



Lambeth Mencap Friends Service

43 Knights Hill West Norwood SE27 0HS



Autumn and Winter Programme



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Here is our Autumn and Winter programme: have a look through **and see if you'd like to join an** outing or activity



Lambeth Mencap Friends Service runs lots of different activities—Morley College classes, evening and weekend clubs, outings, and day **time activities. This time we've put** all the activities in here, so you can see the full range.



If you have ideas about things you would like to do in your free time then please pop into the office or give us a ring; we always want to hear your ideas.

Telephone: 0208 655 7733

How to Book

Important: first please read the Terms and Conditions on the last page

1. If you are already registered with Friends please call:



020 8655 7738

Leave a message saying what activity you would like to do and someone will get back to you with details on how to pay and more information on meeting times

2. If you are new to Friends, please call:



020 8655 7738

Leave a message with your name and contact details, and the activity you would like to do. We will arrange to meet with you and find out more about you, and help you sort out how to join activities.

The Leisure Project staff



Becky Loney
Service Manager
(part-time)



Charmaine Binns
Leisure Project
Co-ordinator
(part-time)



Yvonne Pennant-Taylor
Leisure Project
Co-ordinator
(part-time)

News

Lambeth Mencap Older Carers Group

If you are aged 60+ and care for a family member with learning disabilities then why not join our group?

Monthly shopping and lunch trips, transport provided, this group takes place on the 1st and 3rd Friday of every month.

0208 655 7738

Volunteers Needed

Do you want to help out at a twice monthly evening club for people with learning disabilities?

If you are free on the 2nd and 4th Wednesday of every month and you think you might enjoy this then please call the Friends Service on **0208 655 7738**



Art Workshops

We're hoping to set up art workshops later in the year. If you'd like to take part in one of our monthly Saturday art workshops then please ring Yvonne and let her know. More information will follow- watch this space!

0208 655 7738



PMLD Activity Project at Lambeth Mencap

If someone you support or care for has profound and multiple learning disabilities, then you might be interested in this:

Lambeth Mencap is hoping to secure some funding to run an activity project for people with PMLD to start in April 2012.

We're looking for people who might like to get involved: people with learning disabilities, family carers, and professionals.

We're thinking hydrotherapy, storytelling, sensory fun and games, music and movement, trips out and about - and creative thinking all round.

What do you think?

If you have ideas or would like to find out more then please call Becky on 0208 655 7737 or e-mail: becky@lambethmencap.org.uk



Activities at a glance

Sunday Lunch Club:

September 18th	Lisboa Grill	- Brixton Hill
October 23rd	Waterfall Caribbean	- Penge
November 20th	Belgo	- Clapham
December 11th	The Pied Bull	- Streatham

Courses:



Autumn Thursdays - 22nd September - 27th October



Winter Thursdays - 10th November - 15th December

Keep Fit:



Six week course

Tuesdays 20th September to 25th October

Activities at a glance

Outings:

September 17th	Llama Park - Ashdown Forest
October 22nd	Black History Month - Fairfield Halls
November 5th	Fire Works - Carlshalton
December 17th	Jack & the Bean Stalk - Catford

Clubs:

Music Club	-	(usually) 1st & 3rd Wednesday of the month
Club 25	-	2nd & 4th Wednesday of the month

Holiday:

3rd - 7th October	-	Macaroni Woods in Gloucestershire
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Call the Friends hotline below



020 8655 7738



Sunday Lunch Club
12pm - 3pm



Lisboa Grill
Portuguese Restaurant & Takeaway
256A Brixton Hill SW2 1HF



Another chance for Portuguese. This restaurant has been around long before Nando's. Sample a tasty variety of grilled meats, chicken, fish and vegetarian meals. Special meals include Chicken Curry 'Old Goa' style and Picanha - grilled Brazilian meat served with rice and black beans.

- Meet at the office at 11am or meet at the Lisboa Grill at 12pm.
- Transport is available for those who need it.
- Booking is essential. Bring £20 on the day.



