



# Out and About

Activities and events for adults  
with a learning disability



April to June 2023



## The meaning of the symbols on the event pages -



Wheelchair accessible venue / event

### Ratings for walks



Ground is flat and suitable for everyone



Some hills or difficult areas, such as mud, steps or small dips



Challenging, such as mud, rocks, or steep hills



Transport available to people in Croydon area

Cost - £10 per person / Only 6 places available

Contact Emily for more information



## Event Calendar

Sunday 2 April	Walk at Beddington Park	
Wednesday 5 April	Bowling at Valley Park	
Wednesday 12 April	Cinema Night at Enterprise Lounge	
Saturday 15 April	Adventure Golf and M's Café	
Sunday 23 April	MHA The Wilderness visit	
Sunday 30 April	Zumba at Enterprise Lounge	





## Event Calendar

Wednesday 3 May	Bowling at Valley Park	
Sunday 7 May	Trampolining at Oxygen	
Saturday 13 May	Stay Up Late at Frames Snooker	
Wednesday 17 May	Tai Chi at Enterprise Lounge	
Saturday 27 May	Picnic at Crystal Palace Park	2
Wednesday 31 May	Pizza at the Builders Arms	



## Event Calendar

Sunday 4 June	Trip to Brighton		2
Wednesday 7 June	Bowling at Valley Park		
Wednesday 14 June	Evening walk at Lloyd Park		1
Sunday 18 June	Tennis at Park Hill		2
Wednesday 21 June	Global Buffet		
Saturday 24 June	Wheels For Wellbeing & SNCP		2



**Hi!** I am Emily.

I run the Out and About activities and events.

Please contact me to book onto any of the activities or events, or if you have any questions. My contact details are below.

**Emily** Out and About Coordinator



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Thank you to Dodd Enterprises for sponsoring our Out and About activities and events.





# April



## Beddington Park

Church Road, Wallington,  
SM6 7NN



Let's go for a walk around beautiful Beddington Park! We will stop by the café for a hot chocolate afterwards. Please bring some money for a drink.

**Cost - free**



## Bowling at Valley Park

Valley Park Leisure Centre, Hesterman  
Way, Croydon CR0 4YA



Join us for a game of bowling. Arrive at 6.15 pm and we will start playing at 6.30 pm.

**Cost - £4.35**

Bring cash with you on the day.  
**Book with Emily in advance or you might not be able to play as the session is very busy.**

# April



## Cinema Night at Enterprise Lounge

61 Leslie Park Road, CR0 6TP



Popcorn, snacks and a movie on our big screen! Members can suggest movies and then we will vote on what to watch! We have a range of old and new movies and lots of classics to choose from!

**Cost - £5**



## Adventure Golf and M's Café

175 Long Lane, Croydon, CR0 7TD



We will have a game of Adventure Golf and then go for a drink at M's Café. This is a special place for people with learning disabilities and is a 5 minute walk from the golf.

**Cost - £9. Please also bring money for a drink at the café.**



# April



## Open day at MHA The Wilderness

17 Shirley Church Rd, Croydon CR9 5AL



MHA The Wilderness is a beautiful reclaimed woodland with lots to see and do. Learn about its' historic past, and see beautiful flowers and wildlife.

**Cost - £2**

**Please bring a packed lunch if you want to eat as only drinks are available.**



## Zumba

61 Leslie Park Road, CR0 6TP



Join us for a Zumba session with professional instructor Adeline! This will be an accessible session and you can also sit if you need to. Zumba is great fun as well as being good exercise!

**Cost - free, this is a taster session, if you like it we'll book more sessions in.**

# May



## Bowling at Valley Park



Valley Park Leisure Centre, Hesterman Way, Croydon CR0 4YA



Join us for a game of bowling. Arrive at 6.15 pm and we will start playing at 6.30 pm.

**Cost - £4.35**

Bring cash with you on the day.

**Book with Emily in advance or you might not be able to play as the session is very busy.**



## Trampolining at Oxygen trampoline park

The Colonnades Purley Way, Croydon CR0 4RQ  
Autism and learning disability friendly session. \*Please read the extra notes on page 14\*

**Cost - £9 per person, carers free.**  
**Bring the cash with you on the day.**

If you have jump socks, please bring them. If not you will need to buy them at the start, they cost £2.65 extra.





# May



## Stay Up Late Disco

202 Brighton Rd, Coulsdon CR5 2NF



We are going to Stay Up Late's monthly disco! Fun, games, food, drink, a pool tournament, karaoke and dancing at Frames Snooker Hall in Coulsdon.

We will be there 6pm – 10pm but the fun goes on until midnight if you want to stay later without us!

**Cost - £15 With minibus - £25**



## Tai Chi

Enterprise Lounge, 61 Leslie Park Road, Croydon, CR0 6TP



Join us at Enterprise Lounge to try some Tai Chi. Professional instructor Matt will teach us some simple, fun and relaxing moves.

The session is accessible, and you can still join in even if you need to sit.

