

Special Events in April



Tuesday 3rd, 10AM-1.30PM: [Up Cycled Arts \(@ United Response, Rowan House, Teddington\)](#)
With a local artist. Free. **07411 779852**



Wednesday 4th, 9.45AM-10.30AM: [Karate \(@ United Response, Rowan House, Teddington\)](#)
With Paul Abel from Abel Karate. Free. **07411 779852**



Wednesday 4th, 1PM-6.30PM: [Dream Girls \(Meet @ Richmond Station\)](#)
The award winning movie starring Beyoncé has been brought to a live stage in the Lyric Theatre. This is one not to be missed! £48. Bring extra money for food or a packed lunch. Please call True Access to see if there are still spaces. **07946 897995**



Thursday 5th, 2PM-3PM: [Yoga \(@ United Response, Rowan House, Teddington\)](#)
With Roxanna. Free. **07411 779852**



Thursday 5th, 6.30PM-9PM: [Canvas and Cocktails \(@ United Response, Teddington\)](#)
Each month we will recreate a master piece and create a cocktail! Free. **07411 779852**



Saturday 7th, 12.30PM-6PM: [Bowling and Dinner \(Meet @ Richmond Station\)](#)
Join this incredibly popular dinner and bowling day out. The restaurant will be located in the same vicinity as the bowling alley. Our bowling nights also consist of playing the arcade games, socialising and of course, a competitive game of bowling! £39. Please call True Access to see if there are still spaces. **07946 897995**



Monday 9th, 11AM-3PM: [Trip to Kew Gardens \(Meet @ Richmond Station\)](#)
There is always something new to see in Kew. We can decide if we want to take the train tour – the guides all have different stories to tell. Bring a packed lunch or money to buy food – but it can be expensive in the cafes. £10. Please call RHLT to check if they have spaces as the booking date has already passed. **020 8977 5447**



Tuesday 10th, 11AM-12.30PM & 24th, 10AM-1PM: [Working Together Group \(@ RM Office\)](#)
We love working together to help other people with learning disabilities in the borough have their voices heard. We use music to make ourselves feel happier. Contact Laura in the office if you'd like to join the group. **020 8744 1923**



Wednesday 11th, 12PM-4PM: [Deen City Farm \(Meet @ Teddington Station\)](#)
Deen City Farm is an urban farm in the borough of Merton. Join RHLT for a day out and meet lots of different animals. £10. Please call RHLT to check if they have spaces as the booking date has already passed. **020 8977 5447**



Thursdays 19th & 26th, 10AM-1PM: [YMCA Life Skills \(@ Richmond Adult Community College\)](#)
For any disabled person who wants to go to work. The course teaches some of the basics like CV writing, interview skills, professionalism, communication and more. Free. **07923 265582**



Tuesday 24th, 11AM-3PM: [YMCA Self Esteem / Body Image Workshop \(@ RACC\)](#)
For women who are disabled or have mental health concerns. The workshops encourage healthy discussion around body dysmorphia, eating habits and support you in building techniques to boost your self-esteem. Free. **07923 265582**



Saturday 28th, 1PM-6PM: [Scuba Diving with True Access \(Meet @ Richmond Station\)](#)
This session will be for those that have never been diving before but want to challenge themselves with a new experience. You MUST love the water to do this activity. £39. Please bring extra money for food or a packed lunch. Please call True Access to see if there are still spaces. **07946 897995**



Sunday 29th, 5PM-8PM: [Sunday Youth Club \(@ OSO Arts Centre, Barnes\)](#)
Come along and join our Youth Club for a disco and pizza for people aged 12-25 with mild/moderate learning disabilities and/or autism. £5 - You must contact Laura in the office to book a place. **020 8744 1923**