45 59 109 118 133
159 250 333



Sunday Lunch Club
are meeting
for Dinner



The Waterfall Caribbean Restaurant
2 Colman House,
High Street Penge
SE20 7EX



All You Can E at Caribbean Buffet.

Choose from a great selection of freshly prepared Caribbean dishes such as Curry Goat, Ackee & Salt Fish, Jerk Chicken among others and a wide choice of vegetarian options.



- Booking is essential.
- Meet at the office at 4pm or meet at the Waterfall at 5pm.
- Transport is available for those who need it.
- Bring £20 on the day.



75 227 358





November Sunday Lunch Club



Belgo

44-48 Clapham High Street SW4 7UR

Belgo is a Belgian Restaurant in the heart of Clapham. Belgium is the land of seafood (particularly mussels served with fries) beer and the world's finest chocolate.

Don't worry if seafood is not your thing as there are other meat, poultry and vegetarian dishes to choose from. Bring £20

Please call in to book.

Transport available for those who need it.



Clapham North &
Clapham Common



P5 50 88
155 322 345

December Christmas Lunch Club



The Pied Bull

498 Streatham High Road SW16 3QB

The Christmas Menu

2 Course Meal £14.95

3 Course Meal £16.95

Drinks not included

Please ring to book and get details of the menu

Transport available for those who need it.



Streatham
Streatham Common
Norbury



109 118 159
250 60 249

Autumn Thursdays

Daytime Activities for Adults with Learning Disabilities
The MAC at Tulse Hill Youth Centre, Tulse Hill Estate, SW2
Thursdays from September 22nd to October 27th 2011

We will be running one main activity each day (see over for full details)
Pick your days - come along once or twice, or join all six sessions.
If you have a personal budget why not come with your own supporter,
and use the centre as a base, use the computers, use the kitchen -
we're happy to see if we can come up with an individual plan for you



The cost is £45 per day, includes support at a 1:4 ratio, transport to and from local areas
and refreshments. Please bring a packed lunch.









The MAC (Multi Activity Centre) takes place in an accessible building with disabled toilet and a garden
but please ring us to talk about your needs and how we can support you.



020 8655 7738



Autumn Thursdays

Date	Activity	Details
Thursday 22nd September	 	Pottery: We'll be using quick-drying clay to make bowls, decorations, and anything else that takes your fancy. Expect to get a bit messy, and enjoy!
Thursday 29th September		Book-binding: Learn how to make your very own handmade book - a scrap-book, a photo-album, this will be a fascinating day.
Thursday 6th October	 	Home-made cookies and Decoration: Make some delicious cookies, decorate them, and then learn how to wrap and display them - this will be a treat.
Thursday 13th October	 	Print-making Workshop: Learn how to design your own t-shirt or canvas bag, and use different ways to make your mark. We provide the materials, just come along ready to try some amazing ideas
Thursday 20th October	 	Homemade Scones and Tea Dance: We'll spend the morning making delicious scones, and then dance the afternoon away with some expert (and easy!) tuition.
Thursday 27th October		Painting on Canvas: Using acrylic paints, we'll try lots of different techniques—including cubism. What's that? Come along and find out!

Winter Thursdays

Daytime Activities for Adults with Learning Disabilities
The MAC at Tulse Hill Youth Centre, Tulse Hill Estate, SW2
Thursdays from November 9th to December 15th 2011

We will be running one main activity each day (see over for full details)
Pick your days—come along once or twice, or join all six sessions.
If you have a personal budget why not come with your own supporter,
and use the centre as a base, use the computers, use the kitchen,
we're happy to see if we can come up with an individual plan for you









Cost = £45 per day, includes support at a 1:4 ratio, transport to and from local areas
and refreshments. Please bring a packed lunch.

The MAC (Multi Activity Centre) is an accessible building with disabled toilet and a garden
but please ring us to talk about your needs and how we can support you.





