Ongoing Activities

Contact us: www.richmondmencap.org.uk | 0208 744 1923

local mencap Richmond

Sports | Arts | Music | Learning | Meeting Up | Other

The following activities are all ongoing every week but may be subject to change according to Term dates, national holidays etc. We have provided contact details for the organisers of these events for you to make sure the activity is running before attending.

Mondays

11AM: Richmond Health Walks (@ Richmond Train Station)
Take part in a free and easy led walk. Starting and finishing at Richmond train station. The walk will be short and easy taking in the local green spaces. No need to book just turn up. Free **07584 838784**

4PM-6PM: Transitions Youth Club (@ Coach House, Orleans House Gallery)
Transitions is a weekly workshop for young people aged 18-25 with additional needs. £10 per session. **020 8831 6000**

4.30PM-6PM: Dramatize Musical Theatre (@ Ashford Park)
These workshops teach the basic elements of singing, whilst also learning dance routines. Our workshops actively encourage group work and spatial awareness through energetic routines. £10. **07912 183 085**

6PM-7PM: Fusion 2: Dance and Drama (@ Hampton Sports & Fitness Centre)
A chance for adults with disabilities to get fit and active through dance and drama. Sessions include dance routines and drama activities. £3 per session. **020 8831 6134**

7PM-9PM: RHLT Pub Nights (@ Cabbage Patch Pub)
Just a regular night out with your friends at the pub, but with some support if you need it. £5 per session. **020 8977 5447**

Tuesdays

11AM-2PM: Let's Get Crafty (@ Stepping On Out, 7 The Causeway, Teddington)
A weekly crafts activity, there will be something different to make, create, or recycle every week. £7. **07411 779852**

2PM-4PM: RHLT Cover To Cover Book Club (@ Cabbage Patch Pub)
Come along and listen to stories, poems and music. You don't need to be able to read to join this group, you just need to be able to sit and listen! Come along for a FREE taster - £12 per session. **020 8977 5447**

7PM-9PM: Richmond Gateway Club (@ Linden Hall, Hampton)
We provide a weekly leisure and social club for people with a learning disability, aged over 18, who are a resident in the Borough of Richmond upon Thames. Members pay £1.50 each Tuesday. Please call to book a place. **020 8392 6383**

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Wednesdays

10AM-12.45PM: RHLT Dance Act (@ Landmark Arts Centre)
This is a dance and drama group which runs termly and ends with a performance for friends and family. You must like music, dancing or acting and be happy to join in group activities. £20 per session paid termly. **020 8977 5447**

1PM-3PM: Crafty Minds (@ Vinyard Community Centre, Richmond)
The crafty mind group are promoting recycling if you have anything old "crafty", bring it along to the group and turn into something "new". **07724 518 172**

1PM-3PM: RISE and Swim (@ Teddington Pools & Fitness Centre)
Weekly swimming for disabled adults aged 16 and over at Teddington Pools & Fitness Centre. Come and swim in a friendly and welcoming atmosphere. Befrienders, carers and parents are welcome to attend and support at no extra cost. £1 per session **020 8831 6133**

3PM-5PM: Computer Club (@ Old Bakery, Mortlake)
Would you like to know more about sending emails, internet shopping, Skype, and other useful tasks you can do on the computer? If you are a beginner, or have some knowledge and would like to know a bit more – these sessions are for you. Free. **020 8487 5500**

5.30PM-8.30PM: Meeting Place (@ Various)
A social club formed to provide a safe place to chat, socialise and meet with peers. The meeting place is for people living independently in the borough. You must contact the Richmond Mencap office to join the group. **020 8744 1923**

Thursdays

10AM-11.30AM: Art Course (@ Langdon Down Centre)
Have fun and try painting, drawing and collage. A new free art course for adults with learning disabilities and difficulties. Free. **020 8891 5907**

1PM-2.30PM: Art and Social Group (@ Stepping On Out Shop, Teddington)
Art, Singing, Bingo and Games. Sessions are open to adults with learning disabilities. Please call to book a place. £6 per session, which includes tea/coffee and biscuits. **0208 977 8042**

3.30PM-5.30PM: Employability the Job Club (@ Twickenham Wellbeing Centre)
Are you interested in volunteering? Or maybe you want to get some work experience? Perhaps you're looking for paid employment? Or maybe you're just not sure? This may be the club for you. Help will be on hand to support you. We'll be meeting every Thursday. **020 8744 1923** (RM) or **020 8977 5447** (RHLT)

4PM-6PM: Something to Say (@ Richmond Theatre)
A dance and drama group designed to increase self-expression and empowerment. Open to adults with a learning disability aged over 18. You must pre-book with Laura in the Richmond Mencap office. **020 8744 1923**

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Fridays

11.30AM-12.30PM: Inclusive Yogalates (@ Hampton Pool)

A fusion of Yoga and Pilates focusing on relaxation. This class is for those living with a disability, mental illness or anyone needing extra support. Come along and give it a try! £2.50 per class or £7.50 to join in on a social lunch afterwards. **07587 034278**

