



The emphasis at The Arena is to:

- Increase self worth and independence
- Involving to cope within the community
- Develop personal, practical social and life skills
- The possibility of progressing into a working environment
- Broadening a network of social interaction



INVESTOR IN PEOPLE

Registered Charity No 702494
Company Registration No
2428994

www.mencapinkirklees.org.uk

For More Information
Contact

Karen Dix

The Arena Co-ordinator

07885 294340

or email

karen.dix@mencapinkirklees.org.uk

Alternatively you can
contact

Head Office @
Brunswick House
33 East Street
Lindley

Huddersfield HD3 3ND

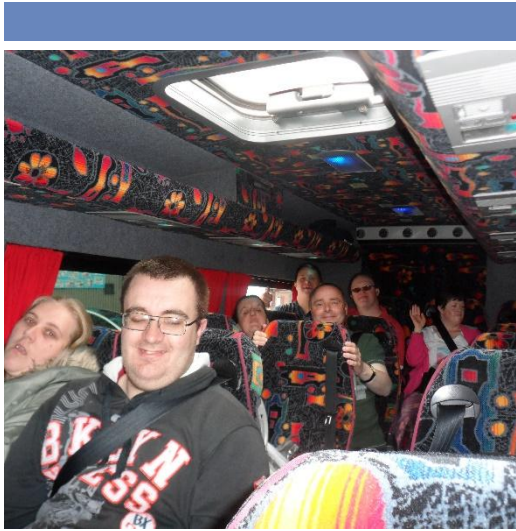
Tel 01484 340811

Arena



Day Service for young adults with a learning disability It is a place where you can meet up with friends and enjoy a range of activities and opportunities of your choice.

2 Church Street, Dewsbury



Service Benefits

The Arena offers a great variety of activities which include:

- Bowling
- Swimming
- Arts & Crafts Projects
- Gym, Squash and Badminton
- Baking projects and Cooking sessions
- Supportive Sessions on wellbeing
- Gardening and Photography projects
- Cinema and Theatre Trips
- Day Trips and short breaks away
- The assistance and use of technology

The Arena also focusses on helping individuals to learn through activities, supporting them to achieve goals that *really* matter to them!



About Us

The Arena has been running for over 10 years now and we are committed to always renew and update what we offer as a service as we live in a fast changing society along with it's many challenges. We endeavor to continue to help the people we support in what ever way we can to make sure they receive the best they possibly can out of life!

Service Offered

Our service is situated within the Mencap Dewsbury Shop. The Arena at the moment opens on Wednesdays, Thursdays and Fridays 10am until 4pm. People must be able to make their own way to and from the centre or be supported by their carers to do so. The charge for each session is £55 which includes lunch and the cost of most activities (Extra fee's will apply for trip's and extended days out, this will be kept to a minimum)