Winter Thursdays

Date	Activity	Details
Thursday 10th November		Mini Christmas Cake Workshop: Ho ho ho—time to make some small gifts for Christmas. How about these miniature Christmas Cakes?
Thursday 17th November		Pastry Day: We're going to make quiche and fruit-pies. Pastry from scratch. These delicious tarts will melt in the mouth. Take them home and treat your families and friends.
Thursday 24th November		Design your 2012 Calendar Make your own calendar—use your photos or pictures we'll get it printed and ready for the New Year. Small extra for printing costs—we'll let you know.
Thursday 1st December		Card Design: Cards for your family and friends—birthdays, Christmas, you chose—we'll have lots of ideas, including digital photos of yourself to make them really personal
Thursday 8th December		Sweet Gifts: We'll be very messy today, so get your pinnie on. Chocolate truffles, and tasty sweets. Put them in a gift box and enjoy!
Thursday 15th December		Mince Pies and Mid-Winter Celebration Using Miriam's best recipe (ever) you'll be able to make a batch of mince pies to eat now or freeze for Christmas. After lunch we'll have a sing-song, and mulled wine.

Ashdown Forest Llama Park and Bewl Water



Day Trip

Spend the morning at the Llama Park with beautiful views and hundreds of llamas, alpacas and then go onto Bewl Water in Kent—and watch the amazing Dragon Boat Charity Racing



£45

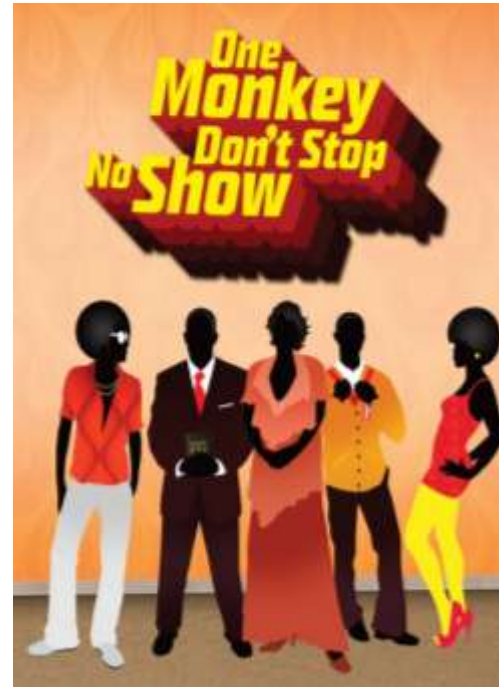
Bring a packed lunch or money for lunch at one of the coffee shops



Black History Month



Theatre Trip



The Harrisons are the most respectable middle class black family in Philadelphia, but the arrival of their niece and her new ideas turns their polite suburban life on its head. **One Monkey Don't Stop No Show** is a hilarious play about how hard we try to hide who we really are.

Don't miss it!
This is the last performance at the Fairfield Halls Croydon.

Meet at 6:15pm



£45

Fireworks at Carshalton Park



Join us for one of the largest and most spectacular charity fireworks displays in the South East of England. Get cosy around a massively warm and bright bon-fire and enjoy the live DJ who'll be playing the latest tunes.

The Carshalton Park Fireworks Display is organised for the local community by the Wallington & Carshalton Round Table.

All profit from the event is donated to local charities to support the community.



Meet at the office at 4:30pm

£36



Christmas Panto

JACK
and the
Beanstalk



 and 2 course lunch

We start our journey at Mekan restaurant.

The menus are exciting including Mediterranean, Middle-Eastern and European food. **Drinks are not included.**

Then off to the Broadway Theatre to see a pantomime kingdom full of magic and adventure

£55

Meet at the office at 12.00pm

We will be back for about 7.00pm





5 day Holiday to Macaroni Woods in Gloucestershire



3rd - 7th October 2011

Cost £600

What does this include:

- Half Board at Macaroni Woods residential centre: Bed, breakfast & evening meal
- All trips including Blenheim Palace, and the Cotswold Wildlife Park and activities on-site
- Support at a 1:4 ratio,
- Mini bus transport



Blenheim Palace



Activity Days In



Great Days Out



Cotswold Wildlife Park



020 8655 7738



Club 25 is an evening club that runs on the 2nd and 4th Wednesday of the month.

