>Setting SMART targets</p> <p>The group to choose the safest route to walk to Aldershot Library and then choose a book to look at</p>	<p>Trip to The Princes Hall to watch 'Tom Gates Epic Stage Show'</p>
15th April	<p>Group discussion around how to stay safe whilst playing sports</p> <p>Practicing our safety skills whilst playing Basketball at Farnham Leisure Centre</p>	<p>Practice how to keep our money safe whilst shopping for ingredients</p> <p>Cooking Scones at Parkside</p>
22nd April	<p>Catch the bus to Farnham to practice our safety knowledge whilst accessing buses</p> <p>Picnic lunch at Gostry Meadows</p>	<p>The group to choose the safest route for a relaxing walk along the River Wey</p>
29th April	<p>Review SMART targets</p> <p>Visit 'Feathers and Fur Falconry Centre' in Bracknell.</p> <p>Whilst exploring, as a group spot risks, understand how injuries might happen, and think about what first aid might be needed.</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, Mandy Wickins or the Deputy Manager, Angie Morris Tel: 01252 313103 or email Mandy.wickins@parksidealdershot.co.uk or angie.morris@parksidealdershot.co.uk