





Explore your creativity, stimulate your senses and, most importantly, have fun!

The Life Skills Centre is a uniquely modern and vibrant facility offering a creative and alternative learning environment and a thriving social network to those aged 16+ years with a physical and/or learning disability.

The extensive range of activities and facilities, together with our experienced and friendly team, means there is something for everyone. Whether you've enjoyed what we have to offer before or you're a complete beginner, come and broaden your ability, meet new people and learn new skills.



Impress Yourself: Multimedia

Access a world full of opportunities

In the multimedia suite, everything we do is aimed at promoting independence and engagement, ensuring everyone enjoys activities that suit their needs. From surfing the web, accessing social media safely or sending an email to more advanced tasks, such as video editing, 3D design and printing, Computer Aided Design (CAD) and gaming.

Using fully accessible computers with the latest software and Assistive Technology, including specialist switches and Eye Gaze, we deliver an ongoing personalised programme of activity enabling imaginations to run wild.



Energise Yourself: Gym, Spa and Yoga

Stimulation for mind and body

Our modern gym is specially designed for people who have difficulty accessing a traditional facility due to a mobility, injury, learning or physical disability.

As an Inclusive Fitness accredited facility (IFI), we are ideally suited to support and motivate individuals towards their fitness and rehabilitation goals. Following a physio assessment, our specialist fitness instructor will tailor a training programme, set goals and monitor progress.

During our yoga sessions you will be guided through a series of gentle stretching movements and breathing exercises helping flexibility, muscle strength and relaxation.



Express Yourself: Arts & Crafts and Drama

Have fun, make friends, and find new ways to express yourself

The artistic ability of those who come to our art classes varies. By exploring various craft skills, we can discover hidden talents which helps raise confidence and promote individuality.

Each fully personalised session is packed full of creativity and fun, allowing everyone to channel their creative juices towards an end product or just to express themselves in a fun and social environment.

Drama

Our fun-filled Drama sessions offer individuals a chance to use their imagination. In a session, individuals might travel back in time, find themselves in Africa or even attend a festival! They can do all this safely whilst expressing a range of emotions, helping to increase their self-confidence.



Arts & Crafts

From felting to painting to pottery making, we focus on providing a range of different textures and sensory materials promoting choice and boosting independence.

We take these materials and use a wide variety of creative techniques to encourage everyone to use different mediums to explore their true creative potential.



Discover Yourself: Cooking

Touch it, bake it, smell it... taste it!

Get involved in the whole cooking process, from measuring, preparing and selecting ingredients through to cooking, before taking home the finished goodies to share and enjoy.

Individuals are able to explore and fully participate with the use of specialist switches and accessible kitchen equipment. Every session inspires individuals to discover the excitement that food can bring.

Tantalise your taste buds, use all your senses and explore the world of food!

Wait... There's more!

The Life Skills Centre is also able to offer a wide range of supporting sessions and activities using facilities across Chailey Heritage Foundation, these include:

Sensory room
Patchwork Farm
Music therapy
Massage
Swimming

Games
Circuit training
Seasonal workshops
GK's Cafe



**“A friendly atmosphere.
Everyone engaged and
joined in well. A learning
session with humour.”**





How to get involved

Step 1: Contact the Life Skills Centre to register your interest; 01825 723 723 or futureslifeskills@chf.org.uk

Step 2: Complete a registration form

Step 3: Once registered, book the sessions you would like to attend as often as you want.

Need a little help to get here?

Chailey Heritage Pathways: Offers a person-centred community support service in Sussex for children, young people and adults with physical disabilities and complex health needs.

Want to spend the day?

The Hub: Offers bespoke day packages, on-site at Chailey Heritage Foundation to meet individuals' needs and aspirations with the aim of improving health and well-being, developing skills and increasing confidence.

Reach for your
potential!

To find out more, arrange a visit
or register - get in touch today.

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www.chf.org.uk/lsc



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