

# Lambeth

## LEARNING DISABILITY FORUM NEWSLETTER

Issue 8

July 2019

Contact us at:  
[forumnewsletter@outlook.com](mailto:forumnewsletter@outlook.com)

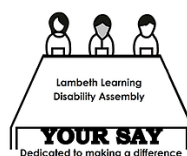
# Special Edition

**Welcome to this  
Special Edition of the  
Lambeth Forum Newsletter !**

**This edition is full of activities that  
are going on in the community.**

**We hope this helps you know  
What's Going On and Where!**

**All the activities have numbers if you need  
more information.**



**Please contact the MAC team for more information:  
info@themaclondon.com 020 8671 7070**



# Day Activities

## **MAC Day Activities**

**Mondays, Tuesday, Thursdays and Fridays  
10:00 am - 4:00 pm**

A place for adults with learning disabilities to take part in a variety of daily activities. Develop your skills, make choices and have fun!

**Cost per session: £75**

## **25+ Club**

**Wednesdays (fortnightly)  
6:30 pm - 8:30 pm**

A social club for adults with learning disabilities.  
To share time, play games and interact together.

**Cost per session: £10**

**Venue: Tulse Hill Youth Club,  
Tulse Hill Estate, SW2 2LU**

**Please contact the MAC team for more information:  
info@themaclondon.com 020 8671 7070**



# PMLD Activities

## **Swimming & Relaxation** Mondays 4:00pm - 6:45pm

Supported swimming and water based exercise. This session takes place at heated hydrotherapy pool.

Helping promote relaxation, aid muscular tension and facilitate positive movement

Cost per session: £28

Venue: Michael Tippett School,  
Heron Road, SE24 0HZ

## **Rebound Therapy** Tuesdays 10:00 - 12:00

Exercise therapy using trampolines to provide the opportunity for movement therapeutic exercise and fun!

This session helps promote balance and aid muscle tone.

Cost per session: £25

Venue: The Bridge, Kangley Bridge  
RD, Lower Sydenham SE26 5AQ

## **Dance & Movement** Wednesdays 10:15 - 12:15

This session uses movement and music to explore a range of stretches and exercises.

Improving circulation, promoting relaxation and decreasing muscle stiffness.

Cost per session: £24

Venue: Tulse Hill Youth Club,  
Tulse Hill Estate, SW2 2LU

## **Saturday Stories** Saturday 11:00 - 3:00

Interactive stories to stimulate the senses with suspense laughter music and movement.

The session includes songs, sights, sounds and stories.

Cost per session: £27

Venue: Lambeth Walk Day Centre,  
109 Lambeth Walk, SE11 6EE

## **DASL inclusive sport and physical activities (iSPA)** *Friendly, fun and inclusive, just drop in!*

### **Cycling**

Try tricycles, tandems, hand cycles, warm changing rooms.

**Mondays** 11am to 1.30pm

Herne Hill velodrome, 104 Burbage Rd, SE24 9HE

Weekly, £5 to cycle, carers FREE



[www.wheelsforwellbeing.org.uk](http://www.wheelsforwellbeing.org.uk)

### **Tai Chi and Dance**

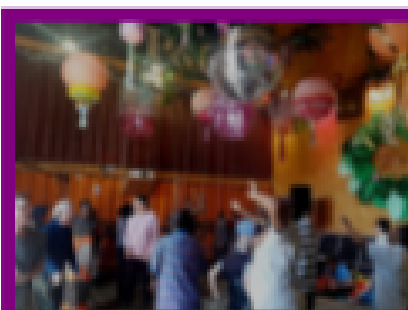
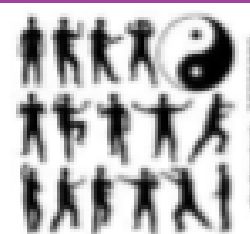
**Mondays** at **Pop Brixton** 49 Brixton Station Road SW9 8PQ

### **Tai Chi for beginners**

For balance and posture, join this friendly group of adults with experienced tutor Neville.

