THE NEXT STEP: ACTIVITIES

These sessions run through out term time.

To find out more information or to book any of these activities please call 0208 964 0544 or email enquiries@equalpeoplemencap.org.uk

Equal People mencap

Registered Charity no 298609

CITY OF LONDON

Activities in more detail:

Yoga - Gentle and relaxing exercise to improve strength, flexibility and physical fitness.

Boccia - A Paralympic sport very similar to bowls.

Gardening - Learn how to grow plants, flowers and food with our Gardener and see the wonderful ways in which these can be used.

Computer Group - Learning together how to use computers, mobile phones and tablets in a safe way.

Healthy Cooking - Learn how to cook healthy meals that you can make again at home.

Photography - Learn how to take photos and make videos both in the centre and out in the community.

Golf - Learn how to play golf at Kensington Leisure Centre with the wonderful coaches from the Golf Trust.

Cricket - Learn how to play cricket with some top coaches. Enjoy lots of games that will practise your skills. This session is also held at Kensington Leisure Centre.

Independent Living - Learn independent living skills, talk about current affairs and get involved in your local community

Round the World Day - Each week we will explore a different country, working our way around the world.

Food From Around The World - Learn how to make local dishes from the location of the day.

Music/Culture Group - Learn about different cultures across the world through music and other fun activities.

Round the World Games - Take part in Sports and Activities from the location of the day.

Music Group at St Philips Church - A fun session of music and singing. This session is held at St Philips Church in Earls Court.

Zumba - A vibrant and fun form of Dance class. Improve your fitness and coordination whilst dancing to some of your favourite tracks.

Baking - A fun session learning how to bake cakes, biscuits and other yummy treats.

Harrington Club - An opportunity to socialise with your friends and take part in activities you enjoy.

Massage and Relaxation - Both relax and enjoy a massage and learn how to give a simple massage. This is all done with no need to undress.

Amici - This inclusive dance session caters for all levels of abilities. Great for increasing self confidence and social skills. This session is held at St Philips Church in Earls Court

Locations:

Equal People Mencap, 73 St Charles Square, London W10 6EJ

Kensington Leisure Centre, Silchester Rd, London W10 6EX

St Philips Church, Earls Ct Rd, Kensington, London W8 6QH

The Next Step: Activities

Equal People mencap

Monday	Tuesday		Wednesday	Thursday		Friday
Yoga  10.30 → 12.00 **Free**	**Healthy Cooking**  10.30 → 1.30 **Free**	**Photography**  10.30 → 12.00 **Free**	**Healthy Cooking**  10.30 → 1.30 **Free**	**Healthy Cooking**  10.30 → 12.00 **Free**	**Zumba**  10.30 → 12.00 **Free**	**Massage & Relaxation**  10.30 → 12.00 **£8** **must be booked in 10 week blocks (£80)**
12.00	**Drop In Session £2.50**					2.00
Boccia  2.00 → 3.00 **Free**	**Golf**  1.00 → 2.00 **Free**	**Independent Living**  2.00 → 4.00 **£5.00**	**Cricket**  Free 2.00 → 3.00	**Football**  1.30 → 2.30		**Yoga**  2.00 → 3.00 **Free**
			Music/Culture Group  Free 3.00 → 4.00	**Gardening**  2.00 → 4.00	**Baking**  2.00 → 4.00	
Computer Group  3.00 → 4.00 **£5.00**			**Music group, St philips Earls Ct**  10.30 → 12.00 **£15.00**	**Harrington Club**  7.00 → 9.00 **£3.50**		**Pre-Amici Dance Therapy**  6.00 → 8.00 **Free**