



NEW MENCAP IN KIRKLEES SOCIAL GROUPS IN DEWSBURY





Super Tuesday is a relaxed and informal social group for adults with a learning disability who don't get any social care support.

It is based in the centre of Dewsbury just a few minutes' walk from the bus station.

It runs from 10.00am to 4.00pm on Tuesdays and costs £7.00. The price includes a light lunch with hot and cold drinks.

It's a great place to meet friends, learn new things and have fun.

The members choose the activities and these include:

- Day trips
- CV writing and job searches
- Healthy eating and baking
- Table tennis/Snooker/computer tournaments
- Craft and sewing
- Photography
- Life skills
- IT support

**For more information
Mencap in Kirklees on
01484 340811.**



FRIENDcap is an evening social group open to all adults with a learning disability

It is based in the centre of Dewsbury just a few minutes' walk from the bus station. It runs from 6.00pm to 8.30pm on a Friday and costs £3.00. We don't provide support so if you need help with personal care or to take medication you will need to bring a support worker with you.

As a member you would get to choose what activities you do.

Some of the activities that have already been chosen include:

- Bowling/cinema trips
- Movie night
- Disco
- Games night (computer/board games)
- Takeaway night
- Quizzes/bingo
- Drawing/craft
- Snooker/table tennis tournaments
- Themed nights

For more information contact Mencap in Kirklees on 01484 340811.



Super Tuesday and FRlendcap

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Mencap in Kirklees

A company limited by guarantee
& incorporated in England and Wales

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