

WEEKLY GROUP INFORMATION

MONDAYS

Day Services (Adults)
 9.15 am to 3.15 pm (Full or half day)
 MENCAP CENTRE
 Leader - Clare O'Donnell
 01664 564237



SWIMMING CLUB (age 14 upwards)
 6.30 to 8.00 pm (6.45 to 7.45 pm in pool)
 WATERFIELD LEISURE CENTRE
 Leader - Leah Griffiths
 07946 090140



TUESDAYS

Day Services (Adults)
 9.15 am to 3.15 pm (Full or half day)
 MENCAP CENTRE
 Leader - Clare O'Donnell
 01664 564237



TUESDAY GATEWAY CLUB (Adults)
 7.00 to 9.00 pm
 OUT AND ABOUT Social & Leisure Group
 Leader - Lorraine Simmonds
 07867 727467

WEDNESDAYS

WEDNESDAY GATEWAY CLUB (Adults)
 7.00 to 9.00 pm
 MENCAP CENTRE - Social & Leisure Group
 Leader - Lorraine Simmonds
 07867 727467



THURSDAYS

AFTER SCHOOL CLUB (14 to 19 years)
 3.30 to 6.30 pm
 MENCAP CENTRE - Relaxing fun for friends to have dinner together
 Leader - Mary Le Fevre-Smith
 07952 545849



YOUTH GROUP (14 to 19 years)
 6.30 to 8.30 pm
 MENCAP CENTRE
 Leader - Mary Le Fevre-Smith
 07952 545849



FRIDAYS

Day Services (Adults)
 9.15 am to 3.15 pm (Full or half day)
 MENCAP CENTRE
 Leader - Sue Mayhew
 01664 564237



JOURNEY NIGHTS (19 to 25 years)
 8.00 to 10 pm
 MENCAP CENTRE - Social & Leisure Club for Young People
 Leader - Leah Griffiths
 07946 090140



GATEWAY CLUB (Adults)
 8.00 to 10.00 pm
 OUT AND ABOUT Social & Leisure Group
 Leader - Lorraine Simmonds
 07867 727467

MORE CLUBS ON SATURDAYS OVERLEAF

SATURDAYS

FUN & FRIENDSHIP (4 years and up)
Alternate Saturdays - 10.00 to 12 noon
MENCAP CENTRE - Fun for Children
Leader - Lorraine Simmonds
07867 727467

FUNSTERS (10 years and up)
Alternate Saturdays - 10.00 to 3.00 pm
MENCAP CENTRE - Fun for Children
Leader - Lorraine Simmonds
07867 727467



YOUTH CLUB (13 to 25 years)
First Saturday of Month - 10.00 to 4.00 pm
OUT AND ABOUT Leisure Group
Leader - Mary Le Fevre-Smith
07952 455849



For more information
on our activities
and services
please call our office on
01664 564237
or email us at
info@meltonmencap.org.uk

