

Futures Life Skills Centre Programme List



Art - 2 hours £25.00

Come along to our arts and crafts sessions. During our art sessions you can work on a project of your own or come and experience the extensive range of art and sensory activities on offer.



Cooking - 2 hours £25.00

Use our latest assistive technology to help you produce tasty treats and learn new cookery skills. Be creative in the kitchen with a wide range of sweet and savoury recipes.



Drama - 1 hour £25.00

In the sessions you will experience the sound, smell and colours or stories and adventures from around the world and closer to home. These Drama Workshops will be lively and fun and will help participants to further develop confidence and communication skills.



Farm workshops - 1 hour £15.00

Come and learn about our farm animals - pigs, donkeys, goats, sheep and much more! Learn how to feed and look after them, pet and hold them.



Games sessions - 1 hour £10.00

A variety of games including skittles, new age curling, boccia. A 1 hour session for you to relax, have fun and get competitive.



Gym - 1 hour £10.00/ £60 unlimited monthly use

Our modern gym provides a friendly and supportive atmosphere. It is specially designed for people who have difficulty accessing a traditional facility, it is the perfect place to work towards your health and fitness goals with our specialist team.

Ask at reception about our gym package deals



Table Top Cricket - 1 hour £10.00

An exciting and competitive session consisting of a wide range of games and exercises accessible for all. The aim is to help develop co-ordination in a fun, friendly session.



Circuit Class- 1 hour £10.00

The session consists of a range of stations where users can take part in exercises such as boxing, resistance band pull downs and lifting weights as well as fun activities like bean bag throwing and skittles. All exercises are designed to help improve range of movement, increase strength and cardio fitness in a fun sociable environment.



Music Therapy - 1 hour £25.00

Music therapy uses sound and music to bring about change. Our aim is to facilitate positive change in behaviour, emotional well-being and is essentially a social activity involving communication, listening and sharing.



Sensory Room - 1 hour £10.00

Our Multi-sensory Studio is designed for individuals with complex physical and sensory impairments. It is a relaxing environment where the distractions of the outside world are completely absent. Our Sensory Room provides therapy and relaxation.



Serenity Massage - 1 hour £46.00/ 30 mins £30.00

Massage offers tremendous benefits giving relaxation, reducing muscle tension and helping to relieve chronic pain. A therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.



Spa/Sauna - 1 hour £10.00

Use our spa and sauna to help reduce chronic pain, muscular aches and stress. It offers a pleasurable and relaxing experience.



Swimming - 30 mins £12.50

Our swimming sessions are led by our highly skilled aquatics team in our heated hydrotherapy pool. You will have the opportunity to have fun, exercise and experience the sensation of water-supported movement.



Yoga - 1 hour 30 mins £35.00

Yoga offers greater peace of mind, improved posture and enhanced motor coordination as well as tension relief. It helps move and stimulate the digestive system, promote sleep, increase stamina and flexibility, reduce aches and pains and improved physical well-being and quality of life.

To book or find out more contact Futures Life Skills Centre



Chailey Heritage Foundation
Haywards Heath Road
North Chailey, Lewes
East Sussex BN8 4EF

t: 01825 723 723
e: futureslifefutureskills@chf.org.uk
fb: /ChaileyHeritageFoundation
www.chf.org.uk



Futures Life Skills Centre is part of Chailey Heritage Foundation
Registered Charity 1075837 and Company limited by Guarantee 3769775 (England).