

## WEEKLY GROUP INFORMATION

### MONDAYS

**DAY SERVICES (Adults) Design & Crafts**  
12.30 pm to 3.15 pm  
MENCAP CENTRE  
Leader - Carla Bishop



**SWIMMING CLUB (age 14 years and over)**  
6.30 pm to 8.00 pm  
(6.45 pm to 7.45 pm in pool)  
WATERFIELD LEISURE CENTRE  
Leader - Leah Griffiths



### TUESDAYS

**DAY SERVICES (Adults) Cookery**  
9.15 am to 3.15 pm (Full or half day)  
MENCAP CENTRE  
Leader - Sue Mayhew / Leah Griffiths



**TUESDAY GATEWAY CLUB (Adults)**  
7.00 pm to 9.00 pm  
OUT AND ABOUT Social & Leisure Group  
Leader - Leah Griffiths

### WEDNESDAYS

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



### THURSDAYS

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



### FRIDAYS

**DAY SERVICES (Adults) Music & Drama**  
9.15 am to 3.15 pm (Full or half day)  
MENCAP CENTRE  
Leader - Sue Mayhew



**FRIDAY GATEWAY CLUB (Adults)**  
7.30 pm to 9.30 pm (Summer)  
7.00 pm to 9.00 pm (Winter)  
OUT AND ABOUT - Social & Leisure Group  
Leader - Lorraine Simmonds

**MORE CLUBS  
ON SATURDAYS  
OVERLEAF**

## SATURDAYS

### FUN & FRIENDSHIP

(Guide age 4 years and up)

Alternate Saturdays - 10.00 am to 12 noon

**MENCAP CENTRE** - Providing a range of play activities and new opportunities in a safe and caring environment.

See programme for activities

Leader - Lorraine Simmonds



### FUNSTERS

(Guide age 10 years to 14 years)

Alternate Saturdays - 10.00 am to 3.00 pm

**MENCAP CENTRE** - Providing a wide range of experiences and play opportunities with peers to seek adventure, explore and social interaction in a safe environment.

See programme for activities

Leader - Lorraine Simmonds



### YOUTH CLUB (13 years to 25 years)

First Saturday of Month - 10.00 am to 4.00 pm

**OUT AND ABOUT** Leisure Group

Leader - Mary Le Fevre-Smith



## PERSONAL SUPPORT

### PERSONAL SUPPORT (Adults and Children)

This service provides a personal assistant tailored to meet the needs of the individual. The service can support individuals to attend groups at Melton Mencap, within the community or within peoples homes.

We offer a range of support to enable adults and young people to develop independence and socialising skills. Domiciliary support is also offered within the home.

The service can provide vital respite for families and individuals.

**For more information on our activities and services please call our office on 01664 564237, email us at [info@meltonmencap.org.uk](mailto:info@meltonmencap.org.uk) or visit [www.meltonmencap.org.uk](http://www.meltonmencap.org.uk)**

