

Daytime Provision and Activity Booklet

for adults with a learning disability



In Borough activities/services

All Saints Community Resource Centre, 44 All Saints Road, SW19 1BX

Day centre for adults with learning disabilities and physical disabilities

Day services from 9am to 4pm Monday to Friday

Telephone: 020 8274 5388

Fax: 020 8542 9541

Email: AllSaintsCentre@merton.gov.uk

Website: <http://www.merton.gov.uk/health-social-care/adult-social-care/help-at-home/daycentres/allsaints.htm>

Green Valley Railway, 173 Westway, Raynes Park, SW20

Enjoy watching electric and battery trains whizzing round the track when the Green Valley Railway host their Open Days at a private residence in Raynes Park.

Tel: 020 8542 5811

Website: <http://www.holycrossmotspurpark.org.uk/welcome.htm> (click on "Whats on" for details of open days)

High Path Community Resource Centre, 63 High Path, South Wimbledon, SW19 2JY

Day Centre for adults with learning disabilities.

Tel: 020 8274 5361

Fax: 020 8241 2233

Email: highpath@merton.gov.uk

Website: <http://www.merton.gov.uk/health-social-care/adult-social-care/help-at-home/daycentres/hpresourcecentre.htm>

Jan Malinowski Centre (JMC), 114 Riverside Drive, Mitcham, CR4 4BW

Day Centre for adults with learning disabilities. The centre is designed to meet the needs of people who may need higher levels of support.

Day services from 8.30am to 3.30pm Monday to Friday

Tel: 020 8274 5141

Website: <http://www.merton.gov.uk/health-social-care/adult-social-care/help-at-home/daycentres/jan-malinowski-centre.htm>

Merton Adult Education, Whatley Avenue, SW20 9NS

A range of courses, both mainstream (some support available) and Towards Independence courses specifically for adults with LD

Tel: 020 8274 5222

Website: <http://www.maec.ac.uk>

Merton Arts Therapies Team (based at JMC), 114 Riverside Drive, Mitcham, CR4 4BW

One to one or group work with Art Therapists offering music, drama, dance and art therapy

Tel: 020 8274 5145/5148

Email: ArtTherapies@merton.gov.uk

Website: <http://www.merton.gov.uk/health-social-care/adult-social-care/help-at-home/daycentres/jan-malinowski-centre.htm>

Merton Mencap Cafe (vocational training), Holy Trinity Church, 234 The Broadway, Wimbledon, SW19 1RY

Vocational training in running a working cafe promoting the development of independent living skills. For adults with a learning disability and autism. Mondays, 9.30am to 2.30pm.

Tel: 020 3458 5121 (Project Manager, Ruth Abbott)

Email: pma@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Evolutions, various locations

Activities promoting health, well-being and independence for adults with a learning disability and autism, who receive little or no social care support. Outings in the community on Monday evenings, 5pm to 8.30pm.

Tel: 020 3458 5121 (Project Manager, Ruth Abbott)

Email: pma@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Evolutions Health and Fitness, The Canons Leisure Centre, Madeira Road, Mitcham, CR4 4HD

Activities promoting health, well-being and independence for adults with a learning disability and autism, who receive little or no social care support. Wednesday evenings, 7pm to 9pm.

Tel: 020 3458 5121 (Project Manager, Ruth Abbott)

Email: pma@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Evolutions Saturday Club, Wimbledon Guild, Guild House,
30/32 Worple Road, Wimbledon, SW19 4EF

Activities promoting health, well-being and independence for adults with a learning disability and autism, who receive little or no social care support. Saturdays, 10am to 1.30pm.

Tel: 020 3458 5121 (Project Manager, Ruth Abbott)

Email: pma@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Evolutions T, various locations

Activities promoting health, well-being and independence for adults with a learning disability and autism, who receive little or no social care support. Outings in the community on Tuesday evenings, 5pm to 8pm.

Tel: 020 3458 5121 (Project Manager, Ruth Abbott)

Email: pma@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Evolutions 2gther Thursdays, High Path Community Resource Centre, 63 High Path, South Wimbledon, SW19 2JY

Activities promoting health, well-being and independence for adults with a learning disability and autism, who receive little or no social care support. Thursday evenings, 7pm to 9pm.

Tel: 020 8687 4676 (Project Manager, Andrew Whittington)

Email: chief.executive@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Generations Club, St Marks Family Centre, New Church Hall,
28 St Mark's Road, Mitcham, Surrey, CR4 2LF

Sports and leisure activities for young people with a range of learning disabilities and autism, aged 18 to 25. Saturdays, 12pm to 4pm.

Tel: 020 8687 4676 (Project Manager, Andrew Whittington)

Email: chief.executive@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Going Out Club, various locations

Small group outings in the community for young people with a mild or moderate learning disability and autism, aged 16 to 25. Wednesday evenings, term time only, 6.30pm to 9.30pm.

