



FREE!

Aged between 18 and 25?
Have **Cerebral Palsy** or a similar condition?

Fun, health and wellbeing sessions

Why not come along and try our **FREE** taster sessions on Thursdays 11th, 18th & 25th August 2016?
1.30pm to 3.30pm

'Crafting' Make a present for a friend (or yourself!)

Novelty Cake Baking

Get fit and improve your health

We aim to

- Increase your confidence and knowledge
- Develop your independent living skills
- Support your learning for life
- Improve your fitness and co-ordination
- Create a fun, challenging and motivating environment in which you can thrive

Please get in touch if you want to find out about our daily activities designed for a range of abilities, our craft enterprise and/or NOCN Pathways to Adulthood

TO BOOK FREE TASTER SESSIONS

email info@pacesheffield.org.uk or call 0114 2844488

We will offer information, advice and guidance to you; your family members and other supporters too. Contact us to find out more.

Visit us

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