

## 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**

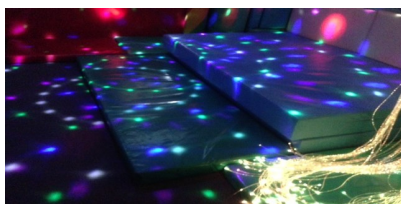
## Other services available throughout the week

### 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.

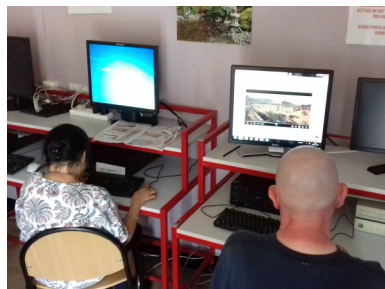
The weekend club runs from 9am-2pm and costs £50 for the whole day (a light lunch is included), or £10 per hour. Refreshments are also available throughout the day.

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 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 an Evening Activity, or if you have any general queries, please email us at  
**[dayopportunities@redbridge.gov.uk](mailto:dayopportunities@redbridge.gov.uk)** or call Link Place on **0208 501 2220**

