MONDAY:

Life Skills

10-1pm at Charles Leeks House

Our life skills class on a Monday enables people with a learning disability to enjoy a healthy, home cooked lunch and learn skills to promote independent living. We shop together as a group, prepare and cook a healthy meal and learn about topics such as keeping safe, laundry, nutrition, relationships, budgeting, etc.

This session is only £7

Swimming

Swimming is at Witham Pool from 11-12. The bus leaves Charles Leeks House at 10:15am, and return at 1pm approx.

This club is free of charge due to sourced grants and donations, but places on the bus must be booked in advance.
MONDAY:

**Sensory Pottery**

Pottery is at Charles Leeks House from 1pm-3pm. Learn key skills including coiling, carving and stencilling design with experienced potter Shaun Hall. Come try our Potter’s Wheel or ceramic painting! Cost per session is £8, all are welcome.

**Fashion and Textiles**

Held at Charles Leeks House from 1pm to 3pm. Learn new skills, including how to use a sewing machine, upcycle old clothes and handbags and make over household items such as cushions, pillowcases, tablemats and other skills – like jewellery making.

Only £6 a session - all abilities are welcome!
TUESDAY:

The Reclaimers

Join our furniture recycling project! Make old furniture look shiny and new. Every Tuesday 10-12pm at Charles Leeks House.

Only £6 per session including refreshments and materials.

Funky Moves

Come and get Funky on Tuesday mornings at Charles Leeks House at our day time disco, 12-1pm.

Only £5 per session
TUESDAY:

Drama Group - The group is currently working on a new production of ‘The Wizard of Us’. If you fancy taking a journey on the yellow brick road, please contact Jess for more information. **Only £6 per session, from 2:30 to 4:30pm.**

Hockey

Braintree Mencap provide transport to The Phoenix hockey club in Bocking every week. The bus leaves at 5:45pm and returns at 7:15pm. For more information contact Jess on 01376 326302.
WEDNESDAY:

Happy Snappers Photography Group

Meeting at Charles Leeks House at 10:00am, explore the Braintree area and learn photography skills with a professional photographer. Spaces are limited so please book your space to avoid disappointment.

Only £5 per session!

Life Skills classes run at Charles Leeks house from 11:30am to 2:30pm. Our Life Skills class every Wednesday enables people with a learning disability to enjoy a healthy, home cooked lunch and learn skills to promote independent living. We shop together as a group, prepare and cook a healthy meal and learn about topics such as keeping safe, laundry, nutrition, relationships, budgeting, etc.

This session is only £7
WEDNESDAY:

Football Healthy for Life at Witham

Braintree Mencap provide transport to the Football Healthy for Life scheme run by the NHS in Witham every week. The bus leaves at 4:30pm and returns at 6:30pm. Places are limited so please check availability.

The Bridge

This is a club for people with a Learning disability between the ages of 16-30. A wide variety of activities are available, it’s great fun and an opportunity to make new friends and socialise in a safe, friendly environment.

Only £6 per session, from 7-9pm.
THURSDAY:

Music

Music group from 10:30 – 12.30pm
Join us for a fun music session for all abilities
learn to hit, beat and shake a musical instrument in time
to music. Our Open Mic time at the end of the session,
enables members to pick their favourite songs.

Ever fancied learning to play an instrument? Please ask a
member of staff

Only £6 per session

Art Cafe

Held at Charles Leeks House from
1 to 3pm. We have a variety of
different art and craft activities.
Our members are welcome to
bring a packed lunch to eat with
friends, and to do both the music group and Art Café.

Cost per session £6
THURSDAY:

Gateway Club

Our Gateway club is held every Thursday at Charles Leeks House from 7pm to 9pm.

Every week there is a different activity, from discos, to yoga, to flower arranging, to volleyball! There is a separate timetable to know what is happening on any particular week.

Costs £3 for those travelling independently, and £4.50 for those who use our transport.

For more information please contact Jess on 01376 326302 or email leisure@braintreemencap.org.uk