



ACTIVITY TIMETABLE

@ The Base

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
LIFELONG LEARNING With Jackie 9.45am-11.45am £5	ARTS With Kym 9.30am-12noon £7.50	DRAMA With Leon 9.45am-11.45am £7.50	CRAFTS With Kym 9.30am-12noon £7.50	AEROBICS With Donna 10am-11.30am £5 *Line dance to re-start in Winter.
IMPROVING INDEPENDENCE (Kitchen Skills) With Jackie 1pm-3pm £5	DANCE With Donna 1pm-1.45pm £3 CHAIR BASED EXERCISE With Donna 2pm-3pm £3	IMPROVING INDEPENDENCE (Gardening & environment) With Jackie 1pm-3pm £5	MUSIC THERAPY With Ryan 1pm-1.45pm £5 SING A LONG With Ryan 2pm-2.45pm £5 *£7.50 if attending both sessions.	AFTERNOON TEA (Social Club & Bingo) 1pm-3pm *£3 *Includes brew and cake

The Base is a day care and community centre for adults with learning disabilities. We offer daytime support for services users, daytime respite for families and a varied timetable of activities within our spacious, adapted building.

People are welcome to come along with their own carer or PA. Alternatively, you can commission support from us year round or for college holidays ~

Mondays-Fridays, anytime between 8am-6pm (other days and times by arrangement)

We offer a number of person centred options which can include shared or 1:1 support dependent upon needs and incorporate regular off-site community based activities or on-site life skills sessions.

INDIVIDUAL SUPPORT PACKAGES, TAILORED TO SUIT YOU.

FREE TASTER SESSIONS

SUPPORT COSTS*

1:1 (very high needs)	£17.65per hour
2:1 (high needs)	£9.59 per hour
4:1 (medium needs)	£6.39 per hour
6:1 (low needs)	£4.45 per hour
Lunch	£3.50

Day Rate £72.45

Inclusive of support for low-medium needs, all activity costs and lunch.

Telephone : 01254 883 392

*Fees reviewed each April as per LCC guidelines

The Base (Part of Highfield Services) Queen St . Gt Harwood . BB6 7AT
www.highfieldservices.net . www.facebook.com/thebasegtharwood