

South London Me Time presents:

Summer Holiday Scheme: 2016

We invite **you** to come and take part in our fun and exciting Me Time programme for adults (18+) with a learning disability living in South London!

- Me Time is all about individuals learning through activity. It's about enjoying and achieving things that matter, while progressing and developing.
- If you would like to take part in any of our activities or have any questions, please contact us for more information. Our contact details are on the next page.



Booking Deadline: Monday 11th July.

Payment:

There is a charge of £50 per day for support in addition to the stated activity costs. This can be paid for via an individual budget from social services and is payable by invoice. Payment for activities can be made in the form of Cash or cheque (please do not send cash in the post and cheques made payable to Mencap South London Me Time) and is required to confirm your place. Due to bookings **all payments need to be made before 22nd July.**

Travel costs:

Travel will be free of charge if you have a Freedom pass, unless stated otherwise in the activity details below. Any days where public transport is involved, times may vary depending on departures and arrivals from the meeting place. Please note that all transport will be on public transport and the costs may vary depending on the size of the group. This will be confirmed with a confirmation letter nearer the time.

Availability:

Places on activities are limited, so please book early to avoid disappointment.

Additional support:

We cannot offer 1-2-1 support. If you will be accompanied by a Personal Assistant, please let us know when booking on to any of the activities. There will be additional transport and activity costs where appropriate.

Food and Drink:

Unless stated otherwise for a specific activity, you will need to bring your own packed lunch and always bring plenty of water and a refillable bottle.

Questions:

If you have any questions about any of our days then please do not hesitate to contact us.



If you would like to **book a place** on any of our activities, please contact:



Kealey (Facilitator): 07852 546573 or kealey.jesson@mencap.org.uk
Colin (Lead Coordinator): 07506549601 or Colin.morris@mencap.org.uk



Or you could let us know by **circling** the activities you wish to attend. Add your **contact** details below.

Name

Address

Telephone number

Email address.....



And **post** the form back to us at:
Mencap South London Me Time
Cheam Resource Centre
671 London Road
North Cheam
Surrey
SM3 9DL



*** If you are new to the service we will need some of your information so we can meet your needs and goals. If your details have changed then please update us.**

See you soon!
Kealey and Colin.
Mencap South London Me Time

Pre Summer – 11th July

Day

Activity Details

Activity Picture



Thorpe Park

10:00 am – 4:00 pm

Staines Rd, Chertsey, Surrey

KT16 8PN

Up to £30 (We are hopeful of discounts)

Train and bus from East Croydon

Station or Sutton Station



Week 1 – 25th - 29th July

Day	Activity Details	Activity Picture
	London Zoo 10:00 am – 5:00 pm London Zoo, NW1 4RY £21.80 + £ for lunch Train from East Croydon Station or Sutton Station	
	Olympic Park Slide and Swimming 10:00 am – 5:00 pm Queen Elizabeth Olympic Park, London £20.20 + £ for lunch Train from East Croydon Station or Sutton Station	
	Crazy Golf and Driving Range 10:00 am – 3:00 pm Horton Park Golf Centre, Hook Road, Epsom, Surrey KT19 8QG £20 + £ for lunch from the club house (we have a copy of the menu available on request) Train and bus from East Croydon Station or Sutton Station	
	Bowling 11:00 am – 3:00 pm Tenpin Croydon, Valley Park Leisure complex, CR0 4YA £13 + £ for lunch (£10 - £15 recommended) Tram from East Croydon Station or Train and Tram from Sutton Station	

Week 2 – 3rd – 7th August

Day

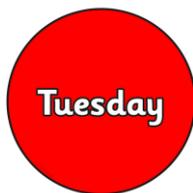
Activity picture

Activity details



Eastbourne

10:00 am – 5:00 pm
£ Train fare + £ for lunch and refreshments (£10 - £15 recommended)
Train from East Croydon Station (£30) or Sutton Station (£30)



Wembley stadium tour

10:00 am – 4:00 pm
(Times may change depending on trains from chosen station)
Wembley Stadium, London
£10
Train from East Croydon Station or Sutton Station



London Eye

10:00 am – 4:00 pm
(Times may change depending on trains from chosen station)
London, SE1 7PB
Free + £ for lunch
Train from East Croydon Station or Sutton Station

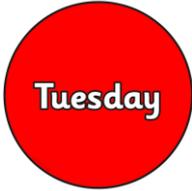
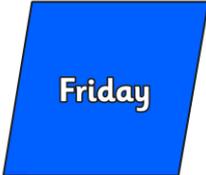


Rock Climbing and Swimming

10:30 am – 3:00 pm
Guildford Spectrum, Parkway, GU1 1UP
£18 + £ Train fare
Train from West Croydon Station (£20) or Sutton Station (£15)



