

STEPS

DERBY

Community Activity Hub

CONTACT US :  info@stepsderby.co.uk



Building confidence, independence and community!

FIND US AT:

 Moorways Athletics Stadium
Moor Lane, Allenton, Derby
DE24 9HY

 07403 866840

 73rd Derby Scout Group
Woodland Road, Allestree, Derby
DE22 2HE

 07862109296



REAL EXPERIENCES
REAL CONFIDENCE
REAL PROGRESS



What sets STEPS apart is our focus on real-life experiences, not just classroom-style activities.

- ✓ Hands-on learning
- ✓ Community-based opportunities
- ✓ Support tailored to each individual
- ✓ A friendly, welcoming environment



We focus on what people can do — and help them build from there.



Life Skills & Independence

At STEPS, we support team members in developing everyday life skills that promote independence and confidence.

This includes:

- Communication and teamwork
- Personal care and presentation
- Money handling skills
- Decision-making



A PLACE TO GROW, BELONG, AND THRIVE

At STEPS Derby, we do more than provide activities – we create opportunities.

We support young people and adults with learning disabilities to:

- Build confidence in everyday life
- Develop independence and life skills
- Form meaningful friendships
- Feel valued within their community

Every person who joins us becomes part of our team – not just a service user, but a "team member" with purpose and potential.

We are open Monday - Friday
9:30am to 3:30pm.





FOOD PREPERATION



SOCIAL MEAL TIMES



CLEANING UP



COOKING & SOCIAL MEALS



We regularly visit our Allestree setting where team members take part in planning, preparing, and cooking meals together.

This provides a relaxed and supportive environment to:

- Learn cooking and food preparation skills
- Build independence in daily living
- Develop social skills through shared mealtimes
- Enjoy the reward of creating and eating together



Meals out

As well as cooking together, we enjoy regular trips out for meals in the local community. These weekly outings give our team members the opportunity to build confidence in real-life settings, practice money handling and communication skills, and enjoy social time together in a relaxed environment. Eating out together is a great way to encourage independence while strengthening friendships and creating positive shared experiences.



WHAT A WEEK AT STEPS LOOKS LIKE



A WEEK FULL OF ACTIVITY, ROUTINE AND FUN

At STEPS, no two days are ever the same, but we believe having a consistent and structured routine is key to building confidence and independence.

Each week, our team members take part in a variety of regular activities that support both physical wellbeing and social development.

Our staple weekly activities include:

- Boxing – building confidence, coordination, and fitness in a fun and supportive environment
- Bowls – encouraging focus, teamwork, and friendly competition
- Gym sessions – promoting health, routine, and personal achievement
- Dance – a chance to express creativity, stay active, and most importantly, have fun

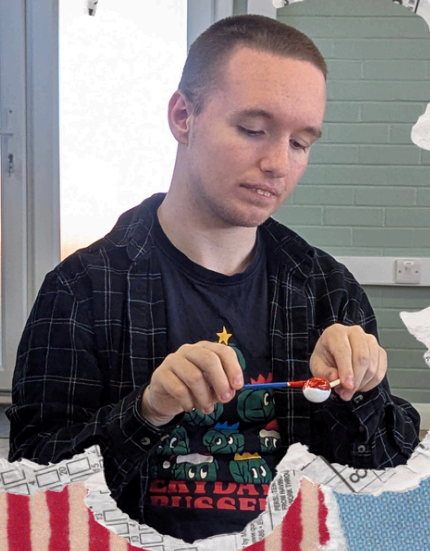
These regular sessions help create a sense of routine, allowing team members to feel comfortable, confident, and motivated as they develop new skills each week.

👍 We focus on participation, enjoyment, and personal progress – supporting each individual at their own pace.





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COME AND SEE STEPS FOR YOURSELF

We understand choosing the right support is a big decision -
That's why we offer a FREE taster session so you can
experience everything we offer.



OUR DAILY RATE IS DESIGNED TO BE AS INCLUSIVE AS POSSIBLE. SO THERE ARE NO UNEXPECTED COSTS. THIS INCLUDES:

- A wide range of structured activities throughout the week
- Access to community-based sessions and local trips
- Support from experienced and friendly staff
- Opportunities to develop life skills, independence, and social confidence
- Use of all facilities across our settings



TO FIND OUT MORE ABOUT OUR CHARGES PLEASE CALL:

Allenton: 📞 07403 866840

Allestree: 📞 07862109296



Come and experience the environment, meet the team, and see what makes STEPS special.

Get in touch today to book your visit:

✉ info@stepsderby.co.uk