**MyLife: Out and About (Support and Activities)**

**When does it run?**We are open 6 days per week (Monday to Saturday).   
Offering bespoke timings to suit you.  
**The activity centre is open from 9 am until 5.30 pm**

**And late on Tuesdays (from December 3rd 2024) until 8 pm**

Tuesday late evening sessions are loud, vibrant, and energetic nights. We have a wide range of activities on the service, including talent shows, karaoke, and a disco. We also have film and games nights, cooking, or events around a particular theme, from Bollywood to Vegas to 007.

**Where does it take place?**

The service takes place at our premises at 99 Addison Gardens, W14 0DT

**Who is the service for?**

The service is generally aimed at adults with a learning disability who enjoy a lively environment.

The service is designed to meet the differing needs of our clients. Many of our users are independent and have no significant support needs. However, the service is also open to people who have packages of care. We are able to provide support and personal care if required, the cost of the service will depend on individual requirements.

**How is the service organised?**

The service runs in-house, community and 1:1 activity depending on individual preference.   
  
Typical attendance is around 30 to 40 people per day. With some at the centre and some enjoying activities elsewhere.

**Who provides the service?**

Our supervisors and a team of support workers run our services. Trained professionals and our staff team run our in-house activities.

All of whom are supported by our Senior Management Team

The staff are all experienced in working with people with a learning disability and have taken part in our extensive training programme.

We sometimes have volunteer support on the service and encourage users to help out.

**How can I join the service?**

People typically self-refer or are referred by their families. It is not necessary for you

to have a package of care in place, although if you are in receipt of council funding

you may be able to use that to pay for services.

**Is there a waiting list?**

The service is very popular, and we usually have a waiting list.

For up to date information on how long you are likely to wait before accessing the service, contact our Service Manager on [Manuel.Moncayo@hfmencap.org](mailto:Manuel.Moncayo@hfmencap.org)  
[020 8748 5168](tel:02087485168)

**Can I choose when I attend?**

Yes. Once you are confirmed as a member of HF Mencap you can decide which

sessions to attend.

**What happens at the service?**

We offer a large range of activities, in-house and out in the community. These are subject to change during holiday periods. We love to coproduce our activities with our clients to ensure what is offered is meaningful and of interest. We are big believers in social inclusion, being able to hang out with your friends in a fun and relaxed environment, and doing things you love.

**Can I choose the activities I will do?**

Services are planned with the involvement of group members, so we will try and plan

activities that will suit all the people who attend. We will often have different activities

taking place at the same time to allow people to choose different things.

**Is transport available to attend the service?**

Please contact us to discuss transport options.   
Unfortunately, no transport is provided after our late evening sessions.

**How much does it cost?**

If you have no support needs, each session costs £13 to attend.

For those who have a package of care and, therefore, additional needs, the service price will depend on which London Borough you live in or if you receive care funding from the NHS/Health. Please contact [020 8748 5168](tel:02087485168) for more details.

These prices are correct up to 31st March 2025.

**What needs to happen before I can start?**

We need to have the following in place before you can start on the service:

* We need to have a place available for you.
* You will need to complete a client information form.
* We will need to meet with you to identify how best to support you.
* We need to have confirmation that funding is in place.
* This is likely to involve social services.
* You will need to sign our terms and conditions and code of conduct

**How can I find out more?**

Contact our Service Manager on [Manuel.Moncayo@hfmencap.org](mailto:Manuel.Moncayo@hfmencap.org)  
[020 8748 5168](tel:02087485168)

Revised Nov 2024 by Rebecca Rawcliffe