



Support Planning and Community Involvement

August 2011

## 'Clubs'

Hello

Welcome to our first information sheet about the Clubs we have set up with partner organisations.

Clubs are made up of members who want to enjoy an activity together.

You may want to join a Club to do the activity or join a Club as a supporter.

There is a worker at each Club that knows how to do the activity and can help you to join in.

If you do not need any support, then you can come along to the Club on your own, if you need support then you need to bring someone with you, this may be a friend, volunteer, your Personal Assistant or Support Worker.

All our Clubs run in venues that are accessible, have a Changing Places facility and café / social area.

We try to use venues that are on good public transport systems, using the tram route where possible.



Clubs are part of our 'Any Other Day' series of activity sessions

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[www.itsmylifeuk.com](http://www.itsmylifeuk.com)

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**Starting from the  
12<sup>th</sup> September 2011**

### **Curling Club**

When: Mondays  
10-00am to 12 noon

Where: iceSheffield

Cost: £5-00

Ice Curling and New Age Curling are both available for you to try.

**Starts Monday 12<sup>th</sup> September 2011**

### **Archery Club**

When: Tuesdays  
10am to 12 noon

Where: Burton Street Hall

Cost: £5-00

Accessible Archery and Crossbow are both available for you to try.

**Starts Tuesday 13<sup>th</sup> September 2011**

### **For More Information Contact:**

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Or visit: [www.itsmylifeuk.com](http://www.itsmylifeuk.com)