**Mondays** 12.30pm to 1.30pm

Weekly, FREE, Pop Brixton



### **Sensory and Dance**

For people with profound and multiple learning disabilities, their families and carers.

**Mondays** 1.30pm to 3pm (except 2nd Monday)  
FREE, Pop Brixton

### **Let's Dance**

**Mondays** 1.45pm to 3pm

Monthly, 2nd Monday

FREE, Pop Brixton



Fancy a walk in the park?

[www.walkingforhealth.org.uk/walkfinder/  
lambeth-community-health-walking-scheme](http://www.walkingforhealth.org.uk/walkfinder/lambeth-community-health-walking-scheme)

### iSPA Club Games

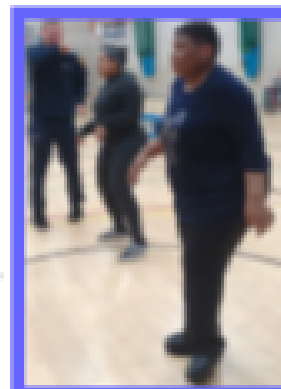
Play soft ball cricket, bocchia, volleyball and table tennis.

**Wednesdays** 10am to 12pm , drop in and join in

Term Dates: 9 Jan to 13 Feb and 27 Feb to 3 April

Streatham Ice & Leisure Centre, 390 Streatham High Road, SW16 6HX

Weekly, FREE



### Ice Skating (no session 20th February)

Wheelchair friendly, quiet skate session with Skate Marshall and walking frames.

**Wednesdays** 11.30am to 12.30pm

Streatham Ice & Leisure Centre, 390 Streatham High Road, SW16 6HX

Weekly, £5.70 per disabled person (support worker or carer free).



### Supported Swimming Groups - 16yrs +

Warm pools, stepped access and pool lifts.

**Mondays** 11am to 12pm

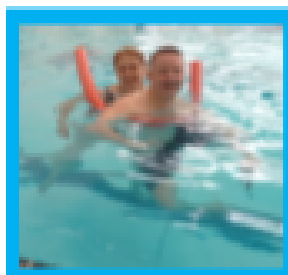
Streatham Ice & Leisure Centre (with volunteers)

**Thursdays** 12pm to 1pm for adults with sensory impairments

1pm to 2pm for adults with mixed abilities

Clapham Leisure Centre (with teacher & volunteers)

Weekly, from £2.05



**Drop in to a session or contact:**

Abs Tripp

DASL Intosport Project Officer

07512 566 875

[abs.tripp@disabilitylambeth.org.uk](mailto:abs.tripp@disabilitylambeth.org.uk)

[www.disabilitylambeth.org.uk](http://www.disabilitylambeth.org.uk)



***VOLUNTEERS wanted  
GET in touch NOW***

## **Supporting Each Other Equals Power Social events**

### **July & August 2019**

	<p><b><u>Let's dance</u></b>  <b>At Pop Brixton</b>  <b>Monday 15th July &amp; 12th August</b>  <b>Time: 1.45pm – 3.00pm</b>  <b>Pop Box in Pop Brixton</b>  <b>49 Brixton Station Road SW9</b></p>
	<p><b><u>Morning coffee</u></b>  <b>At Brixton Pound Café</b>  <b>Tuesday 16th July &amp; 20th August</b>  <b>Time: 10am – 11.30am</b>  <b>77 Atlantic Road, SW9 8PU</b></p>
	<p><b><u>Afternoon Tea</u></b>  <b>At Brixton Pound Cafe</b>  <b>Tuesday 16th July &amp; 20th August</b>  <b>Time: 3.00pm – 5.00pm</b>  <b>77 Atlantic Road, SW9 8PU</b></p>
	<p><b><u>Playing Pool at the pub</u></b>  <b>At The Hootananny</b>  <b>Thursday 25th July &amp; 29th August</b>  <b>Time: 5.15pm – 7.00pm</b>  <b>95 Effra Rd, Brixton, SW2 1DF</b></p>
	<p><b><u>The art and chat group</u></b>  <b>At We Are 336</b>  <b>Every Thursday</b>  <b>Time: 1.00pm – 3.00pm,</b>  <b>336 Brixton Rd, SW9 7AA</b></p>

**Contact: People First Lambeth**  
**Tel: Jen or Vic 07704 523 172 or**  
**peoplefirstmembers@googlemail.com**



All sessions  
are free &  
open to  
everybody!

