

Day Opportunities in the Community for Adults with a Learning Disability

This is a collection of currently available day opportunities for adults with a learning disability. It gives an indication of the type of activities that exist in the community so that people can investigate further if they wish.

A great starting point for those looking for activities is to contact the specialist providers listed at the end of the document.

Education

College of Haringey, Enfield and North East London - CONEL – Supported Learning

- Courses start at pre-Entry level and help learners achieve up to Entry level 2 and 3 and on to Level 1. Specialist tutors will help learners in small groups to work on the skills that they as individuals need to improve their independence skills while preparing for the next steps in life and work.
- To join courses in Supported Learning, contact Ann of the Supported Learning team on 020 8442 3079 at Tottenham Centre or Laura on 020 8442 3162 at Enfield Centre

Skills for Life – City and Islington College

- Committed to providing an inclusive learning environment and aim to make the most of every student's learning opportunities.
- It is important to us that students with disabilities and learning difficulties feel welcome and are supported throughout their time at college.
- Support for Learning Contact
Nicola McClean
Tel: 020 7700 9404
Email: nicola.mcclean@candi.ac.uk

Employment

HAIL to WORK is a unique employment service which works across London. Set up as a social enterprise.

Spotless

- Spotless cleaning agency has been running since 2011 and we now have over 10 fully trained reliable and friendly cleaners all of which have either autism or a learning disability. All our cleaners are passionate, committed and willing to work hard and get their hands dirty. Whether you are a small home or an office block no job is too big or small for us.
- Prices start at £10 (+VAT) per hour for one cleaner.

Green Giants

- Green Giants, HAIL's gardening service is in its second year. Our gardeners are able to do just about anything in your garden from simple mowing, weeding and planting to larger scale jobs like building raised beds and creating amazing sensory gardens. All our gardeners are both highly skilled and creative... The grass is always greener with Green Giants.
- Prices start at £25 (+VAT) per hour for two gardeners, minimum two hours.
- hailtowork@hailtd.org or call on 0208 275 6550

Kith & Kids Employment and Skills project –

- The curriculum consists of developing workplace skills, social and independence skills as well as more 'academic' basic skills such as literacy, numeracy and IT. It also offers a range of healthy living and sports activities.
- If you would like further information about ELSP you can contact the project manager Alex McGuinness on 0208 801 7432 or email alexm@kithandkids.org.uk. Or Rich Pickup on rich@kithandkids.org.uk

Sports & Leisure

Also see inclusive and active brochure

Kith & Kids - Sanjuro

- When: Friday afternoons
- Where: Kith & Kids Training Room, Haringey Irish Centre, Pretoria Road, N17 8DX
- Details: Sanjuro is a modern accessible martial art which fuses kick-fit classes, dance, and self defence moves, all practised with music. All are welcome and the classes are led by a trained instructor who provides lots of encouragement and support throughout.

Football & Fitness

- When: Wednesday evenings, 6.30 – 8.30pm
- Where: The Irish Centre, Pretoria Road, N17 8DX
- Details: Our football team have been meeting for almost a year now and have played in a football tournament. Each session takes place in an indoor sports hall and comprises of informal coaching with warm-up exercises, skills training and a match at the end!

Brakethuru cycling

- Specially adapted bikes provided for cycling opportunities at Broadwater farm for people with Learning disabilities
- Managed by Haringey Day opportunities, for more information call 020 8800 8155

Spectrum club

- Run by Haringey Autism, for adults with autism/Aspergers on termtime Thursdays March to end June and Sept to Nov. Lunch club 12 - 2, and afternoon art group 2 - 4. Lots of peaceful outdoor activities, bonfire building, marshmallow toasting and much more

Winkfield Resource Centre – seated exercises

- Number of classes in Art and seated exercises for people with disabilities provided by HALS and Tottenham Hotspur Foundation

Markfield - All for one club

- Interested in music, art or sport? This Arts and Sports club meets Monday evenings from 6:30pm until 9:00pm
- You can work on your music, art or sport project, meet like minded people in a relaxed and fun session. The group also go on gym, pub and restaurant trips. Some people pay for a place using their Personal Budgets.

Arts

Haringey Mencap - Moday Club

- Monday Club in the evening for people with disabilities.
- Pop Up Music Project
- Badminton (Melanie Lampert, Learning Disability Sport Advisor for Mencap Sport and Special Olympics GB, on: 07432 636 637)

Haringey Shed Arts

- Performing arts centre for people with disability
- Based at Haringey Irish Centre in Pretoria Road, Tottenham.

Pavilion

- Inclusive mainstream facility established as a creative well being activity centre for all abilities including the general public. Facilities include Rehab services, message therapy, hydrotherapy pool, recording facilities, drama, dance, film making, cooking skills.
- 69 Lawrence Road, N15 0208 800 1957

HAIL Arts

- Arts for Creative Hearts gives people a chance to experiment in a range of artistic mediums including print, paint, collage and modelling. The group is run by local artists who are experienced in supporting people with a range of needs.
- Walter and Mary is our sewing group that meets every week at Tottenham Town Hall in North London. Walter and Mary sell the things they make in local markets and use the money to buy new materials.

Jackson Lane

- Jacksons Lane Krew is a free drama and music group held at Jacksons Lane for adults with learning difficulties. The group meets each Wednesday for 2 hours every week (10 week term). Jacksons Lane Krew work together to produce pieces of theatre and music...

Markfield - Art Engine

- Want to develop your interest in arts? In this art club, you can develop your interests in art. It meets Mondays 10am-3pm. You can work on group and individual projects and gain confidence with a range of materials from drawing and painting to video production. We work on our art projects at Markfield and out in the community. We sometimes get a chance to display our work at exhibitions around Haringey and beyond.

Elfrida - Siren Arts and Advocacy

- Siren Arts is a creative project working with people with learning difficulties. Siren Advocacy aims to help gain recognition, value and access in the wider community

Specialist Providers

As well as education, employment, sports & leisure and arts activities, these organisations provide support for:

- Friendships
- Family carers
- Transport
- Volunteering
- Mental Health
- Autism
- Weekends and Holidays

HAIL - 0208 275 6550

<http://www.hailltd.org/>

Markfield - 020 8800 4134

<https://www.markfield.org.uk/>

Kith & Kids - 020 8801 7432

<http://www.kithandkids.org.uk>

Mind - 020 8340 2474

<http://www.mindinaringey.org.uk/>

The Elfrida Society - 020 7359 7443

<http://www.elfrida.com/>

Area51ed - 0208 881 7739

<http://www.area51ed.org.uk>

DALO - 07855 750915

<http://www.DALO.org.uk>