



# Where?



Enterprise Hub  
Bottetourt Road  
Weoley Castle  
B29 5TE



Enterprise Hub  
0121 427 6404



/MidlandMencap



@MidlandMencapUK



www.midlandmencap.org.uk



Did you know we run  
free inclusive and  
accessible cycling  
sessions for families in  
Sutton Park!



Email: [parkride@midlandmencap.org.uk](mailto:parkride@midlandmencap.org.uk)  
Or visit the website: [www.parkride.co.uk](http://www.parkride.co.uk)



Midland Mencap can now be found in  
Coventry! Check out our website to find  
out more.

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

Moved house or changed  
phone number?  
Pick up a registration form  
so we can update your  
details!



Enterprise Hub  
Timetable  
29th April -  
24th May 2019



-Dates for your diary-

**BANK HOLIDAY  
6TH MAY 2019**



**Hub Closed!**

**NEW!**

**RUGBY** Free

Try out mixed ability Rugby with  
professional coaches from  
Coventry WASPS Rugby Club at  
Aston Old Edwardians RFC  
B44 0HP



**Tuesdays 11am - 12pm**

**Unexpected Company -  
The 39 steps**

Join in and practice your  
acting skills to be in our next  
drama production!



**Wednesdays 2pm-3pm £5**

Volunteers wanted!



Monday		
Time	Activity	Price
◆ 10am - 4pm	Tenancy Prep	<b>FREE</b> *Assessment pending
◆ 10am - 11am	Inclusive Sport	<b>£5</b>
◆ 11am - 12pm	Dancing with Jean	<b>£5</b>
◆ 1pm - 2pm	Music 4 All	<b>£5</b>
◆ 2.15pm - 3.15pm	Art and Crafts	<b>£5</b>
◆ 6pm - 8.30pm	Dynamo	<b>£5</b>

Tuesday		
Time	Activity	Price
◆ 10am - 4pm	Tenancy Prep	<b>FREE</b> *Assessment pending
◆ 10am - 11am	Drama	<b>£5</b>
◆ 11am - 12pm	Musical Melodies	<b>£5</b>
◆ 1pm - 2pm	Move it or lose it	<b>£5</b>
◆ 2pm - 3pm	Bingo	<b>£5</b>

Wednesday		
Time	Activity	Price
◆ 10am - 4pm	Tenancy Prep	<b>FREE</b> *Assessment pending
◆ 10am - 11am	Badminton	<b>£5</b>
◆ 11am - 12pm	Creative Dance	<b>£5</b>
◆ 12pm - 2pm	Ready Steady Cook	<b>£5</b>
◆ 2pm - 3pm	Unexpected Company	<b>£5</b>

Thursday		
Time	Activity	Price
◆ 10am - 4pm	Tenancy Prep	<b>FREE</b> *Assessment pending
◆ 10am - 12pm	Coffee Morning & Karaoke	<b>£5</b>
◆ 1pm - 2pm	Dancing with Jean	<b>£5</b>
◆ 2pm - 3pm	Passion for Paint	<b>£5</b>

Friday		
Time	Activity	Price
◆ 10am - 4pm	Tenancy Prep	<b>FREE</b> *Assessment pending
◆ 10.30am - 12pm	Just Desserts	<b>£5</b>
◆ 1pm - 2pm	Music 4 All	<b>£5</b>
◆ 2pm - 3pm	Golf	<b>£5</b>

**KEY**

- ◆ Sports activities
- ◆ Dancing activities
- ◆ Music activities
- ◆ Art activities
- ◆ Cooking activities

\*Sessions may be subject to change without notice\* - please call to confirm!

**Disco Dates!**  
**7pm - 10pm    £5**  
 - Friday 17th May