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| C:\Users\M_Dodhia\AppData\Local\Temp\Rar$DRa0.829\Equal People\JPG\Equal People Mencap logo_option 5_CMYK_lowres.jpg**Equal People Mencap Supported Activities**  **October - December 2015 Resource Centre Drop-in daily 10am - 4.30pm**  **(Advice, information, support, a safe space, meetings, socialising with friends)**  **73 St Charles Square London W10 6EJ – Telephone 0208 964 0544 for information** |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Computer Group**  **+**  http://www.lenovo.com/images/gallery/1060x596/lenovo-all-in-one-desktop-ideacentre-b550-front-keyboard-mouse-1.jpg**Current Affairs**  FREE | **Cook & Taste Group**  PLEASE CALL RECEPTION FOR BOOKING INFORMATION  Meal_lasagne  £2.50 | Meal_lasagne**Cook & Taste Group**  £2.50 | **Zumba**  http://www.cfdelirium.com/wp-content/uploads/2015/02/zumba.jpg**11am - 12pm**  FREE  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Thursday Social Club 7pm - 9pm**  **£3.00** |  | **Out & About**  http://www.the-berkeley.co.uk/uploadedImages/The_Berkeley/Spring_hub_page/Out_and_About/out-and-about.jpg(Look out for details in reception once & week) | **Sunday Club**  Once a month at Resource Centre or out in community  **10am - 3pm**  Free |
| http://www.st-dunstan.wilts.sch.uk/wp-content/uploads/2015/04/Gardening.jpg**Gardening Group**  FREE |
| **Out & About**  http://www.the-berkeley.co.uk/uploadedImages/The_Berkeley/Spring_hub_page/Out_and_About/out-and-about.jpg(Look out for details in reception once & week) |
| **http://www.davidgale.co.uk/wp-content/uploads/cream-roses-cupcakes.jpgCupcake Making** |
| Music Therapy Group  MC900434795[1]    **St Philips Earls Court**  £20 |