

Monday Morning



WEL

Multi Me

All Day



WEL

**Music with Sarah
(sing-along)**



**Life Skills with
New City College**

All Day



**Explorers
Group**



**Swimming Group
1yr Membership
from £10.30**

Monday Afternoon



Boccia



WEL

Drama Centre



**Gym
(Elderberries)**



**Women's Health
&
Wellbeing Group**



Arts & Crafts

Tuesday Morning



**Cultural
Craft Group**



**Cycling
Olympic Park**



Drumming



**Quiet
Reading**



**Voluntary Work
Experience**

Tuesday Afternoon



**Crafts & Card
Making**



Multi Me



**Disco DJ
Workshop**



Bowling



**Relaxation and
meditation**



Disco Dancing

Wednesday Morning



Baking Group



WEL

Dance Fitness



**Workout
Wednesday**



Car Wash



Explorers Group

All Day

Wednesday Afternoon



WEL

Karaoke



Arts & Crafts



WEL

Pottery



**Lunch Club
Dessert Planning**



Yoga

Thursday Morning



Recycle Crafts



**Brazilian
Dancing**



**Cycling
Olympic Park**



**Relaxation
Hand Massage**



**Explorers
Group**



**Voluntary Work
Experience**



Reading Group

Thursday Afternoon



Music Quiz



**Nail Bar &
Beauty**



**Badminton
(Link Place)**



Sensory Room



Tea Dance



**Gym
(Elderberries)**



Arts & Crafts

Friday Morning



WEL

Brazilian Dancing



Transition (18-25yr)

All Day



Quiet Reading



Shoot and Score



Fusion Beats



Local Exploration Group

All Day

Friday Afternoon



Relaxation and meditation



Bingo & Music



WEL

Bowling

Elderberries Service Activities

Monday Morning



Baking



**Music with Sarah
(sing-along)**



**What's in the
news?**



**Musical
Movement**



Basket Ball

Monday Afternoon



**Relaxation and
meditation**



Musical Bingo



Explorers Group



**Candle & Soap
Making**



Reminiscence

Tuesday Morning



**Candle & Soap
Making**



**Meditation
&
Relaxation**



**Drumming
(Woodbine)**



Gym Session



**Music From
The Past**

Tuesday Afternoon



Games Room



Arts & Crafts



**Together with
Music**



Volleyball



Boccia

Wednesday Morning



Candle & Soap Making



Musical Bingo



What's in the newspapers?