July & August 2019

We've got a great mix of events and  
workshops lined up so make sure  
you join us!

# CONNECT & DO



**Art Mondays**  
12.30-3.30pm

**Brixton  
Harmonies**  
Mondays  
6-8pm

**Creating  
Music**  
Tuesdays  
3-4pm

**Gardening  
Session**  
Tuesdays  
1-3pm

**Talk shop**  
**Tate outing:**  
Tues 4th  
11am

**NEW!**  
**Getting online**  
lvl 2  
Tues 11th, 18th &  
25th  
12-1pm



**Talk Shop**  
Tuesdays  
1.30-3pm



**Women's  
Support Group**  
Weds 12th & 26th  
12-1pm

**Stress  
Management**  
Weds 5th & 19th  
12-1pm



**Men's Peer  
Support Group**  
Weds 12th, 19th  
& 26th  
12-1pm

**Connected  
Words**  
Wednesdays  
1.30-3pm

**Buddying  
Network**  
Weds 12th & 26th  
3pm



**Friends  
Connected**  
Wednesdays  
4-6pm

**Craft  
Thursdays**  
12-4pm

**Big Connect  
Event**  
Thurs 27th  
10-4pm

**Cinema Group**  
Thursday 6th &  
27th  
2pm

**Coffee  
Afternoons**  
Fridays  
3-5pm



Connect & Do Space, 107 Railton Road, Brixton, SE24 0LR  
Contact: [connectanddo@certitude.london](mailto:connectanddo@certitude.london) | 020 7737 2888  
Twitter : @ConnectAndDo | [www.certitude.london](http://www.certitude.london)





# SHARED TIMES

**Shared Times** provides support, social, arts educational, health and work opportunities for adults with learning disabilities and autism.

**Shared Times** Activity Providers are all professionals working within their field, sharing their expertise to teach skills in high quality sessions tailor-made for each individual.

We cater for different needs and interests, delivering 1-1 support or small matched groups. Sessions take place daily in venues across London boroughs including Southwark, Lambeth, Croydon and Camden.



**Courses** include Art, Sculpture, IT Skills, Graphic Design, Literacy & Numeracy, Budgeting & Cooking, Floristry, Dance & Music, Animation/Film-making and more.

**Activities** include Sports, Boat Trips, Sailing, Dog Walking, Trips to the countryside, museum & galleries, seaside, castles, gigs, festivals and more.

**Holidays** include short breaks designed around your choice of destination. Also specialist intensive art retreats in the UK or abroad.

These sessions were previously operating under Shared Lives for Lambeth & Southwark Mencap.



To see TV coverage of our artists' retreats in France and Jamaica and the exhibitions in London galleries, view these links:

**France:** <https://youtu.be/CGXkscquf2s>

**Jamaica:** <https://www.londonlive.co.uk/news/2017-07-12/artists-with-learning-disabilities-launch-jamaica-exhibition>

To watch some short films and animations made by our film group members, view:

<https://www.youtube.com/playlist?list=PLJYYOkHPM8Jw3I9ZCBt6SOaj9tpv9srw>

*"I'm learning new stuff, I feel better in myself. I can cut oasis and I know names like leather leaf and babies breath, I don't know some flowers foreign names yet but I'm learning them. We sold our flowers and it feels brilliant. A lady said to me my bouquet was wonderful."*

RICHARD WALKER – attends Floristry sessions

**To find out more** about session times and costs, for referrals, or for any questions you want to ask, please contact **Prodeepta Okell**:



PHONE: 07861 734605



EMAIL: [prodeepta@sharedtimes.org.uk](mailto:prodeepta@sharedtimes.org.uk)



WEBSITE: [www.sharedtimes.org.uk](http://www.sharedtimes.org.uk)

