

# FOREWARD

45 Minster Road, Scunthorpe, North Lincolnshire, DN15 7EP  
Telephone Number:- (01724) 271381

Registered Charity Number :1154904



Foreward's mission is to “provide the way forward for the disabled community of North Lincolnshire and surrounding areas.

Empowering individuals to a new beginning, a brighter future and a full and enjoyable life.”

Foreward Day Centre is based in Scunthorpe providing day activities for individuals with leaning disabilities.



## About the Service

Based at the Minster Road Centre in Scunthorpe, we offer a variety of courses and activities for adults with learning disabilities from Monday to Friday.

Confidence Building (Building Better Opportunities Project)  
Life Skills (Building Better Opportunities Project)  
Crown Green Bowling  
Health and Wellbeing Classes  
Ten Pin Bowling  
Computers for Discussion  
Pool Knockouts  
Shibashi (Tai Chi)  
Bingo  
Movies  
Arts & Crafts Classes  
Plus much more activities

It does not matter whether you are in receipt of a personal budget or not you can still access the centre for the cost of £31 a day

Transport can be provided at a cost of £4.00 per day if you reside in Scunthorpe or £6.00 per day within North Lincolnshire.

For more information about the service please  
contact the Minster Road Centre on  
Tel; 01724 271381

## Opening Times



**Monday - Friday**

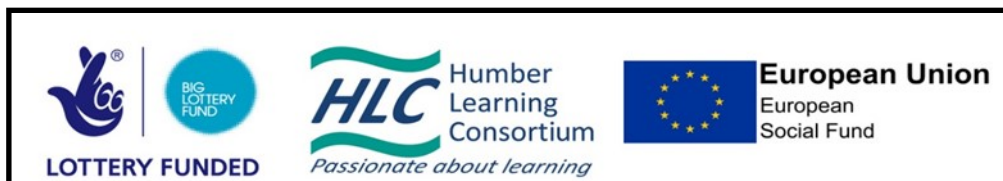
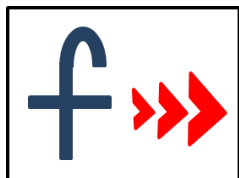
**10:00am – 3:00pm**

***Please Note: The  
centre is not open on  
bank  
holidays.***



**Please feel free to come and visit the centre  
for a guided tour and further information  
about what services Foreward can offer.**

**A member of staff is always available to  
answer your questions.**



# Building Better Opportunities Programme

This programme is part funded by the Big Lottery Fund and the European Social Union through the European Social Fund

## Who can Benefit?

- |                              |                         |           |
|------------------------------|-------------------------|-----------|
| ✓ Legally resident in the UK | ✓ Economically inactive | <b>OR</b> |
| ✓ Aged 25+                   | ✓ Unemployed            |           |

## What can we support you with?

- |                               |                        |
|-------------------------------|------------------------|
| ✓ Job Search/Interview Skills | ✓ Employability Skills |
| ✓ Literacy & Numeracy Skills  | ✓ Computer Skills      |
| ✓ Confidence Building         | ✓ Life Skills          |
| ✓ And much more!              |                        |

We are based in Grimsby and Scunthorpe, for any more information please

contact Lisa Cook on:

(GRIMSBY) 01472 269666 / (SCUNTHORPE) 01724 271381

OR



Visit us at 45 Minster Road, Scunthorpe, DN15 7EP

# Weekly Timetable

Monday	<p>Arts and Crafts</p> <p>Indoor and Outdoor Sporting Activities</p> <p>Computers for Discussion</p>
Tuesday	<p>Sporting Activities</p> <p>Day Trips</p> <p>Football Skills (based in Grimsby)</p> <p>Ten Pin Bowling</p> <p>Rugby (based in Cleethorpes)</p>
Wednesday	<p>Health &amp; Wellbeing</p> <p>Indoor and Outdoor Sporting Activities</p> <p>Confidence Building (BBO Project)</p> <p>Ten Pin Bowling</p> <p>Click Club (Digital Photography)</p>
Thursday	<p>Bingo</p> <p>Crown Green Bowling</p> <p>Day Trips</p> <p>Shibashi</p> <p>Indoor and Outdoor Sporting Activities</p> <p>Ten Pin Bowling</p>
Friday	<p>Movies</p> <p>Indoor and Outdoor Sporting Activities</p> <p>Life Skills (BBO Project)</p>

