

Community groups, classes and employment support in Lewisham for people with a learning disability



This is a summary of some of the social groups and classes in Lewisham for adults with a learning disability.

For full details and more choices please contact Community Connections Lewisham on 0330 058 3464 (open Mon-Fri 9.30am-4pm).

Lewisham Mencap

For adults with learning disabilities, their families and carers, including people on the autistic spectrum. Three groups, currently zoom but usually in person:

- Music, dancing, art, outings etc (Leemore Community Hub)
- Disco (Baring Road)
- Tea, chat walking (Ladywell Fields)

Contact: Nick on 07759 155177 or Cynthia on 07766 535989

hello@lewishammencap.org.uk

www.lewishammencap.org.uk

Adult Learning Lewisham

Supported Learning: courses for adults with a learning disability

Most courses are face to face and some are online. Letters in brackets show where the course is (see below). Courses in:

Art (OL, GP)

Art and Craft (OL and GP)

Communication (English) and Numeracy

(Maths) (BR, and GP)

Computing (BR and GP)

Dance (BR)

Design with Computers (BR)

Drumming workshop and circles (BR and

WH)

Fitness Activities (BR), Sports fitness (WH),

Gentle Exercise (SC).

Friends and Relationships and Sexual Health and Keeping Safe (BR)

Home Management -Cookery – 6 courses

Monday, Tuesday, Wednesday, Thursday

(GR/OL)

Horticulture - Growing food (Deptford Reach

and GR)

Music – Ensemble and Singing Performance

(OL and WH)

Music Activities (WH)

Pottery (BR)

Short Mat Bowls (WH)

Table Tennis (BR)

Workskills (BR)

Centres in Brockley Rise (BR); Deptford Reach (DR); Granville Park (GR); Grove Park (GP); Wesley Halls, Downham (WH); On-Line Distance Learning (OL); Sydenham Centre (SC).

Full details, including which are online are at:

<https://lewisham.gov.uk/myservices/education/adult/find-a-course/supported-learning-courses-for-adults-with-learning-difficulties>

Monday Club – Deptford Mission

Monday evenings 6.30-8.30pm in term times. Members are collected from their homes by minibus.

- tea / coffee and biscuits
- socialise, play games, paint, draw, colour, do puzzles and sometimes do some cooking
- occasional outings and parties

£5 an evening, including transport.

Contact: 020 8692 5599 (closed April 2021 due to Covid)

mondaynightclub@deptfordmission.org.uk

Heart n Soul

Creative arts including music and club nights. Deptford and online. Open to people on autistic spectrum.

info@heartnsoul.co.uk

020 8694 1632

<https://www.heartnsoul.co.uk/stayhome>

Lewisham Speaking Up

Advocacy project for people with a learning disability with men's, women's and mixed groups open to all to participate. Open to people on autistic spectrum though attended by people with learning disabilities. Online music zoom group. Based Deptford.

Phone: 020 8692 1862

Email: martin.stitchman@lsup.org.uk

Employment

Toucan Employment Support

Help finding and keeping a job

Tel: 020 3581 9681

Email: info@toucanemployment.org

Website: www.toucanemployment.org

DWP

Trevor Harper – Job Centre Plus Disability Employment Adviser
Information about support and programmes for people with a learning disability
trevor.harper@dwp.gov.uk

Information updated March 2021