

Monday Morning



Photography

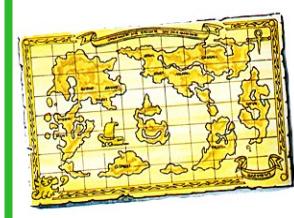
Photography



Sing-Along



Transition
(18-25yr)



Adventurers



Swimming Group
1yr Membership
from £11.50
Required

All Day

Monday Afternoon



Boccia



Drama Group



Gym
(Elderberries)



Transition
(18-25yr)

All Day



Darts



Arts & Crafts

Tuesday Morning



Cultural Craft Group



Explorers Group



Drumming



Multi Me



Intercontinental Lunch Club
£6.50



Lunch Club
£6.50

Tuesday Afternoon



Crafts & Card Making



Bowling
Multi-Sports
(Alternative Weeks)



Relaxation and
Meditation



Disco Dancing

Wednesday Morning



Baking Group



Dance Fitness



**Workout
Wednesday**



Car Wash



**Transition
(18-25yr)**

All Day

Wednesday Afternoon



Karaoke



Arts & Crafts



**Pottery
(Link Place)**



Pool



Yoga



**Transition
(18-25yr)**

All Day

Thursday Morning



Paint N Print



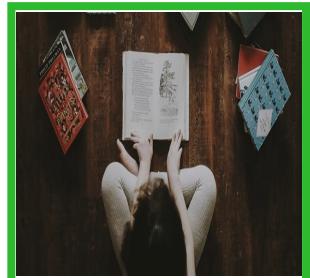
Music Rhythm



Adventurers



Lunch Club
£6.50



Reading & Story Telling Group

Thursday Afternoon



General Quiz



Badminton (Link Place)



Sensory Room (Elderberries)



Tea Dance (Elderberries)



Gym (Elderberries)



Creative Games



Arts & Crafts

Friday Morning



Beauty Therapy



**Transition
(18-25yr)**



**Shoot and
Score**



Fusion Beats



**London
Exploration
Group**

All Day

Friday Afternoon



**Bingo
&
Music**



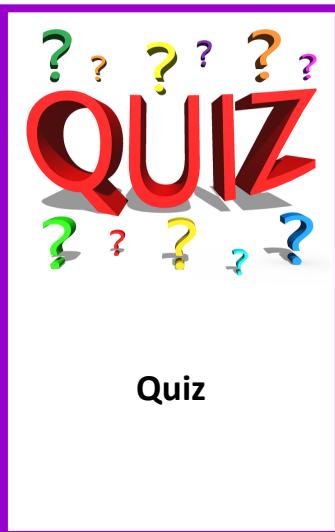
**Bowling
Term Time
Multi Sports
Non-Term Time**