Week 3 – 10th – 14th August

Day	Activity Details	Activity Picture
	<p>Swimming, Pub Lunch and Park games 10:00am – 3:30pm Redhill £4.00 for swimming + £ for pub lunch (£10 - £15 recommended) Bus from West Croydon or Train and bus from Sutton Station</p>	
	<p>The Races at Lingfield Park Racecourse Rd, Lingfield RH7 6PQ 2.30pm – 8.30pm Fee Entry + £ Train fare + £ for dinner Train from East Croydon Station (£10) or Sutton Station (£15)</p>	
	<p>Matilda: London Theatre 10:30 am – 6:00 pm Cambridge Theatre, Earlam St, London, WC2H 9HU £35.00 + £ for lunch (£15 recommended) Train East Croydon Station or Sutton Station</p>	
	<p>Brighton 9:30 am – 4:30 pm £ Train fare + £ for lunch (£10 - £15 recommended) and anything you would like to buy. Train from East Croydon Station (£20) or Sutton Station (£25)</p>	
	<p>London Aquarium 10:00 am – 5:00 pm County Hall, Westminster Bridge Rd, London SE1 7PB £19.50 + £ for lunch Train from East Croydon Station or Sutton Station</p>	

Week 4 – 17th – 21st August

Day

Activity details

Activity picture

Monday

Thames Clipper and Greenwich Park

10:00 am – 5:00 pm (Times may change depending on trains from chosen station)

£8 + £ for lunch (£10 - £15 recommended)

Train from East Croydon Station or Sutton Station



Tuesday

Olympic Park: Including a 2 hour 'All ability cycling' taster session at the Olympic Velo Park

10:30 am – 6:00 pm (Times may change depending on trains from chosen station)

Free + £ for lunch

Train from East Croydon Station or Sutton Station



Info about All ability cycling:
<http://www.bikeworks.org.uk/program/all-ability-cycling/>

Wednesday

HMS Victory in Portsmouth

9:00 am – 5:00 pm

Join us on a trip to see HMS Victory battle ship

£18.40 + £ Train fare

Train from East Croydon Station or Sutton Station (£35)



Thursday

Go Karting: Grand Prix

10:30 am – 3:30 pm

Team Sport, London Bridge

£40.00: Practice, qualifying and race

Train from East Croydon Station or Sutton Station



Friday

Multi Sports and Swimming

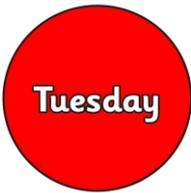
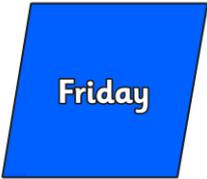
10.00am – 4.00pm

Epsom: Rainbow Centre, KT17 1BN
£20

Train from West Croydon Station (£6) or Sutton Station (£5)



Week 5 – 24th – 28th August

Day	Activity details	Activity picture
	<p>Ghost Busters Film and Pub Lunch 1:00 pm – 5:30 pm Harlequin theatre and The Sun Pub, Redhill £5.50 + £ for lunch (£10-15 recommended) Bus from West Croydon or Train and Bus from Sutton Station</p>	
	<p>Harry Potter World 9:00 am – 5:00 pm WB Studios, Watford Junction £33.00 Train from East Croydon Station or Sutton Station plus £2.50 for Shuttle bus</p>	
	<p>London Museum (Group choice on the day) 9:30 am – 4:30 pm Join us on a trip to a London museum of the groups choice £ Free + £ for lunch Train from East Croydon Station or Sutton Station</p>	
	<p>Bowling 11:00 am – 3:00 pm Tenpin Croydon, Valley Park Leisure complex, CR0 4YA £13 + £ for lunch (£10 - £15 recommended) Tram from East Croydon Station or Train and Tram from Sutton Station</p>	

Week 6 – 30th August – 2nd September

Day

Activity details

Activity picture



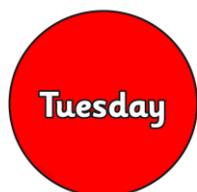
Trampoline Park (Wandsworth)

10:00 am – 4:00 pm

Bendon Valley, Earlsfield, SW18 4LZ

£12 + £ for lunch

Train from East Croydon Station or Sutton Station



London Museum (Group choice on the day)

9:30 am – 4:30 pm

Join us on a trip to a London museum of the groups choice

£ Free + £ for lunch

Train from East Croydon Station or Sutton Station



T-Shirt Printing, games and pub lunch

10:00 am – 4:00 pm

Cheam Resource Centre, North Cheam, Surrey SM3 9DL

£15 + £ for pub lunch (£10 - £15 recommended)

Train and Bus from West Croydon Station or Bus from Sutton Station



Football and Cricket with Family BBQ

2:00 pm – 8:00 pm (Family and friends welcome from 5:00 pm for BBQ)

Merstham Cricket Club, RH1 3BB

£5 per person for BBQ

Bus from West Croydon Station or Train and Bus from Sutton Station



Who are we?

Mencap is the voice of learning disability. Everything we do is about valuing and Supporting people with a learning disability, and their families and carers. Our vision is a world where people with a learning disability are valued equally, listened to and included. We have been providing a **“one-stop approach for a wide range of support needs – from employment and housing, to advocacy, education and leisure** – for 35 years. We provide high quality, flexible And personalised support services that Allow people to access the right activities And opportunities to achieve their goals.

Go to – www.mencap.org.uk