**Note All activities are subject to change and could vary according to attendance and weather conditions**

# Courses & Activities

<b>Football Skills (Based in Grimsby)</b>	They learn the latest football skills from tackling to dribbling the ball.
<b>Computers for Discussion</b>  <small>Workers' Educational Association</small>	Picking and discussing different topics and researching them on the internet.
<b>Ten pin bowling</b>	This activity takes place at Scunthorpe bowling alley.
<b>Heath &amp; Wellbeing</b>  <small>Workers' Educational Association</small>	Yoga exercise, hand massage, health eating etc.
<b>Day Trips</b>	We go to various museums and attractions such as The York Railway Museum and The Street Life Museum plus much more.
<b>Indoor Games</b>	You will have the chance to try a variety of indoor games including, Nintendo Wii , pool, dominoes, cards, table tennis and various board games.
<b>Outdoor Games</b>	Various different outdoor activities at Minster road, including ball games (bowls, cricket, rounder's, tennis, badminton and football etc. ).
<b>Click Club (Digital Photography)</b>	Gentle walks and sightseeing around the local beauty spots taking photographs of interest.
<b>Shibashi</b>	Shibashi is a slow form of Tai Chi and this class can give you different ways to relax
<b>Bingo</b>	They are sat together in groups listening to numbers being called out and identifying them on a bingo card. A variety of prizes are won for four corners and a full house.
<b>Crown Green Bowling</b>	This activity takes place at the local indoor crown green bowling centre Scunthorpe.
<b>Arts and Crafts</b>  <small>Workers' Educational Association</small>	Is designed to help our service users explore their creative by work on various projects through out the year.
<b>Confidence Building</b>   <small>European Union European Social Fund HLC Humber Learning Consortium Passionate about learning</small>	Through the Building Better Opportunities project, learners will learn how to improve their confidence and learn how to communicate with others.
<b>Life Skills</b>   <small>LOTTERY FUNDED</small>	Through the Building Better Opportunities project they will learn new social skills, how to be safe in the community and learn the responsibilities of looking after themselves and their home.
<b>Rugby</b>	They learn the latest rugby skills from passing ball to tackling the opposition.



# Picture Gallery



**The Sensory Garden.**



**Free time on the computers.**



**Our day trip to the  
Airplane Museum, York.**



**Enjoying a game of cricket,  
outside the centre.**



**Relaxing in the sunshine having a  
nice cold drink of juice.**

# Picture Gallery



**Having a go at African Drumming.**



**Awards Ceremony 2016**



**Having a game of  
crown green bowling.**



**Admiring the great  
outdoors.**



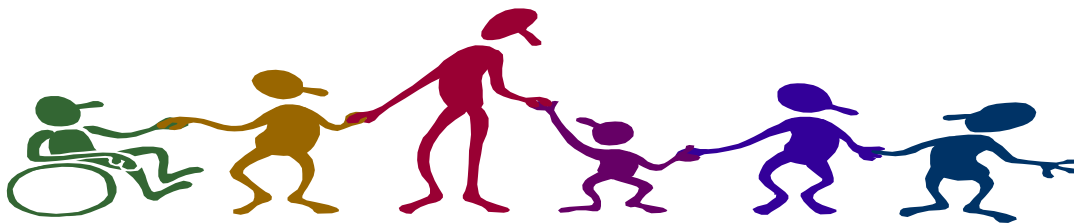
**Day trip to Normanby Hall**

**If you are interested in coming to  
Foreward why not try a free taster day?**

**You can meet everyone and join in with  
the activities!**

**To arrange a taster day ring Sarah on  
telephone - (01724) 271381**

**Providing  
educational  
support, health  
activities and  
other services to  
meet the needs  
and requirements  
of adults with a  
learning disability  
in North  
Lincolnshire.**



## **Accessibility**



**Foreward has the ability to send out  
this newsletter on audio compact disc  
or in a braille version. To request other  
formats please ask reception or call  
(01724) 271381**



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