

## What is Leisure Plus?

“West Berkshire Mencap Leisure Plus scheme” provides people with learning disabilities over the age of 18 with the opportunity to participate in educational, sport and leisure activities of their choice both with their peers and through integration within the wider community.

As well as offering in house run activities across a broad spectrum Leisure Plus also offers an outreach facility for homes enabling them to book art & crafts, sports or cooking sessions for their clients in the home environment.

All activities are offered at very competitive prices to enable maximum participation.  
Experienced and qualified instructors run all activities.

For more information, to give us ideas of new activities or to book a place on current activities please contact:

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# Leisure Plus



## Leisure Plus currently runs the following activities:

Activity	Day	Time	Cost	Venue
 <b>Independent Living Skills - Cookery</b>	Monday	10am – 1pm	£ 7	Heffernan House, 28 St.JohnRoad, Newbury
 <b>Art &amp; Crafts</b>	Monday	1pm – 3pm	£ 4	Mencap Centre, Enborne Road, Newbury
 <b>"Eli's" Club</b>	Tuesday	10am – 2pm	£ 7	Mencap Centre, Enborne Road, Newbury
 <b>Independent Living Skills - Cookery</b>	Tuesday	11am – 2pm <b>or</b> 2pm – 5pm	£ 7	Baptist Church Hall, Burdwood Centre, Wheelers Green Way, Thatcham
 <b>Drama</b>	Tuesday	7pm – 9pm	£ 7	Mencap Centre, Enborne Road, Newbury

Activity	Day	Time	Cost	Venue
 <b>Outreach</b>	Wednesday	9.30am – 3.30pm	£45	Greenfield House Royal Avenue, Calcot, Reading
 <b>Badminton</b>	Thursday	11am – 12pm	£ 3	Northcroft Leisure Centre, Newbury
 <b>Trampolining</b>	Thursday	12.30pm – 1.30pm	£ 4	Northcroft Leisure Centre, Newbury

We always welcome new ideas for activities so if there is anything you would like to do please tell us and we will be happy to accommodate your needs if possible.