

...taking part in the many fun activities



## Day Support

Holt Mill has been extensively modified to accommodate our day visitors individual needs. The facility has two large well equipped rooms where a wide range of activities take place. A Sensory Room where people can relax, chill out and explore the environment. A well equipped kitchen allows activities including the very popular 'cook and eat' which has two sessions, allowing people of all abilities to take part.

Holt Mill has a television room, dining room and areas for visitors to relax, play games and try different arts and crafts. Our day visitors can learn basic life skills including literacy and numeracy classes. Computer work is very popular and is a valuable tool to stimulate and integrate with the outside world.

The local village of Whitworth provides shops and a library service, day visitors are encouraged to get involved with the community with support from Holt Mill support staff. Maximum use is made of the beautiful countryside and the local environment around the centre for long nature walks and keep fit sessions.

## Life skills

- Life skills sessions
- Basic literacy and numeracy class
- Gardening
- Computer work
- Cook and Eat - 2 levels for different abilities
- Organised charity events
- Cake and Bake

## Social and Well-being

- Social and Fun
- Keep fit/ exercise classes
- Aqua fit sessions
- Arts and crafts
- Swimming
- Gym
- Music fun
- Games afternoon
- Film afternoon

Holt Mill Day Services provide a stimulating environment for adults who have learning disabilities and who need more complex behavioural support.

Everyone attending the day services are encouraged to take an active role in the many meaningful activities that are provided by the staff and specially invited professionals.

Holt Mill is based at Lloyd Street in Whitworth and is ideal for the support of people who live at home, with family or in their own home and wish to attend for the day.

Individual support is provided from support workers with specific skills to help with activities such as gym, swimming, aquarobics, college and adult learning. Healey Care Ltd operate their own adapted cars and minibuses to transport people to and from activities.



Providing positive outcomes

[www.healeycareltd.co.uk](http://www.healeycareltd.co.uk)





## How Much does it cost?

Sessions can start from £15.00 per session (am or pm) Any one-on-one support will incur additional costs, transport can be provided at a cost.

Please contact Diane Coghlan, Service Manager who can give more details on Holt Mill Day Services.

## Who to contact

Contact for all general enquiries:

**Diane Coghlan**, Service Manager: 07720 717 402

**Wendy Hamer**

Holt Mill Day Services 01706 853 939

Holt Mill Day Services  
Lloyd Street  
Whitworth  
OL12 8AA

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Healey  
Care Ltd.

# Holt Mill Day Services



Providing meaningful day support for  
adults with learning difficulties