

## Leisure Time

A fun and friendly group for people with disabilities, ( for example, Learning Disabilities, Autism ) .

Time and day: Friday mornings 10.30-12.30      Price: £3.00 ( carers free )

Age range: Adults ( flexible, please ask for details )

Venue: Concord Sports Centre, Shiregreen Lane, Sheffield S5 6AE

### About the session:

Our bouncy castle and sensory rooms are now open !

We also have various activities such as football, badminton, table tennis, and cricket.

It is a relaxed space where participants can do as little or as much as you want and you are also welcome to bring new ideas e.g. games to share.

Our activities are ideal to take time out, chat and make friends.

The building is fully accessible, also hot and cold drinks and confectionery can be bought.



### My Story:

My name is Grace and I have been a participant at Leisure Time and other similar sessions since 1999 and also act as participant representative.

There have been numerous benefits through attending these sessions.

We would love more people to attend and make new friends. I am there every Friday and newcomers are always welcome.

For further information feel free to get in touch

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Alternatively you can contact the management:

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Activity coach: [gemmawilliamson18@btinternet.com](mailto:gemmawilliamson18@btinternet.com)

Occasionally there are changes to our sessions. Please get in touch for details.