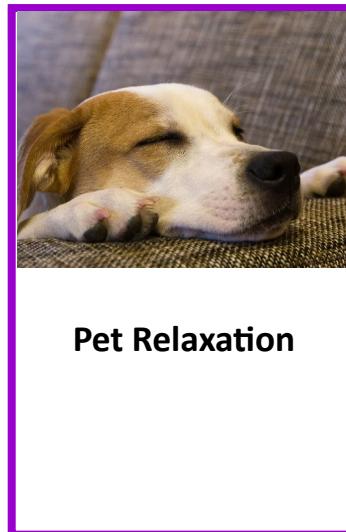
**London
Exploration
Group**

All Day

Monday Morning



Quiz



Pet Relaxation



Sing-A-Long
Memory Lane



Basket Ball

Monday Afternoon



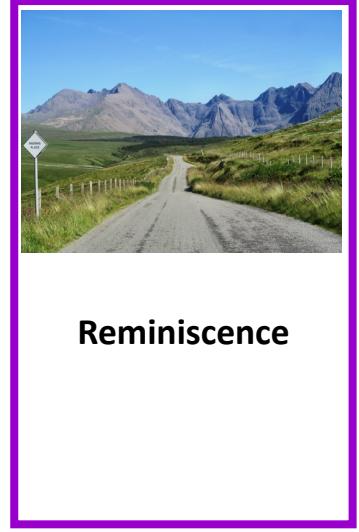
Musical Bingo



Reading Group



Baking



Reminiscence

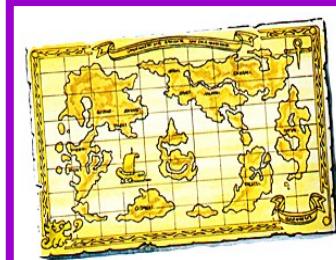
Tuesday Morning



Candle & Soap Making



Meditation & Relaxation



Adventurers



Reminiscence

Tuesday Afternoon



K9 Treat Making



Arts & Crafts



**Sing-A-Long
Memory Lane**



Multi Sports

Wednesday Morning



Musical Bingo



Reminiscence



**Garden
maintenance**

Wednesday Afternoon



Sensory Room



Multi Sports



**Sing-A-Long
Memory Lane**



Baking

Thursday Morning



**Move
&
Groove**



Arts & Crafts



Step Back In Time

Thursday Afternoon



Tea Dance



Bingo



**Make Me A
Winner**

Friday Morning



Basket Ball



Reminiscence

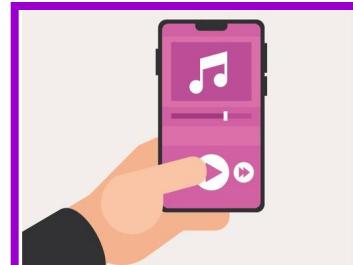


Tai Chi / Arabic
Dancing



Baking

Friday Afternoon



Feel Good
Friday

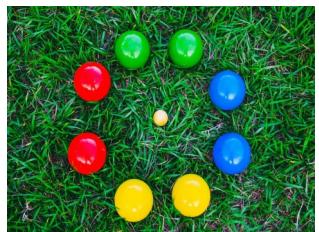


Bingo



Games Room

Monday Morning



Boccia



**Move It
Monday**

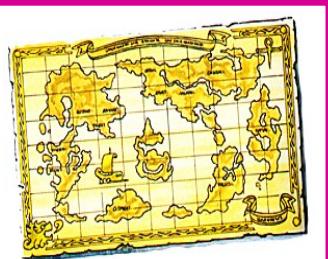


Painting Group



**Music
(sing-along)**

Monday Afternoon



Adventurers



Nail Bar & Beauty



Make & Bake

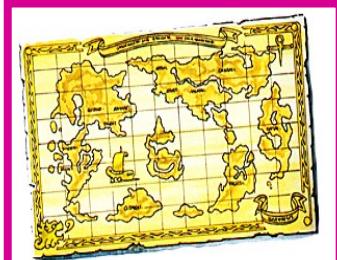


WEL
**Beach Ball /
Badminton**

Tuesday Morning



Multi Me



Adventurers



Music and Movement



Painting & Card Making



Drumming (Woodbine)

All Day

Tuesday Afternoon



Multi Me



Make and Bake



Sensory Room (Elderberries)



Nail Bar & Beauty



Bowling
Term Time
Adventurers
Non-Term Time



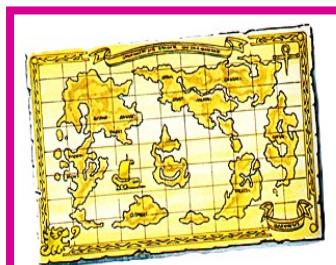
Soft Archery

All Day

Wednesday Morning



Kurling



Adventurers



**Sensory Room
(Elderberries)**



Pottery



**Multi Sport &
Card Games**

Wednesday Afternoon



Model Making



**Work Out
Wednesday**



Giant Games



**Karaoke
(Woodbine)**



Pottery



**Gym
(Elderberries)**

Thursday Morning



Fab Creations



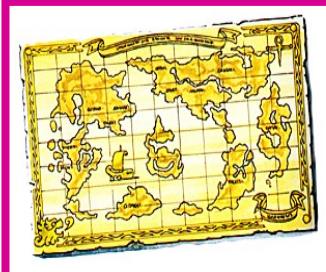
**Sensory Room
(Elderberries)**



**Warm up to
Music**



Golf



Adventurers

Thursday Afternoon



**Beach Ball /
Badminton**



Spa



**Tea Dance
(Elderberries)**



Music Therapy

Friday Morning



**Sensory Story
Telling**



Giant Games



**Gym
(Elderberries)**



Funky Friday

Friday Afternoon



Bowling
Term Time
Adventurers
Non-Term Time



Music Therapy



Bingo



**Achievements of
the Week**
2.45pm—3.15pm



**Feel Good
Look Good**
From 3.15pm

Session times

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

Payments

Sessions starting from £6 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.



Woodbine

0208 708 7402



Elderberries

0208 504 2771



Link Place

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 offers accessible facilities and can be booked throughout the week. Advance booking is required, and the cost is £6 per person for a 1-hour session.

Sensory Room



The Sensory Room at Elderberries is available for booking throughout the week. Advance booking is required, and the cost is £6 per person for a 1-hour session.

Games Room



The Games Room at Elderberries is open for booking throughout the week. Advance booking is required, and it costs £6 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**

Cinema Club



Our Cinema Room at the Link Place Day Opportunities, specially designed for adults with disabilities to enjoy an immersive and inclusive entertainment experience.

This comfortable and accessible space is perfect for relaxing and socialising, featuring a wide selection of classic and contemporary films. Additionally, our cinema room is equipped with a games console, offering a variety of interactive games that cater to different interests and abilities, ensuring everyone can join in the fun.

Whether you're looking to watch a favourite movie or engage in exciting gameplay, our cinema room provides the perfect setting for laughter, enjoyment, and connection with peers. Join us for our next Cinema night.

Private hire available for the Cinema Room.

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

To book a Cinema Night or Gaming Night or if you have any general queries, please email us at

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

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 a 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**

