



People in **Action**

Day Opportunities

ACTIVITIES

YOUR GUIDE



WWW.PEOPLE-IN-ACTION.COM

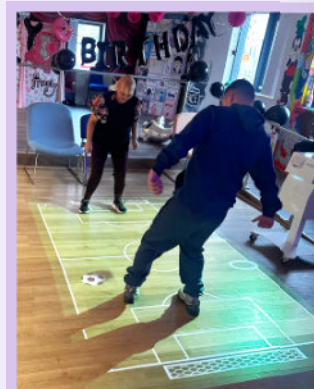
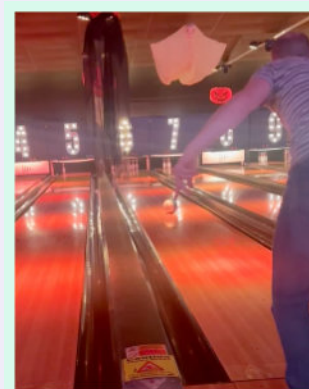
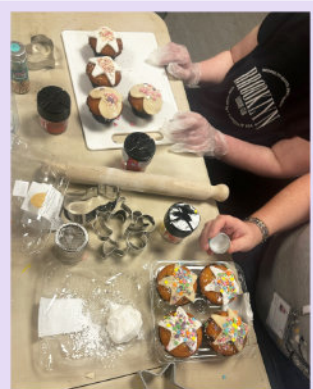
Welcome to Your Day Opportunities

At People in Action, our Day Opportunities offer a variety of enjoyable and meaningful sessions for adults with learning difficulties of all abilities. These sessions are led by our dedicated and experienced activity coordinators in a welcoming and supportive environment.

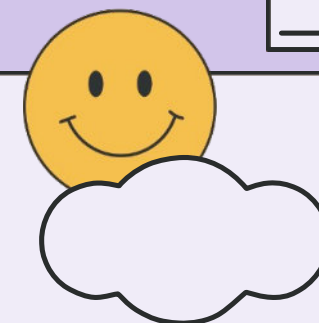
We celebrate each person's unique strengths and support them to explore new opportunities and express themselves.

WHY JOIN US?

- ✓ Discover new talents
- ✓ Learn new skills
- ✓ Build self-confidence
- ✓ Develop social connections
- ✓ Achieve greater independence



AVAILABLE SESSIONS



Arts & Crafts

MONDAY | AM

10:30 - 12:30

£10

Join us for a fun and creative Arts & Crafts session where you can explore your creativity, learn new skills, and enjoy making a variety of craft projects. All materials and equipment are provided.



Well-being

MONDAY | PM

1:30 - 3:30

£10

Enjoy a calm, creative space where you can choose whatever activity feels right from pottery to simply relaxing. This is your time to unwind and do what brings you ease and joy.



Drama Class

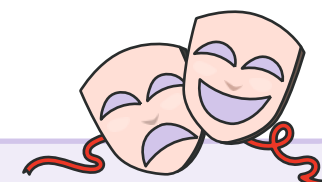


TUESDAY | AM

10:30 - 12:30

£10

In this exciting Drama Class, we'll work together to create spectacular shows, with warm-ups, singing, line rehearsals, solo acts and live performances in front of an audience.



Quiz Time

TUESDAY | PM

10:30 - 12:30

£10

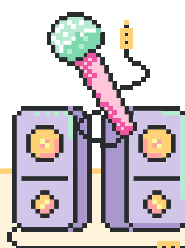
This puzzling session will test your brain power and there are secrets within the quiz that can earn you extra points. Choose from a range of fun categories and compete for prizes!



Karaoke

WEDNESDAY | AM
10:00 - 12:30
£10

Join us for this entertaining session and sing your favourite songs! It's time to have fun and dance with your friends singing solos or in a group using our karaoke set accompanied by lights.