We run different activities each evening and it's a good chance to meet new people and to see old friends.

If you would like to join then please ring and talk to Charmaine



020 8655 7733



This club costs £5 per session.



6pm to 8 p.m.

Venue kindly provided by the London Borough of Lambeth



**The Landmark
47 Tulse Hill
SW2 2TN**



Music Workshops

**A new course of Music Workshops from
October 2011 to July 2012.**

If you would like to come and sing, play, improvise and have a lot of fun then this course will be for you. Join Roshi, our tutor from Morley College and take part in an interesting and creative session.

This course is suitable for people with learning disabilities who want to make music, and people of any level of skill and ability are welcome.

This course takes place on the 1st and 3rd Wednesdays of the month and runs from 4.30 to 6.30 pm at The Landmark Day Centre on Tulse Hill

(dates may vary—please check)



For exact dates and more details please call Yvonne.

Sign up quickly,
this is a very popular group



Keep-Fit

for Adults with Learning Disabilities

A six week course of exercise for adults with learning disabilities. Take part in an all-body workout and stretch and relaxation session.

Join this fun and friendly group, and get yourself moving



Brockwell Park Lido
Dulwich Road
SE24 0PA

Course Cost = £45



Herne Hill



3, 37, 68,
201, 468

September 2011						
M	T	W	TH	F	S	S
	20					
	27					

October 2011						
M	T	W	TH	F	S	S
	4					
	11					
	18					
	25					

Skating with Beth



Beth is a qualified skating coach and has recently started coaching at Streatham ice rink. She is planning to run ice skating activities for people with learning disabilities. Ice skating not only improves fitness but it builds confidence, self esteem so why not try some thing completely different.

If you think that you may be interested in then please leave your details on the number below. We'll collect all the names and then watch this space: You may be dancing on ice in 2012.

You never know you could be ...



020 8655 7738





Lambeth Mencap aims to provide day trips, courses and seasonal activities for adults with learning disabilities, their supporters or carers. For the wellbeing and safety of all and the smooth running of activities, we ask everyone using the service, and/or their carers/support staff to read the information below before booking. If you need any help or further information then please call one of the Friends team for support.

1. Staff to service user ratios will be 1:5 for full day outings, and 1:4 for Autumn and Winter Thursdays.
2. Extra costs will apply for anyone requiring 1:1 Support, or with any substantial support needs.
3. For Sunday Lunch Club, and Keep-fit we ask service users to bring their own supporter if they need 1:1 support or similar. If you have any queries about support levels then please do not hesitate to contact us on the number above so we can help.
4. Residential support staff or personal assistants will need to pay the full cost for day outings.
5. Residential support staff or personal assistants are responsible for the safety and wellbeing of the service users in their care throughout the activity.
6. Please ensure that Lambeth Mencap staff have all the relevant information that we may need to know about, e.g. support needs, medication, health issues and allergies, emergency contact numbers etc. We aim to update each individual's information before each trip, but we rely on people with learning disabilities, their families and support staff to ensure we have all appropriate information in advance.
7. Full refunds will only be made if 4 weeks notice is given.
8. Refunds of 50% will only be made if 2 weeks notice or more is given.
9. Lambeth Mencap staff can administer most medication, but only if a full assessment has been completed beforehand, and medication is supplied in a dosette box supplied by the pharmacy, or in the original labelled container. Please call if you have queries about medication.
10. Please ensure that you carry up to date identification with you, if there is any risk of you getting lost, especially in unfamiliar places.
11. Please be at the office or meeting point in time. We have tight schedules and we will be unable to wait for anyone who is late. Refunds in this case will not be possible.

Have fun!