



DAISY SMILE PROGRAMME A

DAY / TIME	MONDAY	TUESDAY (VIP)	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 10:30am	Welcome & Chit Chat	Welcome & Chit Chat	Welcome & Chit Chat	Welcome & Chit Chat	Welcome & Chit Chat
10:30am - 11:00am	Fun Inclusive Bootcamp (Simple chair exercises and stretches - get your heart beating)	Sitfit	Weigh In Wednesdays (Feeling good about ourselves)	Gerry's Art Shop 1:1 Keeping In Touch Session	Vlathlon Swimming (At Lifestyles Everton)
11:00 - 12:00pm	Healthy Eating on a Budget - Plan recipe - Shop for ingredients (ALL STAFF)	Vlathlon Cycling/ Guided walking and running Football Competition (Greenbank)	Allotment with Liz Gerry's Art Shop (Arts and craft)	Karaoke	Maths Bingo (At Daisy) Independent Living (Ironing, cooking, washing, budgeting, shopping and T.I.M.E. - Travel Independence Mobility Empowerment) (ALL STAFF)
12:00 - 1:00PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 - 1.30pm	Quiz with Craig (ALL STAFF TO ASSIST TEAMS)	Music - singing and learning to play instruments	Zumba with Jo dance yourself fit	Community Bingo (ALL STAFF TO ASSIST)	Quiz with Craig (ALL STAFF TO ASSIST)
1.30 - 2.30	Riley's - Independent Living through socialising and participation in sports	Inclusive Sports and Play (Cricket, Football, Goalball, Boccia)	PSHE (Hygiene, Personal Boundaries, Mental Health Discussions - Guest Speaker)		Self-Defence (Keep yourself safe and learn how to protect yourself by qualified Ju-jitsu coaches)
2.30-3.30	Reflection, Relaxation and Mindfulness	Reflection, Relaxation and Mindfulness	Reflection, Relaxation and Mindfulness		Reflection, Relaxation and Mindfulness
3:30 - 4:00pm	(Group discussion, talk about positives & negatives. Always end on a positive)	(Group discussion, talk about positives & negatives. Always end on a positive)	(Group discussion, talk about positives & negatives. Always end on a positive)		(Group discussion, talk about positives & negatives. Always end on a positive)
4:00pm	HOME TIME	HOME TIME	HOME TIME	HOME TIME	HOME TIME

SMILE



COMMUNITY

Initiative

