

What's on in and around Lambeth: Day Opportunities for people with Learning Disabilities

Activity:	Time:	Location:	Cost:
<p>MAC</p> <p>User-led Arts, crafts, Maximum capacity of 10 to 12 people per day</p>	<p>Mon, Tue, Thu, Fri 10am – 4pm</p>	<p>The Multi Activity Day Centre (MAC) Greenleaf Close Tulse Hill Estate SW2 2LU</p>	<p>£65 per full day</p>
<p>Aspire Wellbeing</p>	<p>Mondays 1:30pm – 5pm</p>	<p>Gym sessions 1 Park Hall Road West Dulwich London SE21 8EH Tel: 020 8265 3479 health@aspirewellbeing.org</p>	<p>£25 per month, no joining fee or contract</p>
<p>Windmill Gateway Club Camping, to the cinema and to the pub</p>	<p>Monday 5:30pm - 9:30pm</p>		

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<p>Wheels for Wellbeing Cycling instructor sitting alongside a visually impaired cyclist (having fun) on a side-by-side cycle</p>	<p>11am – Monday 1:30pm (10:30am – 12:30 School holidays)</p>	<p>Herne Hill Velodrome (outdoors) 104 Burbage Road, SE24 9HE Tel: 07578746448</p>	<p>£5 per person (plus one friend/carer/relative cycles for free) £10 for a group (one disabled cyclist with up to 3 friends/relatives)</p>
<p>Community Club Lambeth Disability Sports Coach (DSC) Athletics Boccia Football Sitting Volleyball Table Tennis Caters for Cerebral Palsy Learning Disabilities</p>	<p>Tuesday 4.30pm - 6pm</p>	<p>The Brixton Rec. Leisure Centre 27 Brixton Station Rd, London SW9 8QQ</p>	<p>£2 per session</p>

Activity:	Time:	Location:	Cost:
Visual Impairment			
Tai-Chi	Wednesday 10:30- 11:30am	Katherine Lowe Settlement 108 Battersea High Street, London SW11 3HP Tel: 020 7223 2845 Email: NAtkins@wandsworth.gov.uk www.wandsworth.gov.uk	The first session is free of charge.
Brixton Fencing Club Caters for visually impaired	Wednesday 6pm-20.30pm	Brixton Recreation Centre, 27 Brixton Station Road, London, SW9 8QQ	
The 25+ Club Activities such as disco, quiz, BBQ.	Every 2nd and 4th Wednesday 6pm – 8pm	The MAC Tulse Hill Youth Club Greenleaf Close, Tulse Hill Estate SW2 2LU New members must contact Salvador on 020 8655 7738.	£5 per session.
Gardening Group	Thursday	The Rookery , Streatham Common	

Activity:	Time:	Location:	Cost:
<p>“Go Anywhere, Do Anything” Run by Share. Activities include horse racing, club nights, musicals, theme parks and sightseeing in London.</p>	<p>Weekends</p>	<p>Schedule of activities available at weekends, and during the week. http://www.sharecommunity.org.uk/ (search for Go Anywhere, Do Anything)</p>	<p>Free - £25 depending on activity</p>
<p>Platform 1 Café Catering Training & Employment Services for People with Learning Disabilities</p>	<p>Monday – Friday (day time hours)</p>	<p>9-10 Bramlands Close, London SW11 2NT Tel: 020 7228 2593</p>	<p>£65 per day</p>

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Nickel Support Social Enterprise Network	Monday – Friday (10am – 3pm)	17 Gordon Road Carshalton Surrey SM5 3RG	2 sessions (10 am – 3 pm) = £56.00
Buzz Hub Frontier Support	Monday – Friday 10am – 4pm	96D Southend South Croydon CR0 1DQ Contact: Tracy Crockford Landline: 020 8603 7230 Mobile: 07967 649353 e-mail: tracy.crockford@frontiersupportservices.org www: www.frontiersupportservices.org	£50 per day, or on sessional basis
Baked Beans Theatre Company Screen Beans Drama Session	Monday & Friday	Mansel Road Centre	
Baked Beans Theatre Company	Monday & Friday	The Garden Lawns Tennis Club	

Activity:	Time:	Location:	Cost:
Acting & Singing Session			
Electric Beans Drama Group	Monday & Wednesday		