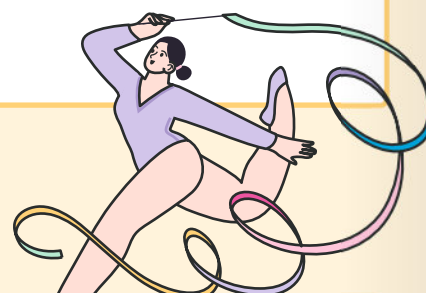


Popular session

Dancing Stars

WEDNESDAY | PM
1:30 - 3:30
£10

Dancing Stars is an active session combining music, dance, ribbons, scarves, movement games, as well as simple exercise routines! You can enjoy keeping active, developing coordination and mobility!



Carnival Workshop / Meal Prep

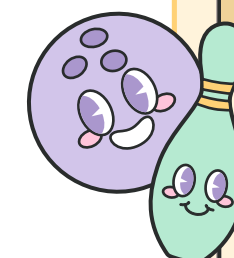
FRIDAY | AM
10:30 - 12:30
£10

Our Carnival Workshop runs for six months, where you will create props and decorations while building skills and confidence. After the Carnival, take part in a Meal Prep session, preparing simple meals together.

Fri-Yay Club

FRIDAY | PM
1:30 - 3:30
£12

Fri-Yay Club is all about enjoying the start of the weekend, with activities chosen by you, including arts & crafts, games and more, as well as our monthly bowling outing to Nuneaton Bowl across the road. Light snacks & drinks provided.



INSIDE OUR DAY OPFS ROOM

Prize Bingo

THURSDAY | AM
10:30 - 12:30
£10

Welcome to our popular bingo session where you can win a variety of prizes. It's a lively and social game filled with friendly competition and the excitement of completing a winning line.



Cake Decorating

THURSDAY | PM
1:30 - 3:30
£10

Each week features a new theme for your cake decoration and all the ingredients are waiting for you when you get here. Make sure to bring a container to take your amazing creation back home!



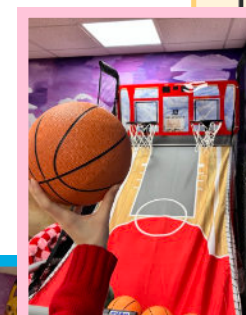
Sensory Room

Step into our Sensory Room, a calming space designed to engage the senses. With nature-inspired artwork, interactive lighting, soothing sounds and sensory features, it offers an environment to relax and unwind.



Games Room

Jump into the fun at our Games Room! Enjoy pool table, basketball, and a range of other exciting activities in a lively and welcoming atmosphere.



Animal Corner

Take a break and say hello to our animal friends, such as giant African land snails and Bobby-Raj the yellow-bellied terrapin! They live in carefully designed habitats that keep them happy and healthy.



Harry Potter Corner

Our Harry Potter Corner is a cosy, magical space where you can unwind and immerse yourself in a touch of wizarding wonder. Take a break, enjoy a hot drink, and soak up the enchanting atmosphere.



HOW TO BOOK YOUR SESSIONS

Ready to join us? To book a session or find out more, please contact our friendly team.

☎ 024 7664 3776

✉ dayopps@people-in-action.co.uk

🌐 www.people-in-action.com/day-opportunities

We look forward to welcoming you!



Timetable

September 2026



MONDAY

AM 10:30 - 12:30

Arts & Crafts

PM 1:30 - 3:30

Well-being

TUESDAY

AM 10:30 - 12:30

Drama Class

PM 1:30 - 3:30

Quiz Time

WEDNESDAY

AM 10:00 - 12:30

Karaoke

PM 1:30 - 3:30

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THURSDAY

AM 10:30 - 12:30

Prize Bingo

PM 1:30 - 3:30

Cake Decorating

FRIDAY

AM 10:30 - 12:30

Carnival Workshop
/Meal Prep

PM 1:30 - 3:30

Fri-Yay Club





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Day Opportunities Guide

SEPTEMBER 2026

Prices, session times, and activities may change,
so please visit our website or scan the QR code
for the latest version of this guide.

www.people-in-action.com/day-opportunities



People in Action - Day Opportunities

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What3Words  riots.spider.apply

📱 @DayOpportunitiesPIA