

Opportunities Without Limits News

Basildon

Edition 2

Making Chicken Hotpot

In one of our cooking sessions, customers made chicken hotpot from scratch. They chopped the vegetables and prepared the chicken, before bringing it altogether in this delicious dish. It looked amazing!



Saying Goodbye To Brad!



Earlier this month, we said goodbye to one of our volunteers, Brad. Brad volunteered with us for 6 years and would help out with cooking, games, trips out, art and crafts, music and gym. A good all-rounder. We threw him an afternoon tea party to say thank you, goodbye and good luck.

Garden Games

We are very fortunate to have a spacious garden at our centre and when we can we try to get out to exercise and enjoy the fresh air. As the warmer weather comes, we look forward to sharing more pictures of our garden in full bloom.



Trip To The Park

Spring is on its way! Taking advantage of the drier, warmer weather, we enjoy getting out and about in the community when we can. Here we are on a trip to the local park.



Golf Range

A trip to the golf range is proving a popular activity. The practise is paying off, they are improving their shots all the time.



Sporting Village

Customers had a great time on a recent trip to the local leisure complex, Basildon's sporting village. They enjoyed trying out an array of activities and finding new ways to stay fit and healthy.



Supporting disabled people to be seen for who they are.



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