Explorers Group



Themed Quizzes

Wednesday Afternoon



Sensory Room



Volleyball



Epoxy Resin



Games Room



Baking

Thursday Morning



Explorers Group



Boccia



K9 Treat Making



Arts & Crafts



**Assisted Cycling
Olympic Park**

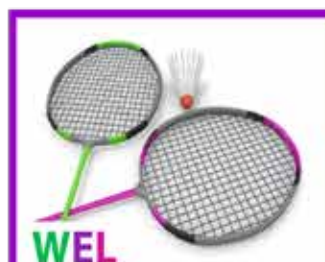
Thursday Afternoon



Tea Dance



Games Room



**Badminton
(Link Place)**



Jewellery Making

Friday Morning



Parball



Tai Chi
Tai Chi / Arabic
Dancing



**Reminiscence
Quiz**



Explorers Group



**K9 Treat
Making**

Friday Afternoon



Basket Ball



Boccia



Bingo



Games Room

Monday Morning



Kurling



**Move It
Monday**



Painting Group



**Music with Sarah
(sing-along)**



**Transition
(18-25yr)**

All Day

Monday Afternoon



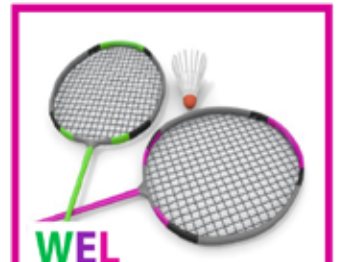
Explorers Group



Nail Bar & Beauty



Make & Bake



Badminton

Tuesday Morning



Multi Me



Explorers Group



Cycling
Olympic Park
Tue or Thur



**Music and
Movement**



**Painting & Card
Making**



**Drumming
(Woodbine)**

All Day

Tuesday Afternoon



IT Drop In



Sensory Room



Nail Bar & Beauty



Bowling



Soft Archery

Wednesday Morning



Multi Me

All Day



Kurling



Explorers Group



**Sensory Room
(Elderberries)**



Art



Soft Archery

Wednesday Afternoon



**Printing
Workshop**



**Workout
Wednesday**



Cook For Home



Karaoke



Pottery




**Gym
(Elderberries)**

Thursday Morning



WEL


Soft Archery



Sensory Room



Warm up to Music



Explorers Group




**Cycling Olympic Park
Tue or Thur**

Thursday Afternoon




WEL

Badminton



multi me

Multi Me



WEL

Tea Dance



WEL

Nail Bar & Beauty


Friday Morning



Nail Bar & Beauty



**Gym
(Elderberries)**



Art




Explorers Group



Brazilian Dancing

Friday Afternoon



Bowling




Art



**Makaton and
sensory communi-
cation**



Bingo



Feel Good Friday

Session times

Morning sessions run from 10:30am - 12pm
Afternoon sessions run from 1:30 - 3pm

Payments

Sessions starting from £7 each. No charge for carers
Prepayment is required and payments are non-refundable

How to book activities

To book an activity, Please contact the individual service that hosts the activity using the telephone numbers provided.



0208 708 7402



0208 504 2771



0208 501 2220

Work Experience

Come and join us for work experience on our social enterprise's in **Simon Green Print Shop, Car Wash, Events Management** and **Community Lunch Clubs**.

Please note: carers/support staff are required to accompany their attendees the whole time they are in session.

If you have any general queries, please email us at

dayopportunities@redbridge.gov.uk

Other services available throughout the week

Adam's Gym



Adam's Gym is available to be booked throughout the week. Booking in advance is required and it costs £7 per person for a 1-hour session.

Sensory Room



The Sensory Room at Elderberries is available to book throughout the week. Booking in advance is required and it costs £7 per person for a 1-hour session.

Games Room



The Games Room at Elderberries is available to book throughout the week. Booking in advance is required and it costs £7 per person for a 1-hour session.

Please note: carers/support staff are required to accompany their attendees the whole time they are in session.

To book Adam's Gym, Games Room or the Sensory Room, or if you have any general queries, please email us at dayopportunities@redbridge.gov.uk or call Elderberries on **0208 504 2771**

Saturday Weekend Club

WEL Enterprises now offer a weekend club that our current members and external people with disabilities can access.

The weekend club runs from 9am-2pm and costs £50 for the whole day (a light lunch is included), or £10 per hour. Refreshments are also available throughout the day.

Some of the activities available on these days include seasonal activities, board games, outdoor games, music, art & I.T. to name but a few.

Please note: attendees will need to be accompanied by their carer/support worker for the whole time they are in attendance.

To book a Saturday Club, or if you have any general queries, please email us at

dayopportunities@redbridge.gov.uk or call Link Place on **0208 501 2220**



Evening Activities

WEL Enterprises now offer an evening club that our current members and external people with disabilities can access.

The evening club runs from 4.30pm to 7.30pm and costs £15 for each evening event, including Dinner. Refreshments are also available throughout the evening.

Some of the activities available on these days include Quiz Nights, BBQ Nights, Valentines, Easter Party, Karaoke Nights, Themed Parties, Halloween Movie Night, Christmas Jumper Party to name but a few.

Please note: attendees will need to be accompanied by their carer/support worker for the whole time they are in attendance.

To Book a Evening Activity, or if you have any general queries, please email us at dayopportunities@redbridge.gov.uk or call Link Place on **0208 501 2220**

