

Contact us

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020 8748 5168

On call: 07398509439

99 Addison Gardens, W14 ODT

About Us

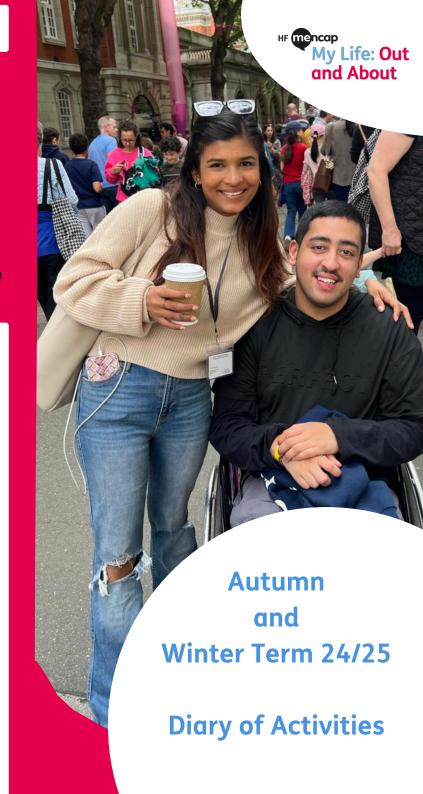
HF Mencap supports individuals with learning disabilities and autism, as well as their families, by providing essential services that enhance independence and quality of life.

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

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.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Community



Swimming
11 to 1



Bowling 11.30 to 12.30 Suggested donation £5

Community



Art at Sands End Community Centre 10.30 to 11.30



Cafe Lunch
Twice a month
Please bring your own £

Community



London Trips 10.30 to 3



Life Skills Food Shopping for cooking
Money management
Health and wellbeing

Community



Joy of Sound 10.30 to 11.30 (Portobello road)



Kew Gardens
- Once per month

Community

DANCEWEST.

Dance Books 12:30pm - 1:30pm



Pub meal -Once per month Please bring your own £

Community



Life Skills Food Shopping for cooking
Money management
Health and wellbeing



Client planned trip 11 to 3

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Art with tutor



Digital Skills 1 to 2



Person Centred Software

Choose your own Oomph!
Activities

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

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Fitness 10.45 to 11.45



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



Sensory or Chair Yoga

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Cooking Skills 11 to 12



Drama with Ollie 1 to 2



Makaton 2.15 to 3

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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

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Cooking Skills



Digital Skills



Ping Pong 2.30 to 3.30