

# Opportunities Without Limits News

## Basildon

Edition 3

### Hylands Hall

Customers recently visited Hylands Hall in Chelmsford for a day trip. It was a lovely sunny day and customers enjoyed finding out about all the history there.



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# Woods

With temperatures soaring in the last few months we had to think of ways to keep cool. A trip to the local woods was a great solution! We spent our time there drawing landscape images of what we saw there and enjoyed a picnic.







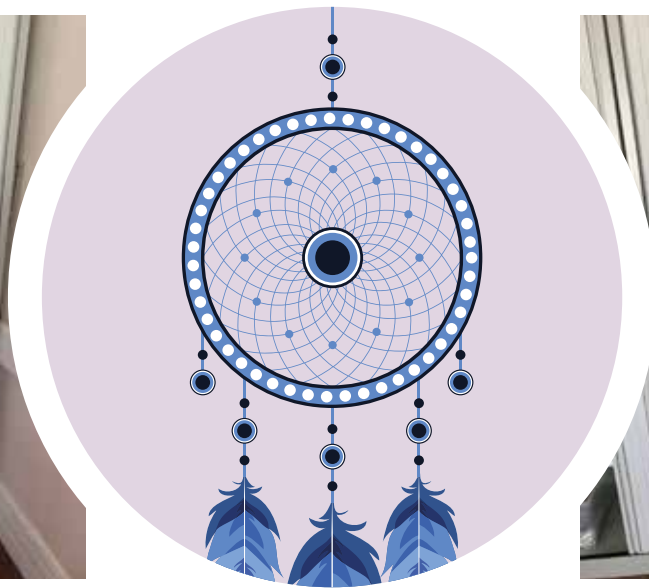
## Dream Catchers

We've been getting crafty at the centre lately. Take a look at some homemade dreamcatchers customers made.





# Dream Catchers



## The Peaceful Pony

Customers visited The Peaceful Pony in Benfleet. The Peaceful Pony works with children, teens, and adults to encompass a range of therapeutic treatments that involve activities with horses, to promote human physical and mental wellbeing. Customers helped to groom the horses and ponies and clean out their stables. Everyone had a great time.





# The Peaceful Pony





# Leigh-on-Sea

Getting out and about! Customers enjoyed a watercolour challenge trip at Leigh On Sea. Some great scenery and some creative artistic outcomes.







Customers have been enjoying some yoga in the sun lead by Activities Facilitator Zoe. Zoe recently passed her Diploma for Yoga teaching meaning that she can now deliver regular sessions for the customers. This session was enjoyed by all and was a great chance to get out in the fresh air. She has worked really hard for this diploma so big congratulations Zoe,



# Supporting disabled people to be seen for who they are.



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