3.45PM-5PM: The Chirpy Cheeps (@ Elleray Hall, Teddington)

The Chirpy Cheeps - formerly known as Singing on Out is an informal singing group for people with learning disabilities, their carers and family and friends. Do come along to try chirping with us and also to join us for several public performances held throughout the year in local venues. £1 **07906 277849**

4PM-7PM: Club 47 (@ Whitton Youth Centre)

New club for 12-17 year olds with additional needs. Activities will include a film project, quiz night, pizza party, music night and many others! Travel support from school to the club is available - please let us know if this is required. Contact Laura or Teresa to find out more and to book a place. **020 8744 1923**

6PM-7PM: Dramatize Zumba Classes (@ Ashford Park)

Zumba is a great way to keep active; improve motor skills, confidence, co-ordination and make lots of new friends! For individuals with learning disabilities aged 13+. £5 per session **07912 183085**

6.30PM-8.30PM: Hakuna Matata Disco Club (@ Whitton Community Centre)

A disco for people with learning disabilities of all ages! We have a live DJ! Wheelchair accessible. Every first and third Friday of the month. £10 per head and carers go free! **07512 999368**

Saturdays

10.30AM-11.30AM: RISE Multi-Sports Club (@ Shene Sports & Fitness Centre)

The Multi-Sports Club is a weekly programme of inclusive sports and activitiesfor those aged 11 to 25 years. The event is open to individuals of all ability levels. £5.40 per session **020 8831 6133**

11.30AM-12.30PM: Trampolining (@ Whitton Sports & Fitness Centre)

Weekly trampolining sessions for people with additional needs and disabilities. Sessions are for people of all ages. £6.10 per session **020 8831 6133**

11.30AM-1PM: Football (@ Shene Sports & Fitness Centre)

A new weekly disability football club for children (over 5yrs), young people and adults. £5.50 per session **020 8831 6133**

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Monthly ongoing activities - These events run by other organisations are often held once a month. The dates will be on the Calendar of Events

On a Monday, 5.30PM-7PM: RHLT Picture Bingo (@ Cabbage Patch Pub)

This is an inclusive game for people of all abilities. Come along and have some fun with our game of Picture Bingo. Everyone will win a prize too! There will be a break during the session so please bring money for a drink. £7 **020 8977 5447**

On a Friday, 5.30PM-8.30PM: RHLT Cinema and Dinner Club (@ Kingston)

We guarantee that the films we see will be suitable for everyone! Sometimes you will have dinner before seeing the film, other times you will eat afterwards. £30 to include dinner and the film. **020 8977 5447**

Last Thursday, 6.30PM-8.30PM: RHLT Games & Dinner (@ The Hogarth Pub)

Come along meet your friends and make some new ones, play some games and have some food (if you want to). £5 + money for dinner & drinks. **020 8977 5447**

On a Saturday, 7PM-9PM: RHLT Diner's Club (@ Twickenham)

Our Diner's Club offers an opportunity to try out different foods from around the world and is a great way to meet up with your friends or make new ones in a supportive environment. £25 + if you want more than 1 drink. **020 8977 5447**

On a Thursday, 7PM-9PM: RHLT Puzzles and Games Afternoon (@ The Twickenham Club)

Come along to the Twickenham Club and play some games, do some colouring or try a jigsaw puzzle. This will be a calm afternoon where you can play games, have a chat and a cup of tea in a relaxed environment. £7. **020 8977 5447**

On a Sunday, 11.30AM: Dimensions Autism Friendly Film Screenings (@ Odeon Richmond

During these special screenings, the lights are kept on low, the volume turned down, there are no trailers, you can bring your own food and drinks, and you can move about the cinema if you like. **0800 138 3315**

Richmond Mencap monthly ongoing activities - These events run by us are often held once a month, **but may not be on every month**. The dates will be on the Calendar of Events

Tuesdays, 10.30AM-12.30PM: Working Together Group (@ Cabbage Patch Pub)

We love working together with Richmond Mencap to help other people with learning disabilities in the borough. We work with the Local Learning Disability Partnership Board to support their events and make sure our voices get heard. **020 8744 1923**

Saturday or Sunday, 1PM-5PM: Wii & Pizza (@ The Cabbage Patch Pub)

A relaxed friendship group who meet up to play Nintendo Wii and eat pizza at the pub. £20. Contact the Mencap office to book a place. **020 8744 1923**

Weekday, 10AM-12PM: Family Carers Morning (@ Bill's Café, Richmond)

Treat yourself to a drink and maybe a snack in a lovely welcoming café. This will be an informal gathering to meet people, share your views and get information. Susie from RHLT and Laura from RM will be there supporting the group. **020 8744 1923**

Saturdays, 2PM-4.30PM: Richmond Forum (@ Teddington Baptist Church)

The forum is coming back! Come, Celebrate and join in at the new, fun place to have your voice heard. Meet the police and find out about the new safe places scheme! Be a part of the easy info group! Debra green will be coming along to keep us signing and singing. Free **020 8744 1923**