

Community Hub Day Opportunities.

Support for individuals over 18yrs with a Learning Disability and associated physical, sensory and health related support needs.







COMMUNITY HUB PACK CONTENTS



Thank you for taking the time to pick up our Information Pack!

Midland Mencap has been providing community services for many years and has supported 1000's of people to take part in meaningful and fun opportunities and activities. We are really excited to share with you our fantastic offer and hope that you find this Information Pack useful.

In this Information Pack you will find out about what we offer, what facilities we have here at Midland Mencap along with some questions and answers about how to get involved. We have tried to keep it short and sweet and really hope you find what you're looking for but please contact us if you have any questions!

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OUR OFFER



Midland Mencap provides a wide range of meaningful daytime activities and opportunities from our community hubs across Birmingham and Walsall. Our person centred approach is about supporting you to design your own individual programme of support.

We work with you to find out what you like and what your interests are, then we support you to create a personalised programme. This could be around increasing your self-confidence, making decisions, developing communication and social skills, making new friends, learning new skills or increasing your independence.

As well as our daytime activities we also run social & leisure activities during the evening and at weekends, giving you the opportunity to meet up with friends or make new ones within a safe and fun environment.









OUR FACILITIES

Reception Area: Where you will greeted by our warm and

friendly staff and volunteers.

Main Hall: Lots of different activities take place here

including music, discos, sports and art.

Sensory Room: Filled with lights and moving images: a great

place to relax.

Independent Living Area: Here you can learn and develop the skills to live

in your own home.

Quiet Room: Some time away to relax.

Outdoor Sensory Area: Sensory path, music wall and water play.

Social Room: TV, games, comfy sofas: a great place to just chill

with friends.

Soft Play Zone: A bright and vibrant multisensory soft play zone

complete with ball pit.

Computer Room: Surf the web, look for jobs or build your CV here.

Workshop: Here you get to try out loads of different trades

like carpentry, decorating and plastering.

Growing Area: Learn how to grow fruit and veg to use in our

café and plants to sell in our shop.

Personal Care Suite: Fully equipped Personal Care suite including a

changing bed, hoist and shower.

Kitchen: Learn how to cook quick and healthy meals.

Café: Grab a drink and a snack and surf the web











OUR ACTIVITIES INCLUDE



Health & Wellbeing

- → Wide range of sports like football, hockey, swimming, badminton, boccia and inclusive cycling.
- → Nature walks.
- → Range of dance & movement sessions.
- → MATP Motor Activity Training Programme.
- → Cooking Club.
- → Mindfulness.



Creative Arts

- → Arts & Crafts.
- → Drama & performance groups.
- → Singing & karaoke.
- → Creative writing.



Learning New Skills

- → Computer skills.
- → Independent living skills.
- → Gardening & growing.
- → Woodwork & decorating.
- → Travel training.
- → English & maths.



Social Events

- → Discos.
- → Coffee mornings.
- → Breakfast club.
- → Social Clubs.









ACTIVITIES IN THE COMMUNITY



Community Activities include:

- → Days Out.
- → Swimming.
- → Bowling.
- → Trips to the cinema & theatre.
- → Meals out.
- → And much more!











QUESTIONS & ANSWERS

Who can take part?

Our Community Hub Services can support individuals over 18yrs with a learning disability and associated physical, sensory and health related support needs.

Can I choose which activities

I want?

Yes, our staff will work with you to find out what things you enjoy and what things you would like to try.

How much will it cost? Individual activities start from as little as £5 and a full day of support starts from £50, this will depend on your support needs and the type of activities you enjoy.

Do you provide transport?

Our programmes are person-centred and entirely based around your needs. We will work with you and your family during your registration to explore suitable transport options.

Yes, we have our own café and kitchen onsite that provides a range of fresh food such as sandwiches and hot meals.

This can be included as part of your package with us.

How do I get involved and find out more?We can arrange for you to visit one of our activities during one of our FREE taster days. We can then talk to you about your needs and what things you might like to do.

We will work with you to create your own programme and then give you a Welcome Pack. Your Welcome Pack will have all the information you will need about joining us..

Who do I contact?

Please call 0121 427 6404 to speak to a member of the team or email communityhub@midlandmencap.org.uk

Visit our website www.midlandmencap.org.uk

Or check us out on Facebook, Twitter and YouTube

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MidlandMencapUK

Midland Mencap









DISCOVER MORE AT MIDLAND MENCAP

Discover more about what Midland Mencap has to offer you and your family!





We have a wide range of quality flats, houses and bungalows across the city to suit your needs.



The Right Care Support, Advice & Information

Person centred care, support and advice to help you live the life you choose.







Wide range of fun and inclusive social, leisure & recreational activities across the city for all ages.



0121 442 2944



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