Tel: 020 8254 8389 (Project Manager, Brenda Fortune)

Email: pmy@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Merton Mencap Inspire, Merton Adult Education Centre, Whatley Avenue, SW20 9NS

A one year course promoting independence, volunteering and work experience. Fridays, 9.30am to 4.30pm.

Tel: 020 3458 5121 (Project Manager, Ruth Abbott)

Email: pma@swlondonmencap.nhs.uk

Website: <http://www.mertonmencap.org.uk/>

Outreach Team (based at High Path Community Resource Centre)

Activities for people aged 18 plus living in the family home. Daytime, evenings and weekends.

Tel: 020 8274 5361

Fax: 020 8241 2233

Email: highpath@merton.gov.uk

Website: <http://www.merton.gov.uk/health-social-care/adult-social-care/disabled/communityoutreach.htm>

South Thames College (Merton campus – including the **Aurora Centre**), London Road, Morden, SM4 5QX

Specialist teaching and support teams to work with young people and adults with a wide range of learning difficulties and disabilities. Facilities are adapted to provide access to everyone. Offers Skills for Working Life for 16 to 24 year olds and Learner Support for students on mainstream courses.

The Aurora Centre is a non-residential, specialist centre for 16-24 year olds with autistic spectrum disorder and complex needs.

Tel: 020 8918 7777

Email: info@south-thames.ac.uk

Website: <http://www.south-thames.ac.uk/guide/learning-difficulties-and-support-south-thames-college.html>

Swimming, The Canons Leisure Centre, Madeira Road, Mitcham, CR4 4HD

Every Thursday evening there is an open disability session between 7pm and 8pm for adults and children with disabilities to enjoy a fun session in an atmosphere that is a bit less busy than at other times.

Tel: 020 8640 8543

Website: [http://www.better.org.uk/leisure/canons-leisure-centre?programme\[activitytype\]=pool&#carousel0](http://www.better.org.uk/leisure/canons-leisure-centre?programme[activitytype]=pool&#carousel0)

The Squad, John Innes Centre, 61 Kingston Road, SW19 1JN

The Squad Youth Club is a Charity based in Merton.

The Juniors Club for young adults aged 13 – 25 with all types of disabilities and behavioural disorders runs on Thursday evenings during term time. They offer a wide range of activities from Kite Making, Painting and Sculpting, Music, Dance and Football. Once a year they also organise a Squad holiday, where the whole group goes away on a specifically designed holiday.

The Vets Club is a place where members of the Juniors Club can move to when they turn 25. They offer a diverse range of activities such as cinema, wrestling events and ghost walks to pizza making, zumba and pub dinners.

Tel: 07411231482 or 07704112381

Email: enquiries@thesquad.org.uk or James.dellow@thesquad.org.uk

Website: www.thesquad.org.uk

Voyager Club (based at JMC) – leader Mark Brown

Social club for people with learning disabilities aged 14 years upwards who live in Merton. Activities vary depending upon the choice of members and include putting on an annual show for family and friends. Tuesday evenings during term time, 7pm to 8.30pm

Tel: 07917 454573

Email: brown-mark6@sky.com

Wimbledon Park Watersports Centre, Home Park Road, SW19 7HX

Small group and individual sessions can be arranged for sailing, canoeing etc. The centre is fully accessible, and has specially designed boats, canoes, paddles, and hoists.

Tel: 020 8947 4894

Email: wimbledonpark@merton.gov.uk

Website: <http://booking.merton.gov.uk/wimbledon-park-watersports-centre>

Workshop 305, Weir Road, Wimbledon, SW19 8UG

Arts and Crafts activities, including clay, print and textiles, photography- 5 days a week

Tel: 0208 971 9172 or 07906 102862

Email: info@workshop305.com

Website: http://www.wandsworth.gov.uk/site/scripts/home_info.php?homepageID=149&recordID=40232

YMCA Inclusive Fitness, 200 The Broadway, Wimbledon, SW19 1RY

Inclusive Fitness accredited – special equipment and low rates for gym use. Classes include Boccia, Dance, and more . . .

Tel: 020 8542 9055

Email: marcuschilton@ymcalsw.org

Website: <http://www.ymcalsw.org/ymca-wimbledon>

YMCA, Inclusive Lives Project, 200 The Broadway, Wimbledon, SW19 1RY

Offers a wide range of health and wellbeing activities for people with disabilities aged 16 plus. Launches in July 2015!

Tel: 078 2689 0171 or 020 8542 9055

Email: Gina.King@ymcalsw.org

Website: <http://www.ymcalsw.org/ymca-wimbledon>

Your Shout

A Merton group for young people, aged 14-25, meeting once a month on a Wednesday, 4.30pm to 6.30pm in Colliers Wood.

