



Welcome to The Leisure and Skills Centre



A modern and vibrant facility for those aged 16+ years with a physical and/or learning disability.

Learn new skills, exercise, socialise, relax and have fun – **all in one place!**

Bespoke experiences unique to you

At the LSC, we design and deliver experiences that you cannot get elsewhere. The extensive range of activities and fully accessible facilities, together with our experienced, professional and friendly team, means that we can tailor our services to each individual's needs.

Every personalised session is packed with creativity and fun!



Explore your creativity

From arts and crafts sessions, drama classes to music therapy, we offer every individual the opportunity to explore their creativity and express themselves in a fun and social environment. The Dream Centre offers a unique 360 degree immersive experience, using digital projections, sound effects and sensory props to inspire the imagination and whisk individuals away to far and distant lands.

Creative sessions include:

- Arts and Crafts
- Immersive Art or Drama
- Music Therapy

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The stimulating, safe and loving Chailey environment and the dedicated and caring staff have brought Adam out into a bigger, fun, exciting and more fulfilling world where he is able to participate in activities we take for granted.

Linda, Adam's Mum

Enhance your fitness and wellbeing

Everyone should benefit from exercise and wellbeing activities, regardless of their disability. Our experienced staff offer personalised fitness sessions to help you on every step of your fitness journey in our accessible, 'Inclusive Fitness' accredited gym. We also offer relaxing yoga and massage sessions to help ease tense muscles and unwind.

You can choose from a wide variety of activities to suit your abilities, preferences and goals.

- Gym
- Games (e.g. Boccia or New Age Kurling)
- Circuit Training
- Swimming in our hydrotherapy pool
- Rebound Therapy
- Yoga
- Massage
- Sensory Room
- Patchwork Farm, our on-site therapeutic farm.



Learn new skills!

Cook up a storm using switches and a range of accessible kitchen equipment. You'll fully participate in the whole cooking process – from measuring, preparing and selecting ingredients, to cooking and discovering the excitement that food can bring. Then take the finished goodies home to share and enjoy!



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Paul's fitness levels and range of movement have really increased thanks to the wonderful input from the gym team. Using the Innowalk has been a game changer for him and has given him the confidence to start walking in a standing sling. Relaxing with a massage after working out in the gym or at rebound is definitely one of the highlights of his week!

Kerry, Paul's Mum





GK's Café – Enjoy delicious, homemade food with friends and family

Our on-site café, GK's, is run by a professional team of caterers who source local, fresh ingredients to provide food that is tasty and nutritious. We welcome LSC users as well as the general public so it has a lively, inclusive buzz about it. Pop in to catch up with friends over coffee, or unwind after sessions, and enjoy our fantastic range of food.



Lucy loves all the sessions at the LSC and she also likes the Hub where she can get out of her wheelchair and relax by stretching out on the floor mats in-between her LSC sessions.

Ally, Lucy's Mum

Want to spend the day?

Whether you are looking for a place to hang out between your LSC sessions or looking for a bespoke day package to learn new skills and connect with your peers, then the Hub is the perfect place for you.



Would you like to know more and arrange for a visit?

Please call us on **01825 723 723** or email lsc@chf.org.uk.

Or visit www.chf.org.uk/the-lsc

Chailey Heritage Foundation, a pioneering charity providing education, care and transition services for children and young people with complex physical disabilities and health needs.



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