



Contact us

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About Us

HF Mencap supports individuals with learning disabilities and autism, as well as their families, by providing essential services that enhance independence and quality of life.

We believe in empowerment through personalised care and social engagement, fostering community connections and raising awareness to promote inclusivity and acceptance.

HF **mencap**
**My Life: Out
and About**

This service operates six days a week, offering a variety of activities such as visits to local leisure centre, trips to London and Kew Gardens, bowling, and participation in art and dance classes, along with various in-house activities.

Personal care services are also available.

HF **mencap**
**My Life: Out
and About**



**Autumn
and
Winter Term 24/25**

Diary of Activities

Monday

Community



Swimming
11 to 1



Bowling
11.30 to 12.30
Suggested donation £5

HF Mencap



Art with tutor
10.30 to 11.30



Digital Skills
1 to 2



Choose your own Oomph!
Activities

Tuesday

Community



**Art at Sands End
Community Centre**
10.30 to 11.30



Cafe Lunch
Twice a month
Please bring your own £

HF Mencap



Dance at HF Mencap
11 to 12



Drumming
Twice a month
1 to 2
Suggested donation £3



Late Night Tuesdays
3 to 8

Join us from
7th January 2025 to enjoy
Life skills, Computer games,
Disco and Dinner

Wednesday

Community



London Trips
10.30 to 3



Life Skills -
Food Shopping for cooking
Money management
Health and wellbeing

HF Mencap



Fitness
10.45 to 11.45



Circus Skills
Twice a month
1 to 2
Suggested donation £3



Sensory or Chair Yoga

Thursday

Community



Joy of Sound
10.30 to 11.30
(Portobello road)



Kew Gardens
- Once per month

HF Mencap



Cooking Skills
11 to 12



Drama with Ollie
1 to 2



Makaton
2.15 to 3

Friday

Community



Dance Books
12:30pm - 1:30pm



Pub meal -
Once per month
Please bring your own £

HF Mencap



Fitness at HF Mencap
11 to 12



Gardening
1 to 2



Knowledge circle
A space to share and learn
about things that are
important to our communities
from black history month to
learning disability week

Saturday

Community



Life Skills -
Food Shopping for cooking
Money management
Health and wellbeing



Client planned trip
11 to 3

HF Mencap



Cooking Skills
11 to 12



Digital Skills
1 to 2



Ping Pong
2.30 to 3.30