Tel: Jo Young 020 8274 4959, Julia Garret 020 8545 4534 or Robert Hill 020 8545 4527

Email: jo.young@merton.gov.uk, Julia.garrett@merton.gov.uk or Robert.hill@merton.gov.uk

Out of Borough activities/services

Act Too, 26 Totterdown Street, SW17 8TA

Wandsworth based theatre group with wide range of activities/groups including acting, dance, DJ-ing. social activities and support.

Tel: 020 8944 0024

Website: <http://www.acttoo.com/bbtc.html> and
http://www.wandsworth.gov.uk/site/scripts/home_info.php?homepageID=149&recordID=39544

Baked Bean Company (comes under umbrella of Act Too), The Katherine Low Settlement, 108 Battersea High Street, SW11 3HP

Wandsworth based theatre group with wide range of activities/groups including acting, dance, DJ-ing. social activities and support.

Tel: 020 8944 0024

Website: <http://bakedbeancompany.com/>

Carshalton College, Nightingale Road, Carshalton, SM5 2EJ

A range of courses for younger students aged 16 plus with LD and/or disabilities in skills for work and life lasting up to 3 years.

Tel: 020 8544 4595/4501

Email: cs@carshalton.ac.uk

Website: <http://www.carshalton.ac.uk>

Charlotte's Tandems, various locations

Charlotte's Tandems lends tandems for free to people with disabilities or special needs, who are unable to ride a bike safely on their own, so that they can enjoy the wonders of cycling. They have several tandems in South London and Surrey. They are available for hire for a couple of months at a time.

Website: www.charlottestandems.weebly.com

CityLit (Covent Garden), 1-10 Keeley Street, WC2B 4BA

A range of courses for adults with special needs

Tel: 020 7831 7831

Website: <http://www.citylit.ac.uk/courses/specialist-learning/courses-for-people-with-learning-difficulties>
<http://www.citylit.ac.uk/courses/specialist-learning/courses-for-people-with-learning-difficulties>

Club Soda, various locations in Croydon

Club Soda produces arts events and activities led by people with learning disabilities. They support people to develop their artistic ability through running high quality arts workshops and also provide training in arts jobs, and offer volunteering and work experience placements.

Tel: 020 8253 1034

Email: info@clubsoda.org.uk

Website: <http://www.clubsoda.org.uk/index.php?s=contact>

Companion Cycling, The Stockyard, Hampton Court Road, TW12 2EJ

All types of adapted bikes, plus volunteers to ride with people if needed

Tel: 07961 344545

Website: <http://www.companioncycling.org.uk/>

Cricket, various locations

Surrey Cricket Board provides details of clubs in Surrey that can accommodate cricketers with a visual impairment, physical impairment or learning difficulties.

Tel: 020 7 820 5729

Email: thilson@surreycricket.com

Website: <http://www.surreycricketboard.org/page/disability-12/>

Cycling Projects (CP), various locations

One of CP's main activities is to bring cycling to disabled children, young people and adults, their families and carers through its Wheels for All programme

Website: <http://www.cycling.org.uk>

Diamond Riding Centre, Woodmansterne Road, Carshalton, SM5 4DT

Riding for people of all ages with a disability

Tel: 020 8643 7764

Email: diamondcentre@tiscali.co.uk

Website: <http://www.diamondcentre.org.uk/>

Disability Badminton, Wimbledon Racquets & Fitness Club, Cranbrook Road, Wimbledon, SW19 4HD

Offers disability badminton for children and adults of all ages every Saturday evening from 5.30pm to 7pm. The emphasis is on fun and games, with movement and coordination. Wheelchair badminton and badminton for the deaf are also available.

Tel: 07754 371082 or 020 8947 5806

Email: lorrainebrydie@hotmail.co.uk or info @wimbledonclub.co.uk

Website: <http://www.wimbledonclub.co.uk/>

Disability Martial Arts Association (DMAA), various locations

A support network for people of all ages with all types of disabilities. It has set up a database of all Martial Art Clubs and Associations that will teach people with all abilities.

Tel: 020 8245 2383

Website: <http://www.dmaa.org.uk/>

Disability Snowsport UK (DSUK), various locations

DSUK provide exciting and life enhancing activities for individuals or groups who require adaptive equipment and/or special instruction and support. The closest location is based at Bromley Ski slope, the group skis twice a month, usually on the second and fourth Sunday of every month (please check first).

