



**LIVE ACTIVE  
THERAPY DAY  
AT BELLS SPORTS CENTRE**



## When?



The Live Active Therapy day runs on a Monday at Bells Sports Centre.

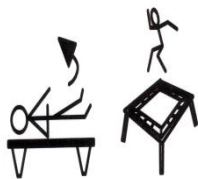
Anyone with a learning disability is welcome to come.

## Activities

Here are some of the activities you could choose to do:



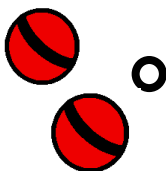
Beach Volleyball



Rebound



Communication Group



Targets



You could also try Walking, Cricket, Football, Sensory Stories, Music Therapy, Cool Down & Stretch, Dancing or Circuits



If you would like a timetable of all the activities please phone:

(01738) 562275

You can choose from 4 activities:

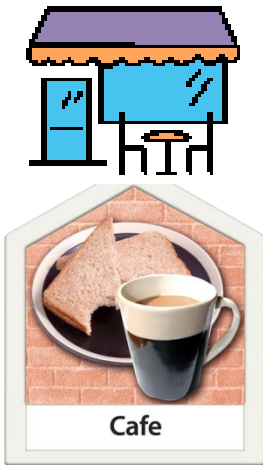


2 in the morning



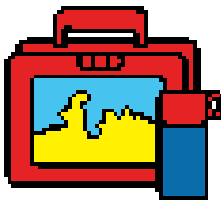
2 in the afternoon

## Lunch



You can buy lunch in Active Café on the 1<sup>st</sup> floor

Or



Bring your own packed lunch

## Carers



If you have a carer they should come with you to support you.

## Costs

Half day = £2.00



Or

Full day = £4.00

## What you need to bring



Your Live Active Card



Loose comfortable clothing and flat shoes such as trainers

## What time are morning activities?



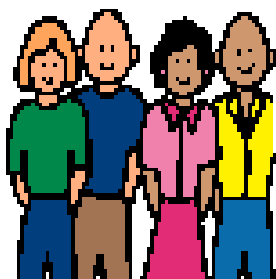
## When is lunch?



## What time are afternoon activities?



## Who runs the therapy day?



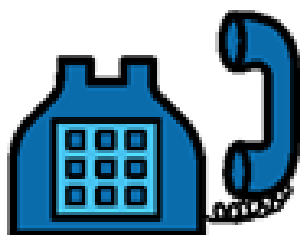
NHS Tayside runs this therapy day in partnership with Live Active Leisure.

You will meet:

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Leisure Centre Staff
- Community Learning Disability Nurses
- Music Therapists

## Contact

If you would like to come, please phone:



01738 562312

or

01738 562275