



07722 584131
01942 247891



www.stepscic.co.uk



terry@stepscic.co.uk



ISSUE: 18

Stepping into Spring 2025

Enabling people to reach their full potential

Spring has sprung and our gardening groups have been very busy over the last few months. A lot of preparation in tidying the grounds, preparing the polytunnel and planting the first seeds of the season.



All their hard work started to pay off and the next phase was to prepare our planters, herb garden and our hanging baskets. Blooming marvelous work.



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX

**CALL US ON:
07722 584131**



The gardening group have recently visited Haigh Hall Country Park to get some inspiration. They will also be visiting Wordon Park and Astley Park in the near future. These visits are both educational and enjoyable. Recent studies by the University of Exeter and the RHS found that people who spend time in the garden are significantly more likely to report general good health and wellbeing and greater physical activity levels.



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2 2DX

**CALL US ON:
07722 584131**

*Enabling people
to reach their
full potential*



In May we had the opportunity to visit **Nomad Rangers** in the great outdoors at Bispham Hall. We had opportunities to try our hand at archery, axe throwing and tie dyeing, before learning how to start a fire and toast marshmallows. We even got the chance to do some orienteering. A huge thank you to Nomad Rangers for their warm welcome and providing a thoroughly enjoyable day.



Nomad Rangers also visited Ashland House and facilitated an introduction to wet felting. Inspired by landscapes we considered our colour choices and learned how to transform wool into felt. We would like to thank **Nomad Rangers** for presenting us with this new experience.



**CALL US ON:
07722 584131**



With a variety of themed activities, we've had a wonderful time celebrating Easter. We thoroughly enjoyed our Easter crafts, dancing, bingo and gameshow. Huge congratulations to all our raffle prize winners.



Marking the **80th** anniversary of **VE Day** 8th May 2025



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX

**CALL US ON:
07722 584131**

*Enabling people
to reach their
full potential*



Our art groups have been busy producing some colourful artwork. This floral piece is on display in our foyer. They have created their own drawings through directed drawing then applied colour using paint before bringing their work together to produce this eye-catching collaborative piece. Huge congratulations to all involved.



Liquorice Allsorts have been our inspiration as we experienced drawing 3D shapes through directed drawing. Each attendee created individual pieces that have been brought together to create this final collaborative piece. Yummy looking art, that is good enough to eat!



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX

**CALL US ON:
07722 584131**



We are thoroughly enjoying using our imagination and creativity in Expressive Art. We have learned how to work together, using our bodies to create sculptures that suggest movies and animals. We are also learning to use our bodies in an exaggerated way to suggest emotions, and the wearing of masks is helping us to focus on this. From mask creation through to performance, congratulations to all involved.



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2 2DX

**CALL US ON:
07722 584131**

Enabling people to reach their full potential



We are currently enjoying music with Alan from **LifeBeats**. The sessions are thoroughly enjoyable, energetic experiences and visually stimulating, with multicoloured drums, drumsticks and tambourines, we have added our own beats to some well-known tracks and learned some sign language along the way. Huge thanks goes to Alan for making music so fun and accessible.



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX

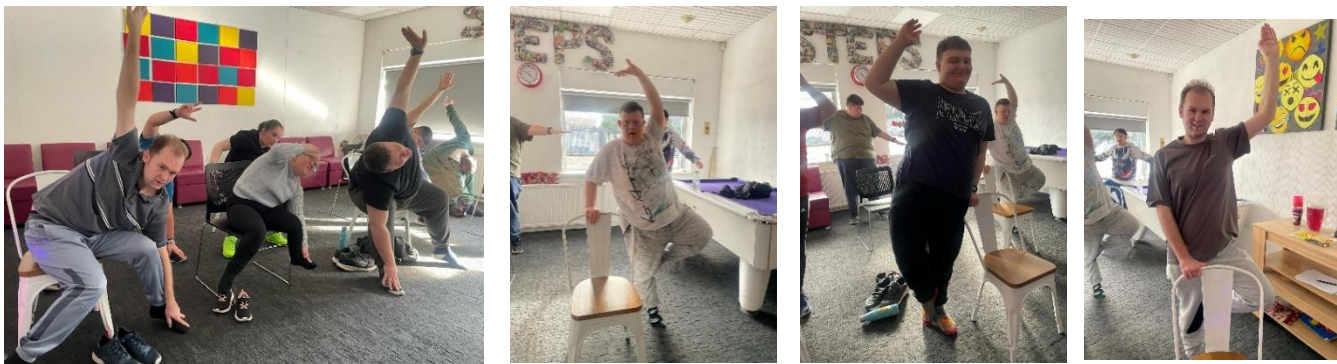
**CALL US ON:
07722 584131**



Huge thanks to David from **Boxing For Better CIC** who is currently facilitating a course of boxing sessions. We are learning new skills, improving our fitness and having lots of fun. This experience is to provide people with opportunities to improve their physical and mental health and wellbeing through boxing, and it is certainly proving to be a big hit!



Ellesha Doubleday Wellbeing fitness instructor. Ellesha is facilitating our wellbeing fitness classes, which includes yoga, chair yoga, dance fitness, chair dance fitness sessions. We are thoroughly enjoying our introduction to chair yoga in which we are moving through a range of gentle stretches and poses performed both seated and by using the chair as a support.



Dancing is great fun! We find that learning to dance to some fantastic party tracks is hugely enjoyable and a great boost to our physical and mental wellbeing.



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2 2DX

**CALL US ON:
07722 584131**

Enabling people to reach their full potential



Weather

As the weather is now getting warmer, please ensure all attendees are equipped with their own sunscreen and a sun hat for any activities held outdoors. These can be held at Steps so they are easily accessible when needed.



As the weather is very unpredictable, please also have a waterproof coat for any outdoor activities or when accessing the community and walking to the sports dome for sport sessions.

We have a one-off fee of 50p per person a day, this would cover all hot drinks, cold drinks during the day/break times.



Annual presentation awards evening.

We are in the process of planning our annual awards evening, and once the date is confirmed we will send out all relevant information. This will be held at St Williams CYMS, Ince. Always a great event to look forward to.

Holidays.

If any attendee is having holidays, time off, please let us know dates so we can keep our diary updated.



Change of Circumstances.

It is important that our attendee personal files are kept up to date. Please inform us of any changes, i.e. Address, telephone numbers, emergency contacts, email and medication changes. This is important in case of any emergency also.

Gardening group Trips.



Letters have already been distributed to the group, just a reminder of the upcoming dates for the two trips, and a reminder to bring your packed lunch. Tuesday 17th June and Tuesday 15th July 2025.

We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX

CALL US ON:
07722 584131



Smiles create better days.



We are located at:
Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX