

# MyLife: Activities

# My Life: Out and About

**November 2024 - Autumn** Activity costs are included in the individual support package. We have included some suggested donations for some activities to help cover rising expenses and offer more choices.

Sessions are subject to availability of session leaders, activities may change during half term and holiday periods.

### Swimming

A swimming session for people with disabilities offers personalised support and specialised equipment. Participants engage in gentle exercises, water therapy, and skill development, promoting confidence, physical well-being, and social interaction.

**Time:** 11 to 1

**Monday**

### Bowling

Bowling offers an inclusive, supportive environment where individuals can socialise, develop skills, and enjoy friendly competition, fostering confidence and connection within the community.

**Time:** 11.30 to 12.30

**Monday**

*Suggested donation £5*

### Mix Media Art

with art tutor

Explore new skills and receive guidance to boost your confidence in drawing and painting. Work with materials like acrylics, watercolors, and inks to create art and collages inspired by artists.

**Time:** 10.30 to 11.30

**Monday**

### Digital Skills

A session to reduce the digital divide for people with disabilities provides accessible technology demonstrations, personalised support, and creative expression, empowering participants to enhance their skills and confidently navigate the digital world.

**Time:** 1 to 2

**Monday**

### Makaton

Makaton as an activity involves using signs and symbols alongside speech to enhance communication. It can be practiced through games, songs, and storytelling, fostering engagement and language skills in participants.

**Time:** 2.15 to 3

**Monday**

### Art at Sands End Community Centre

The Sands End Centre hosts inclusive art projects promoting creativity, skill development, and community interaction while showcasing participants' artwork to celebrate their talents.

**Time:** 10.30 to 11.30

**Tuesday**

### Café Lunch

Twice per month (Café trips will occur twice a month when drumming is not scheduled)

Have fun, choose food and drinks, socialise, and create happy memories in a welcoming and friendly environment, supportive, stimulating environment. Learn how to manage money and build confidence.

**Time:** 2.15 to 3

**Tuesday**

*Please bring own £*

### Dance

Classes with professional dancers for individuals with disabilities provide an inclusive environment for exploring movement and expression, promoting confidence and social interaction among participants through tailored dance experiences.

**Time:** 11 to 12

**Tuesday**

### Drumming

Twice per month (2nd and 4th Tuesday of the month)

Drumming classes for individuals to foster creativity, enhance motor skills, and promote social interaction that encourages personal expression and enjoyment through sound.

**Time:** 1 to 2

**Tuesday**

*Suggested donation £3*

*From: 12th Nov 24*

### Late Night Tuesday

Join us every Tuesday evening for film screenings, tasty burgers, video gaming, virtual reality, photo booths, and an energetic dance party, all wrapping up at 8pm. Don't miss out!

**Time:** 4 to 8

**Tuesday**

### London Trips

London trips offer engaging experiences that promote social interaction and accessibility, allowing individuals with disabilities to explore the city's cultural richness while fostering meaningful connections within the community.

**Time:** 10.30 to 3

**Wednesday**

### Life Skills

In this session, participants will learn essential life skills including meal planning, shopping wisely, budgeting, and making healthy food choices to enhance overall wellbeing and practical skills for everyday living.

**Time:** times may vary

**Wednesday**

### Fitness with Brandinc

Inclusive sessions featuring adaptive exercises like seated workouts and chair yoga, promoting strength, flexibility, and community while catering to varying mobility levels.

**Time:** 10.45 to 11.45

**Wednesday**

### Circus Skills

Twice per month (1st and 3rd Wed of the month)

Join Albert and friends in a lively circus skills workshop, where you'll learn juggling, balancing, and acrobatics, fostering teamwork and creativity in a fun and supportive atmosphere.

**Time:** 1 to 2

**Wednesday**

*Suggested donation £3*

*From: 6th Nov 24*

### Sensory Yoga and Relaxation

Sensory yoga for individuals with disabilities combines gentle movements and sensory elements, such as textured props and calming sounds. This inclusive practice promotes relaxation and body awareness.

**Time:** 2.30 to 3

**Wednesday**

### Joy of Sound

This session encourages exploring sounds through listening, creating music, workshops, and collaboration, fostering creativity, mindfulness, and emotional expression in a community-oriented environment.

**Time:** 10.30 to 11.30

**Thursday**

### Kew Gardens and Lunch

Monthly

A trip to Kew Gardens is accessible featuring level pathways, accessible facilities, seating areas, guided tours, and sensory experiences, ensuring an enjoyable visit for everyone.

**Time:** 10.30 to 3

**Thursday**

*Suggested donation £5*

### Cooking Skills

Cooking skills session includes adaptive tools, step-by-step recipes, sensory experiences. Group sessions, tailored meal prep, safety education, and celebrating achievements to foster independence.

**Time:** 10.30 to 3

**Thursday**

### Drama

Ollie from Turtle Keys shared personal experiences, delving into emotional themes and relationships. Lively discussions sparked insights and reflections, creating a supportive and engaging atmosphere for everyone involved.

**Time:** 1 to 2

**Thursday**

### Makaton

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**Time:** 2.15 to 3

**Thursday**

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Visit: [www.hfmencap.org](http://www.hfmencap.org) for updates

## Dance Books

West Dance offers inclusive dance books for individuals with disabilities, featuring adaptive techniques and inspiring stories. Enjoy self-expression and community engagement at local libraries.

**Friday** **Time:** 12.30 to 1.30

## Pub Meal

Monthly

Have fun, choose food and drinks, socialise, and create happy memories in a welcoming and friendly environment, supportive, stimulating environment. Learn how to manage money and build confidence.

**Friday** **Time:** 12.30 to 2

Please bring own £

## Fitness with Brandinc

Inclusive sessions for individuals with disabilities, featuring adaptive exercises like seated workouts and chair yoga, promoting strength, flexibility, and community while catering to varying mobility levels.

**Friday** **Time:** 11 to 12

## Gardening

As members of the H&F Climate Alliance, we are committed to enhancing our garden space and participating in initiatives such as H&F Rewilding Raves, while also improving our members' knowledge about climate change and sustainability.

**Friday** **Time:** 1 to 2

## Knowledge Circle

Inclusive space where community members share insights on important topics. These topics include events such as Black History Month and Learning Disability Week, to help raise awareness.

Through discussions and workshops, participants deepen their understanding, celebrate diversity, and foster a sense of belonging by learning from each other's experiences. The knowledge circle is run by service users and our staff.

**Friday** **Time:** may vary

## Life Skills

Participants will learn essential life skills including meal planning, shopping wisely, budgeting, and making healthy food choices to enhance overall wellbeing and practical skills for everyday living.

**Saturday** **Time:** may vary

## Client Planned Trip

Clients can plan and attend a trip of their choice each week. Details of the upcoming week's trip will be sent home so clients can bring the required money, lunch, and clothing.

**Saturday** **Time:** 10.30 to 3

Please bring own £

## Cooking Skills

Cooking skills- includes adaptive tools, step-by-step recipes, sensory experiences. Group sessions, tailored meal prep, safety education, and celebrating achievements to foster independence.

**Saturday** **Time:** 11 to 12

## Digital Skills

A session to reduce the digital divide for people with disabilities provides accessible technology demonstrations, personalised support, and creative expression, empowering participants to enhance their skills.

**Saturday** **Time:** 1 to 2

## Ping Pong

Ping pong, or table tennis, is a fun game where players hit a small ball over a net using paddles, trying to score points against each other.

**Saturday** **Time:** 2.30 to 3.30

For session or support information

please contact:

Service Manager:

[Manuel.Moncayo@hfmencap.org](mailto:Manuel.Moncayo@hfmencap.org)

02087485168

Find us at 99 Addison Gardens, W14 0DT

## Other Activities we love at HF Mencap

Wellbeing Through Movement

Textiles & Jewellery making

Fashion Design: T-Shirt Printing

Learning more about our local community

Digital art and music

Life skills: English, maths and employability

Bingo!

Sensory workshops and story telling

Join our boccia team!

We are now offering monthly sessions, with additional sessions available during holidays.