Tel: 01479 861272

Email: admin@disabilitysnowsport.org.uk

Website: <http://www.disabilitysnowsport.org.uk/About-Us/About-Disability-Snowsport-UK.aspx>

DSActive, Sport for people with Downs Syndrome, various addresses

The DSActive programme is a bespoke football and tennis programme for people with Down's syndrome in the UK, administered and run by the Down's Syndrome Association. Local football clubs participating include Chelsea FC and Fulham FC

Tel: 0845 230 0372

Email: matt.maguire@downs-syndrome.org.uk

Website: <http://www.dsactive.org/>

EcoLocal Community Allotment, Colston Avenue, Carshalton

Free drop in sessions twice a week for the whole community, Monday 1pm to 3pm and Fridays 10.30am to 12.30pm. People with LD welcome, accompanied by a carer

Tel: 020 8404 1522

Email: food@ecolocal.org.uk

Website: <http://www.localfoodnetwork.org.uk/>

EcoLocal Cycling, David Weir Arena, Middleton Road, Carshalton, SM5 1SL

All types of adapted bikes for people to use

Tel: 020 8404 1522

Email: cycling@ecolocal.org.uk

Website: <http://www.ecolocalcycling.org.uk/index.php/get-cycling/>

England Badminton Players Association for Disabled (EBAD), various locations

Helps get more disabled people into badminton at any standard or level. Their website provides information on disabled clubs, coaching, tournaments, as well as information on where to learn and play badminton.

Website: <http://www.ebad.org.uk/>

Freewheelers Theatre Company, The Bridge Centre, Leatherhead, Surrey, KT22 7RB

Brings disabled and non-disabled actors and supporters, production teams and the local community together. They use theatre and dance, wheelchair and voicebox technology, multimedia, animations, puppets and shadows to create innovative work.

Tel: 07599 077044

Email: info@freewheelerstheatre.co.uk

Website: <http://freewheelerstheatre.co.uk/>

Generate Opportunities Ltd, 73 Summerstown, Tooting, SW17 0BQ

Wandsworth based service providing support, small group activities, respite, etc

Tel: 020 8879 6333

Website: <http://www.generate-uk.org/>

Nickel support, 15 The Parade, Beynon Road, Carshalton, SM5 3RL

Working with adults with LD supporting them to find their path in life in areas such as employment, transition, confidence building and promoting independence. People using this service can access up to 5 days per week, with a total of 3 sessions per day.

Tel: 020 8669 4882

Email: elena.nicola@nickel.org.uk

Website: www.nickel.org.uk

Orchard Hill College, Old Town Hall, Woodcote Road, Wallington, SM6 7DF

A non residential specialist college offering educational opportunities for students over 16 years old with learning difficulties.

Tel: 020 8254 7820

Website: <http://www.orchardhill.ac.uk/about-us/>

Richmond College, Egerton Road, Twickenham, TW2 7SJ

Various courses for people aged 16-21 with LD geared towards those leaving special schools, lasting up to 3 years

Tel: 020 8607 8000

Website: <https://www.rutc.ac.uk/courses/supported-learning/185-entry-level/183-skillwise.html> and <https://www.rutc.ac.uk/courses/supported-learning/185-entry-level/138-life-skills.html>

R.O.Y.A.D (Reaching out to Youth & Adult Disabilities)

Club for young adults with mild learning disabilities based at various venues in or around the Kingston area. Membership includes residents of Merton, Richmond, Croydon, other nearby areas and Kingston.

Offers educational opportunities, acting, sports, social activities, cookery & more

Tel: 020 8390 5718

Website: www.royad.org

Share, 64 Altenburg Gardens, Wandsworth, SW11 1JL

Provides various training & employment support for disabled adults, including those with learning disabilities, physical/sensory impairments, autism & mental health needs, Their programme includes life & independent living skills, basic skills, digital skills, horticulture, getting ready for work, food hygiene & catering & arts & crafts.

Tel: 020 7924 2949

Email: info@sharecommunity.org.uk

Website: <http://www.sharecommunity.org.uk/>

Surrey Twisters Sunshine (SEN)

A cheerleading team for children and adults with special needs and learning disabilities.

Website: <http://www.surreytwisters.com/>

Thrive, Battersea Park

Run gardening sessions for adults with learning disabilities at their own gardens and offer outreach projects in the community.

Tel: 0118 988 5688

Email: info@thrive.org.uk

Website: <http://www.thrive.org.uk/>

Werewolves of London Special Ice Hockey Club, Streatham Ice & Leisure Centre, 390 Streatham High Road, Streatham, SW16 6HX

The club offers a special needs ice hockey programme for children and adults who have developmental disabilities and other learning disabilities. It caters for all abilities, including beginners and non-skaters, aged five and upwards. They play at Streatham Ice and Leisure Centre. The season runs from early September to end May. Sessions are held on Saturdays between 4.30pm and 6.30pm

Website: <http://werewolvesoflondon.org.uk/>

Wheels for Wellbeing, 336 Brixton Road, SW9 7AA (various locations)

A charity which supports disabled people to cycle in London.

Tel: 020 7346 8482

Email: info@wheelsforwellbeing.org.uk

Website: <http://www.wheelsforwellbeing.org.uk/>