

Doing leisure activities



Engaging in meaningful social and recreational activities

Responding to day centre closures and cuts to traditional leisure activities

What did we find?

Limited budgets for many leisure activities

Particularly a lack of activities in evenings and weekends

Friendships groups and networks can provide an organised and varied programme of leisure activities

Increasing use of public venues and inclusive spaces

Making choices – many talked about getting the right balance:

- Organised activities – arts and crafts, performance arts and sports
- Social activities – going to pubs, the cinema and bowling
- Relaxing at home – watching TV, knitting and going on the computer

What learning is involved?

Maintaining weekly routines and scheduling new activities

Learning where to find out what was going on and how to get there

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I think if people know with their schedules they can say, well, I'll go to that, and no to that.

Mason, self-advocate

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What more can be done?

Providing more organised social and leisure activities in evenings and weekends