



## **Typical weekly activities of people receiving MDML support – May 2023**

People are involved in a range of different activities and opportunities depending upon their choices and needs. The list below gives examples of the various activities people have been involved in .

- Community activities; bowling, cinema, and meeting friends
- Sensory session
- Mobility activities
- Dance session
- Walking
- Craft group
- Lunch out
- Tea Dance
- Visiting a farm park
- Drama group
- Gym sessions
- Art group
- Gardening group
- Shopping
- Support with household bills, paperwork and appointments
- Meeting up with friends.
- Quiz group
- Joining in People First meetings
- Cooking
- Going to the hairdressers

