

# Adult Services Session Timetable - Summer 2026

Building Independence	Monday	AM	Articulate	Beighton	Trip Advisors	B-Street Food	Making Waves	
		PM						
Promoting Independence		AM	Art Skills	Walkabout				
		PM		Brick By Brick	Get A Move On			
Focussed Support		AM	Rebound	Material Mastery				
		PM	Wheel of Tunes	Make It, Take It				
Individual Support	AM	Swimply the Best	1:1 & 2:1 support available on request					
	PM							
Building Independence	Tuesday	AM	Allotment	Hear My Song	Day At The Museum			
		PM						
Promoting Independence		AM	Film Crew	Makers Mark	Groove & Move	Lunch Bunch		
		PM			Branch Out	Talent Show		
Focussed Support		AM	Outside The Box	Eureka!				
		PM	For Goodness Bake	Sense of Peace	A Day In			
Individual Support	AM	1:1 & 2:1 support available on request						
	PM							
Building Independence	Wednesday	AM	Beighton	Discovery Channels	Review 4 U			
		PM		Recipe for Success	Pudding Club			
Promoting Independence		AM	Learning Together	Making Tracks				
		PM	My Kind of Thing	Relax Your Socks Off	Dance Your Socks Off	Time 4 Tea		
Focussed Support		AM	Burton Bingo	Campfire Stories	Rebound	Stir It Up		
		PM	Fill Up My Senses	Strut Your Stuff				
Individual Support	AM	1:1 & 2:1 support available on request						
	PM							
Building Independence	Thursday	AM	Drama Llama	Radio Burton Street	Outside In			
		PM			Culture Club			
Promoting Independence		AM	Walk This Way	Bake It	Snail Blazers	Mindfulness	Still Life	
		PM	Let's Bake	Story Makers	Swimming	Game On		
Focussed Support		AM	Trailblazers	Art Beat	Soothing Rhythms			
		PM	Spotlight Squad	Tell Us A Story				
Individual Support	AM	1:1 & 2:1 support available on request						
	PM							
Building Independence	Friday	AM	My Day My Way	Force Of Nature	Doc Sesh			
		PM			Writers Utd	SWFC		
Promoting Independence		AM	Art From the Heart	Once Upon A Fairytale	Mellow Moments	Get Fit		
		PM			Feel the Rhythm			
Focussed Support		AM	Wheel of Even More Tunes	Heaven's Kitchen				
		PM	Calm Connections	Curtain Call				
Individual Support	AM	1:1 & 2:1 support available on request						
	PM							

## Building Independence

Building Independence helps clients take the next step towards greater independence through new experiences, community involvement and personal progression. Clients are encouraged to explore opportunities across Sheffield, develop self-advocacy skills, build meaningful relationships, and become more active in the world around them, including volunteering and work-based opportunities where appropriate.

## Promoting Independence

Promoting Independence encourages clients to take an active role in shaping their day-to-day experiences at Burton Street. Through group activities, community projects and collaborative sessions, clients are supported to make choices, build social connections and become more involved in all aspects of Burton Street life in a welcoming and supportive environment.

## Focussed Support

Focussed Support provides tailored activities for clients with more complex communication and support needs, with sessions designed around each individual's interests and abilities. Using sensory activities, music, creativity and communication tools, the department creates calm, engaging spaces where clients can feel comfortable, included and able to express themselves in their own way.

## Individual Support

Individual Support provides person-centred, one-to-one support for clients who benefit from a more specialised approach. The department works closely with individuals throughout their time at Burton Street, supporting communication, routines, wellbeing and day-to-day participation, while helping each person feel safe, included and comfortable in their environment.

## Complex Needs

Our Complex Needs department provides tailored support for people with more complex learning disabilities and communication needs. Using sensory activities, communication tools, emotional support and creative interventions, the department focuses on helping each person feel calm, understood and included, while supporting wellbeing in a safe and person-centred environment.