



Sutton Mencap Charity Company  
8 Stanley Park Road  
Wallington  
SM6 0EU



020 8647 8600

info@suttonmencap.org.uk

## Learning Disability Week 2016

We have an exciting programme of events for June, to celebrate Learning Disability Week 2016, as well as other events coming up soon.

Wednesday 15 <sup>th</sup> June	Parent's coffee morning, Sutton Mencap
Sunday 19 <sup>th</sup> June	Kingston Mencap Railway outing, Thames Ditton
Monday 20 <sup>th</sup> June	Savvy Theatre and Action Replay present The Superhero Show, Sutton Theatre
Tuesday 21 <sup>st</sup> June	A walk in the park, Beddington Park
Wednesday 22 <sup>nd</sup> June	Danceathon with Zest, Westcroft Leisure Centre
Sunday 26 <sup>th</sup> June	Summer barbecue, Sutton Mencap
Tuesday 28 <sup>th</sup> June	Sutton Healthwatch event: Let's Make Support Work for Everyone, Holy Trinity Church

More details enclosed, and at [www.suttonmencap.org.uk](http://www.suttonmencap.org.uk).

We look forward to seeing you.

## Parents and Carers Coffee morning

Wednesday 15<sup>th</sup> June, 10.00 am to 12.00  
at Sutton Mencap

Are you the parent/carer of a child or young person with  
additional needs/learning disability?

Do come along to



Sutton Mencap, 8 Stanley Park Road SM6 0ED  
Wednesday 15<sup>th</sup> June  
From 10-12 for coffee, cake, chat

Meet other parents  
Members of Sutton Parents Forum  
Mencap Team

Relax for a couple of hours and be appreciated

Did we say cake...?



This event is a jointly organised by  
Sutton Mencap and Sutton Parents Forum  
Please let us know if you are able to come by ringing  
020 8647 8600 and asking for Fran Boto

# Learning Disability Week 2016

## Don't miss these other local activities



### Railway Outing

Sunday, 19th June 2016  
Thames Ditton Model Railway  
Claygate Lane, Thames Ditton, KT7 0DL

Join Kingston Mencap for a great Father's Day afternoon.

- Free entry and free train rides.
- Home-made tea and cakes!
- Wheelchairs can be taken on some trains.



### The Superhero Show

Action Replay Drama group, with Savvy Theatre.  
7pm, Monday 20th June  
The Secombe Theatre  
42 Cheam Road, Sutton SM1 2SS

Watch out for flying eggs and bad 'yolks' as Dr.Omlette and his evil chickens try and scramble their way to world domination! But never fear, the annual Superhero of the Year Award is taking place and old rivalries will be placed on hold as they join forces to thwart his egg-cellent plans! Performed by an inclusive community cast, come early and enjoy a drink outside, mingle with your favourite superheroes and discover your own 'super' powers.

Tickets: £8.00  
Box Office: 020 3771 9055, or visit  
<http://suttontheatres.co.uk/events/the-superhero-show/>

# A walk in the park

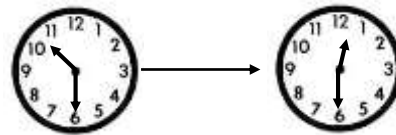
**Join us for a walk with friends in Beddington Park and celebrate Learning Disability Week 2016**

**When**  
Tuesday 21<sup>st</sup> June 2016

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**Time**  
10.30am to 12.30



**Where**  
Beddington Park  
Meet by the Pavilion Café  
Church Rd, Wallington SM6 7NN



Please feel free to bring someone to support you

Please dress appropriately for walking and bring water





**Help us celebrate Learning Disability Week 2016**

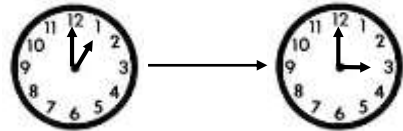
**When**  
Wednesday 22<sup>nd</sup> June 2016

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

www.free-printable-calendars.net

**Time**  
1.00 to 3.00 pm



**Where**  
Zest (in Dance Studio)  
Westcroft Leisure Centre  
Carshalton  
SM5 2TG



£5 minimum donation

Please feel free to bring someone to support you

Please dress appropriately for dance and bring water (lots)





## Summer Barbecue

**To celebrate Learning Disability Week 2016**

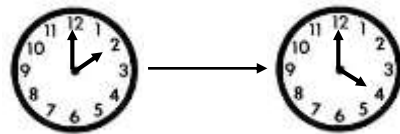
**When**  
Sunday 26<sup>th</sup> June 2016

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

www.free- printable-calendar.co.uk

**Time**  
2..00 to 4.00 pm



**Where**  
Sutton Mencap  
8 Stanley Park Road, Wallington  
SM6 0EU



Let Emma know if plan to attend:  
Telephone 020 8647 8600 or  
[emma@suttonmencap.org.uk](mailto:emma@suttonmencap.org.uk)



**020 8647 8600**

There's no charge for attending, but  
please bring some money for food.



Please feel free to bring someone to support  
you.

Parents/ carers will need to stay with their  
children/ cared for person.



# Let's Make Support Work for Everyone!



We want to hear from you. If you have a learning disability or if you are a support worker... this event is for YOU

This event is to tell your story and experiences, from being supported to supporting someone. We want to make a difference and we want to listen to what you have to say, so come along to this free event...



<p><b>Where</b></p> 	<p>Holy Trinity Church Maldon Road Wallington SM6 8BL</p>	<p><b>When</b></p> <p>2016 JUNE</p> <table border="1"> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>								1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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<p><b>Time</b></p> 	<p>12.30pm - 3.30pm</p>	<p><b>Cost</b> Free plus lunch at 12.30pm</p> 																																										
<p><b>Bus</b></p> 	<p>151, 410, 463 - stop opposite 127,157 2 min walk</p>	<p> To book a place call Sutton Mencap 020 8647 8600 or Healthwatch 020 8641 9540</p>																																										

Supported by



Advocacy for All  
bigger voices – better lives



**Speak Up Sutton**