

Weekly Timetable

	9am-10am	Workshop 1 10am-10.30am	Workshop 2 10.30am-12 noon	12-1pm	Workshop 3 1pm-1.30pm 1.30pm-3pm	Workshop 4 3pm-4pm		
MONDAY Performers Drama, arts and crafts, prop making	Meet and greet. Catch up with friends over drinks	Warm-up activity (includes drama games, dancing, etc)	Work on Performers' current drama project	Lunch	Rehearsals for community performances	Group and 1:1 activities and/or work on our Open Awards and Arts Awards	Closing activities that bring everyone together to reflect on the day	
TUESDAY Movers Exercise and healthy lifestyle activities	Meet and greet. Catch up with friends over drinks	Gentle exercise to start the day (optional weigh-in)	Variety of accessible sports and off-site activities, eg. cooking, nature walks, swimming, etc.	Lunch	A six-week rolling programme of activities, including BoxFit, keep fit, dance, gentle exercise, ball games, etc.		Relaxation activity to chill out and wind down after the day's sessions	
WEDNESDAY Academy Dance and musical theatre	Meet and greet. Catch up with friends over drinks	Warm-up activity (includes drama games, dancing, etc)	Work on Academy's current drama project	Lunch	Rehearsals for community performances	Group and 1:1 activities and/or work on our Open Awards and Arts Awards	Closing activities that bring everyone together to reflect on the day	3rd Wednesday of each month 6.30pm to 9.30pm: Boogie Nights inclusive clubnight
THURSDAY Theatre Company Combined performing arts and self-advocacy (shared experiences)	Meet and greet. Catch up with friends over drinks	Warm-up activity (includes drama games, dancing, etc)	Work on Theatre Company's current drama project	Lunch	Rehearsals for community performances	Group and 1:1 activities and/or work on our Open Awards and Arts Awards	Closing activities that bring everyone together to reflect on the day	Every Thursday 4pm-4.30pm: Snack and Chat 4.30pm-6.30pm: Drum Workshop with Bom-Ta-Bom
FRIDAY Spotlight Showcasing individual talents	Meet and greet. Catch up with friends over drinks	Warm-up activity (includes drama games, dancing, etc)	Work on Spotlight's current drama project	Lunch	A variety of person-centred activities (both in the building and out in the community)		Closing activities that bring everyone together to reflect on the day	

Throughout the day, lots of person-centred activities are run in parallel with our structured activities, including independent living skills, shopping, money management, cooking, community activities (eg. gym, rebound therapy), work experience placements, our Blossom Programme, mindfulness, personal development activities and much more. We also arrange social events, trips, theme days, fun educational away days, and perform at a range of community events throughout the year.

For more information, contact us at: Unit 2 The Edge, Pottery Terrace, Wigan, WN3 5DN • Phone: 01942 735426 • Email: info.mtwadvoc@gmail.com

www.morethanwordsadvocacy.co.uk

