

To come to any of our summer events please call or email Kirstin Jamieson

# Summer Holidays 2021

HF **mencap**  
**Youth  
 Development  
 Project**

Open to young people aged 13-25 with a learning disability or autism  
 who live or go to school/college in Hammersmith & Fulham











|              | <b>26th July</b>  | <b>27th July</b>  | <b>28th July</b>  | <b>29th July</b>   | <b>30th July</b>  |
|--------------|---|---|---|--|---|
| <b>When</b>  |  <br>11:00 3:00 |  <br>11:00 3:00 |  <br>11:00 4:00 |  <br>1:00 4:30 |  <br>10:00 2:00 |
| <b>What</b>  | Putt in the Park<br>(Wandsworth)  | Swimming<br>(Fulham Pools)  | Sailing on the<br>Thames  | Boxing with<br>Richard   | Cycling at Little<br>Wormwood<br>Scrubs   |
| <b>Where</b> | Meet at<br>Mencap   | Meet at<br>Mencap   | Meet at<br>Mencap   | Mencap   | Meet at<br>Mencap   |
| <b>Cost</b>  | £2  | £2  | £2  | Free   | Free  |

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| When  | 2nd August  | 3rd August   | 4th August   | 5th August   | 6th August  |  |  |  |   |  |
|-------|---|--|--|--|---|--|--|--|---|--|
|       | <br><b>11:00</b> | <br><b>4:00</b> | <br><b>5:00</b> | <br><b>7:30</b> | <br><b>11:00</b> | <br><b>4:00</b> | <br><b>1:00</b> | <br><b>4:30</b> | <br><b>10:00</b> | <br><b>2:00</b> |
| What  | Trip to Hyde Park   | Dinner at Nandos   | Sailing on the Thames  | Rounders with Richard  | Cycling at Little Wormwood Scrubs   |  |  |  |   |  |
| Where | Meet at Mencap  | Meet at Mencap   | Meet at Mencap   | Meet at Mencap   | Meet at Mencap  |  |  |  |   |  |
| Cost  | Free  | Bring money for food and drinks  | £2   | Free   | Free  |  |  |  |   |  |

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| When  | 9th August<br>  | 10th August<br>  | 11th August<br>  | 12th August<br>  | 13th August<br>  |
|-------|---|--|--|--|--|
| What  | Art   | Cook and Taste   | Sailing on the Thames  | Basketball with Richard  | Cycling at Little Wormwood Scrubs  |
| Where | Mencap  | Mencap   | Meet at Mencap   | Mencap   | Meet at Mencap   |
| Cost  | Free  | Free   | £2   | Free   | Free   |

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| When  | 16th August<br> <br><b>11:00</b> <b>3:00</b> | 17th August<br> <br><b>11:00</b> <b>3:00</b> | 18th August<br> <br><b>11:00</b> <b>4:00</b> | 19th August<br> <br><b>1:00</b> <b>4:30</b> | 20th August<br> <br><b>10:00</b> <b>2:00</b> |
|-------|--|--|--|---|--|
| What  | Transport museum   | Bowling (Westfield)  | Sailing on the Thames  | Football with Richard   | Cycling at Little Wormwood Scrubs  |
| Where | Meet at Mencap   | Meet at Mencap   | Meet at Mencap   | Mencap  | Meet at Mencap   |
| Cost  | Free   | £2   | £2   | Free  | Free   |

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| When  | <b>23rd August</b><br>  | <b>24th August</b><br>  | <b>25th August</b><br>  | <b>26th August</b><br>  | <b>27th August</b><br>  |
|-------|---|--|---|---|---|
| What  | Make your own<br>pizza and movie<br>night   | Games and picnic<br>in the Park  | Sailing on the<br>Thames  | Yoga and relaxation<br>with Richard   | Day trip to<br>Southend on Sea  |
| Where | Mencap  | Meet at<br>Mencap  | Meet at<br>Mencap   | Mencap  | Meet at<br>Mencap   |
| Cost  | Free  | Free   | £2  | Free  | £5  |

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|              | <b>30th August</b>  | <b>31st August</b>   |  |  |  |
|--------------|---|--|--|--|--|
| <b>When</b>  |   |   |  |  |  |
| <b>What</b>  | <b>Art</b>  | <b>Cook and Taste</b>  |  |  |  |
| <b>Where</b> | <b>Mencap</b>   | <b>Mencap</b>  |  |  |  |
| <b>Cost</b>  | <b>Free</b>   | <b>Free</b>  |  |  |  |

**Back to school!!**