



A Typical Day at Thrive



9:30am

Welcome and social time

A calm start to the day, helping members settle in and connect with others.



10am

Morning themed session

Life skills, community activities, healthy lifestyle, digital skills or member-led activities depending on the day.



12pm

Lunch

Members may bring lunch, cook at the Hub or practise independence in the community, depending on the planned activity.



1pm

Personal development session

Life skills, employment skills, digital learning, independent living or community-based activities.



2pm

Healthy Brain Club

Time to support wellbeing, focus and confidence.



2:30pm

Free time and socialisation

A chance to build friendships and enjoy relaxed time together.



4pm

Home time



Email thrive@dscheshire.org.uk
to enquire about Thrive