

# Stepping Forward South.



## THE DIFFERENCE STEPPING FORWARD MAKES

Stepping Forward South provides opportunities for adults with learning disabilities to meet new friends and enjoy activities. The service is based at The Park Centre in Knowle and meets every weekday. We aim to provide people with a safe, friendly environment. As well as hosting activities at the Park Centre, we also help people to access things that interest them in the local community.

## THREE GREAT THINGS ABOUT STEPPING FORWARD

**Open to everyone** - Adults of all ages are welcome and our staff are experienced at supporting people with a wide range of additional needs.

**Healthy living** - We support people to develop living skills such as cooking, and promote wellness through exercise and healthy eating.

**A great space** - We have a large main room, which provides a great space for a range of different activities. We also have our own kitchen on site.

### AT A GLANCE

**Service type** - Day opportunities

**Location** - Knowle, Bristol

**Number of floors** - 1

### GET IN TOUCH

For enquiries about Stepping Forward South, please email

[sfbristol@milestonetrust.org.uk](mailto:sfbristol@milestonetrust.org.uk)

or call Deb Allaway on **07887 878 458**.

## OUR VALUES

**We start with the person.** From snooker to zumba, and from swimming to arts & crafts, we encourage people to pursue their individual hobbies and interests.

**We bring people close.** We organise social events and help people to build friendships.

**We take our creativity to work with us.** We build people's confidence and independence, supporting them to achieve their goals.

**We are courageous in our approach.** We promote independence and help people who are transitioning to supported living.