

- Health and Wellbeing
- Social and Community
- Creative and Artistic
- Skills and Learning

OTB Choices



Outside the Box
10 Church Street
Ilkley
LS29 9DS

OTB Choices is all about enabling members (adults and young people with a learning disability) to express themselves creatively, learn new skills, increase their confidence, showcase their talents, stay healthy, fit and safe, be able to live more independently, build friendships and have some fun!

	AM 9.30-12.30PM	PM 1.00-4.00PM	EVENING 4.30-6.30PM
Monday	Art: Explore your creativity and express yourself through art & various creative methods.	Crafts: Use your personality and interests to create unique pieces of work in our textile-based craft group.	
Tuesday	NEW Health and Wellbeing: 8-week programme focusing on relationships, mental health, coping with stress, personal safety and much more! Starts 9th July, sign up now!		
Wednesday	Music: Let your voice be heard! Be involved in writing your own songs, singing, playing instruments and performing.	Photography: Explore your creative side through a camera lens by learning how to take and edit photographs.	NEW Cook and Eat: 10-week programme learning how to prep and cook different types of cuisine. Coming Soon, sign up now for September!
Thursday	OTB Active: Get the chance to learn about the benefits of living a healthier lifestyle and join in our weekly sports activity.	Screen Printing: Discover a range of printing techniques, creating your own designs on a range of different media including cards and fabrics. NEW Weekday Walkers: Enjoy being outdoors, exploring new places, a great way to stay fit and healthy Starts July/August, sign up now!	Drama @ the Playhouse: Show off your talents! Create and develop performances, write and produce your own plays, theatre-based drama games.
Friday	Digital Skills: Learn an array of new skills from the basics of using technology to coding and computer programming	NEW Independent Living Skills: 6-week programme looking at the skills required to live a more independent life. Coming Soon in August, sign up now!	
Saturday	NEW Saturday Social Group: A chance to meet new friends and experience new places and trips out! Coming Soon!		

For more information or to arrange a meeting to discuss please contact Emma Rogerson: emmarogerson.otbarhouse@gmail.com 01943 431173