

This Week at Skills Up !!



This week saw the start of our festive preparations. We'll post pictures of them in the coming weeks - we just don't want to spoil any surprises yet! We can share our fantastic festive gingerbread shapes though - clients practised new skills like sieving, dissolving and rolling, then chose their own shapes to cut out and made a presentation bag when they were complete (and had a cheeky taste!).

Promoting healthy living is very important to us at Skills Up so we were excited to attend Halton Speak Out's Active Aging Day. Clients met with their peers from Halton and discussed issues relating to health as well as having a bit of a catch up and refreshments. We enjoyed speaking to health professionals

who were offering advice and even gave clients goodie bags to take away. We helped clients pick some activity leaflets they were interested in.

Lastly, some of us had a go at the bowling game - which proved to be quite tricky!

We enjoyed a buffet lunch today, with clients setting the table ready for each other. Whilst having lunch, we had a chat about what clients would be doing in December. Exciting times!

