



SHARP WEEKLY TIMETABLE



MONDAY

Community Outings
9:30-15:30 inc.
lunch break

A different venue
each week, including
Cinema, Bowling,
Boat Trips, Museums
and special events.



Learning & Leisure
9:30-12:30/13:30 -
15:30
Not everyone wants
to participate in
timetabled activities.
Therefore we offer
individual and group
projects.



TUESDAY

Art & Creativity
9:30 - 15:30
Art & Craft Sessions



**Cookery/Healthy
Living**
9:30 - 12:30
Shopping, Meal
Preparation

Computers for Fun
13:00 - 15:30
Computers for
leisure and learning.

Learning & Leisure
9:30 - 15:30/13:30 -
15:30
Individual and group
projects

Walking/Yoga Group
13:30 - 15:30

WEDNESDAY

**Cookery/Healthy
Living**
9:30 - 13:30
Shopping, Meal
Preparation

Art & Creativity
9:30 - 12:30
A different activity
each week.

Learning & Leisure
9:30 - 15:30/13:30 -
15:30
Individual and group
projects

Computers for Fun
9:30-12:30
Computers for leisure
and learning

Out and About Group
13:30-15:30
Visiting venues and
local events

Music & Movement
13:30-15:30
Sing-a-Long, & Karaoke
supported fortnightly
by Terry and Julie

THURSDAY

Art & Creativity
9:30-12:30/13:00-
15:30
Art & Craft Sessions

Gardening
9:30-12:30
Growing plants and
looking after our
sensory garden



Learning & Leisure
9:30-12:30
Individual and group
projects

Baking
13:30-15:30
Making cakes,
scones, bread,
biscuits, etc.

Computers for Fun
13:30-15:30
Computers for
leisure and learning.

FRIDAY

**Cookery/Healthy
Living**
9:30 - 13:30
Shopping, Meal
Preparation



Creative Projects
9:30-12:30/13:30-
15:30
Group projects

**Games/Yoga/Body
Boogie**
13:30-15:30
Indoor/outdoor
games, parachute. and
ball games Join in with
action songs, exercise
and have fun.



NOTES:

Contact Details:
**SHARP Life & Learning
Skills CIC**
12 Spinnaker Road
Gloucester
GL2 5FD
01452 698480 All Staff
07981 857870 Julie Pullen

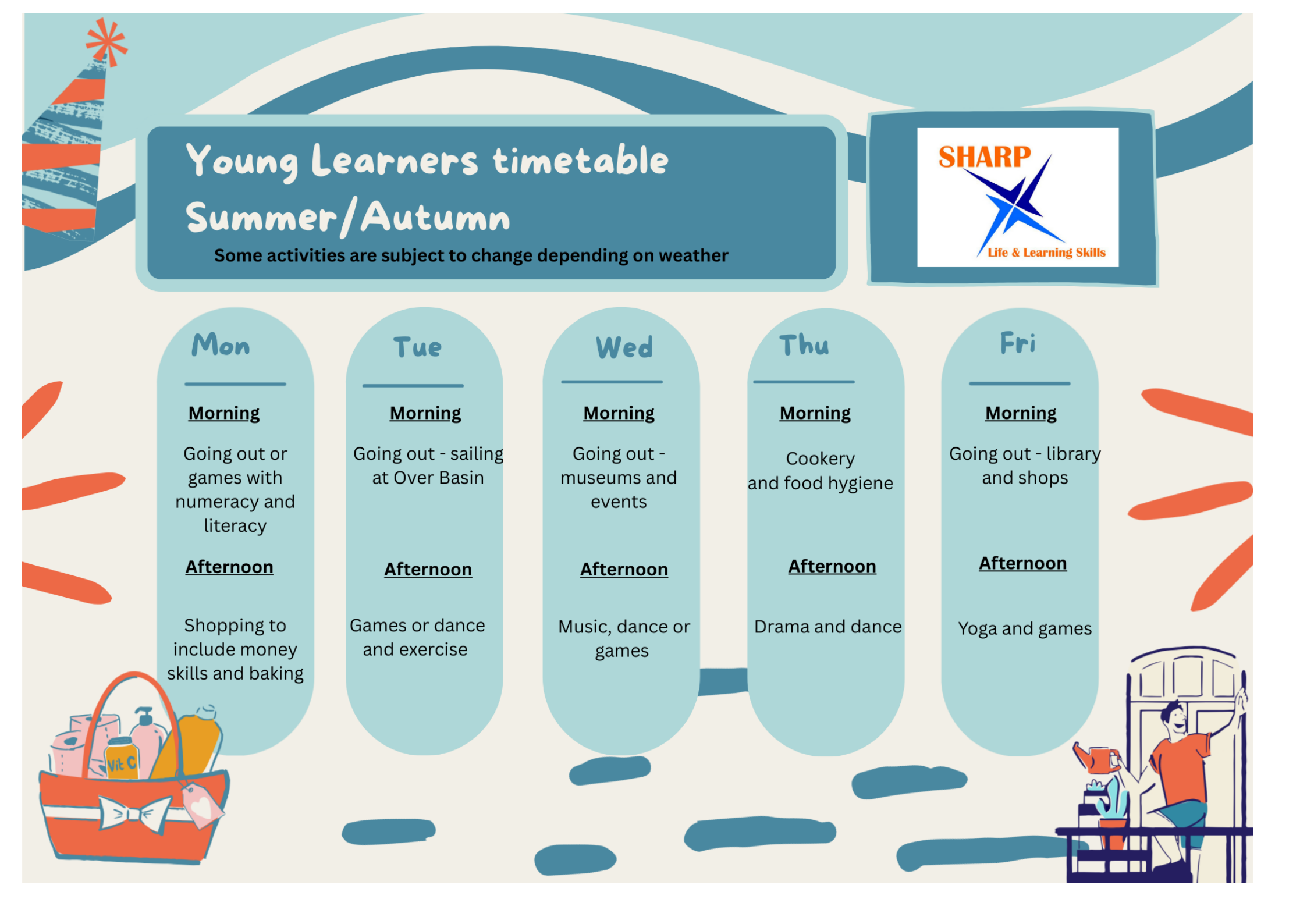
julie.sharp.learningskills
@gmail.com

[http://www.sharplife
learning.com](http://www.sharplifelearning.com)

[http://www.facebook.com/
sharplifeandlearningskills](http://www.facebook.com/sharplifeandlearningskills)

**Outreach
and Job Coaching
support is available.**
Contact
Julie Pullen details above

Some groups may be fully subscribed, spaces for
these group will be allocated as they become
available. Alternative activities will be offered.



Young Learners timetable Summer/Autumn

Some activities are subject to change depending on weather

SHARP



Life & Learning Skills

Mon

Morning

Going out or
games with
numeracy and
literacy

Afternoon

Shopping to
include money
skills and baking

Tue

Morning

Going out - sailing
at Over Basin

Afternoon

Games or dance
and exercise

Wed

Morning

Going out -
museums and
events

Afternoon

Music, dance or
games

Thu

Morning

Cookery
and food hygiene

Afternoon

Drama and dance

Fri

Morning

Going out - library
and shops

Afternoon

Yoga and games

