

Adult Services Session Timetable - Autumn 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	Curiosity Club				
		PM	Wheel of Tunes	Travel for Tea					
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	Make a Scene				
		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	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	Stroll Patrol	Wheel of Even More Tunes	Heaven's Kitchen				
		PM		Calm Connections	Friday Fever				
Individual Support		AM	1:1 & 2:1 support available on request						
		PM							

Complex Needs

Complex Needs is a service providing tailored 1-to-1 or 2-to-1 support for people with profound communication, social or sensory-regulation needs. Built on deep understanding and compassion, the service develops strong relationships while working with families and professionals to provide holistic support.

Individual Support

Individual Support provides dedicated 1-to-1 support to help people access group activities and opportunities they may otherwise be unable to take part in. Working closely and intensively with each individual, staff respond to their unique needs while removing barriers to encourage personal growth.

Focused Support

Focused Support provides responsive, group-based activities for people with significant physical, social or communication needs. Sessions continually evolve, with staff exploring different tools and techniques to unlock engagement and enjoyment. Activities also help clients learn to share space and interact with others.

Promoting Independence

Promoting Independence provides client-led group sessions for adults with mild to moderate learning disabilities. Through fun, creative activities, clients are supported to engage with their peers, grow in confidence and hone communication skills, while strengthening friendships, independence and self-advocacy.

Building Independence

Building Independence delivers innovative projects and events in collaboration with our most independent clients. Centred on individual skills and interests, sessions empower clients to help each other take greater responsibility and control of their lives, while developing relationships with communities across Sheffield and beyond.