Carers are welcome as well as members at this session. Carers come free if they attend with a paying member.

**Cost - £5**



# May



## Picnic at Crystal Palace

Crystal Palace Station Road, SE19 2AZ

2



Meet us at Crystal Palace train station. Bring along some food and drink so we can all enjoy a walk and a picnic together in Crystal Palace Park.

**Cost - free, bring your own food and drink.**



18:00

## Pizza and Fun at The Builders Arms

65 Leslie Park Rd, Croydon CR0 6TP



Have a drink and maybe some pizza whilst socialising with friends in this lovely, friendly pub near East Croydon.

**Cost - Please bring money for food and drink.**



# June



## Day Trip to Brighton!

**Meet at: East Croydon Train Station,  
Croydon CR0 1LF**



We will be getting the train for a day trip to Brighton! We will go to the amusements, the beach and the pier. We will be doing quite a bit of walking but will take regular rests.

**Cost - £27 + your train fare and spending money. Please contact Emily for more information. You will need to book in advance and places are very limited.**



## Bowling at Valley Park



**Valley Park Leisure Centre, Hesterman  
Way, Croydon CR0 4YA**

Join us for a game of bowling. Arrive at 6.15 pm and we will start playing at 6.30 pm.

**Cost - £4.35**

Bring cash with you on the day.  
**Book with Emily in advance or you might not be able to play as the session is very busy.**



# June



## Evening Summer walk at Lloyd Park



Meet by the café: Lloyd Park, Croydon CR0 5RA



Enjoy a lovely early evening walk when it's cooler around beautiful Lloyd Park.

**Cost - free but bring money for a drink at the café.**



11:00

## Tennis at Park Hill



2 Fairfield Path, Croydon CR0 5PB

We will play a game of Tennis that is accessible to everyone.

Then we will walk up to the beautiful walled garden to see the wonderful work the Volunteering Buddies have been doing.

**Cost - Free**





# June



## Visit to Global Buffet

Valley Leisure Park, Hesterman Way,  
Croydon CR0 4YA



Come and try food from all over the world at the famous Global Buffet!

**Cost - Please pay Emily a £5 deposit to book your space. Then you will pay another £18 at the restaurant. Drinks not included in price.**



## Cycling and South Norwood Country Park



Wheels For Wellbeing has an exciting selection of accessible bikes for you to try! Then we will have lunch and walk around the lake in South Norwood Country Park.

**Cost - £5. Please pay Emily in advance 3 weeks before. You MUST book in advance for this session.**



# Terms and conditions for Out and About activities and events -

## **1. Booking Activities -**

Please contact Emily to book your place. You will need to bring cash to pay when you arrive. For some sessions you need to pay in advance. Please let Emily know if you need to cancel or if you need help paying.

## **2. Card payments -**

Some places only take card payments. If you do not have a card, you can give Emily the cash and she will make a card payment for you.

## **3. Cancellations & Refunds (sessions you pay for in advance) -**

At least 2 weeks' notice must be given in order to receive a full refund. 8-13 days' notice must be given in order to receive a 50% refund. Less than 7 days' notice no refund will be given.

## **4. Additional Charges -**

If you require 1 to 1 support you need to attend the activity with your own Personal Assistant. Additional charges will apply if your PA occupies a seat in a Croydon Mencap vehicle or hired vehicle, and if an entrance fee/ticket is payable.

## **5. Own Support -**

If you attend an activity with your own PA, they are responsible for your safety and wellbeing, and it is their duty to support you throughout the activity.

## **6. Personal Information -**

At least 2 weeks before an activity please ensure that you have given Emily all the relevant information about your support needs, medical information and emergency contact details. It is also advised that you being up-to-date identification, such as a Freedom Pass, with you.

## Additional information for trampolining sessions -

Everyone taking part in the session will need to fill in and sign a participant consent form. The form asks about your medical conditions and has a list of the rules. You may like some help from a parent or carer to fill in the form.

### Medical information from the Oxygen website -

- If you have any medical condition that may affect your ability to safely jump on a trampoline, you must consult a doctor 1st and write down all the details on your form.
- If you have a pre-existing injury or disability we may require you to bring a signed doctor's note to confirm it is safe for you to participate in the session.
- If you have Down Syndrome – we require a signed doctor's note to confirm participation for each visit.

## 1 to 1s for adults with a learning disability

Our 1 to 1s can support you with everyday activities, help you develop new skills and become more independent. At the moment we are not able to support with personal care.

Each session is a minimum of 2 hours and costs £25 per hour.

You can pay for this support using your direct payments.

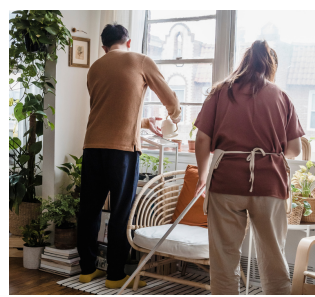
**Please contact us if you are interested.**



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