



A week at Thrive.

Every day has a clear theme, with practical learning and real-life experiences.



MONDAY — LIFE SKILLS

- Cooking
- Food preparation
- Shopping lists
- Money management
- Budgeting
- Menu choices
- Customer service
- Taking orders
- Working as a team
- Planning community trips
- Using digital skills
- Travel planning



TUESDAY — IN THE COMMUNITY

- Visits to parks and garden centres
- Community outings
- Travel training
- Local shop visits
- Cooking and eating out
- Money management
- Budgeting
- Menu choices
- Soft skills
- Social boundaries
- Developing friendships



WEDNESDAY — HEALTHY LIFESTYLE

- Movement and wellbeing
- Zumba
- Boccia
- Padel tennis
- Walking and outdoor activities
- Cooking
- Healthy eating
- Hydration
- Building confidence



THURSDAY — DIGITAL SKILLS

- Develop skills on Word
- Typing
- Emails
- Phones
- Texting
- Taking photos
- Video calls
- Internet safety
- Digital art
- Plus life skills such as money management, budgeting and menu choices



FRIDAY — FREESTYLE

- Member-led choice
- Cooking
- Zumba
- Crafts
- Community outings
- Friendships
- Social interaction
- Money management
- Budgeting
- Menu choices



COMING UP IN THE NEXT FEW MONTHS



Communi-Tea
Cafe



Grocery
budgeting



Pub lunches to
develop budget skills



Meal
planning



Gardening &
park visits



Fruit tasting &
smoothies



Padel
tennis



Boccia



Zumba



Community trip
planning &
travel planning



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