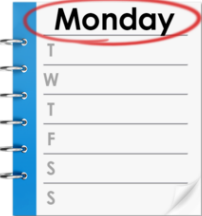




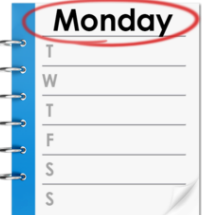




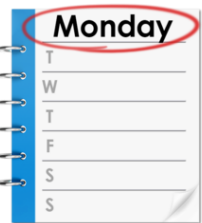






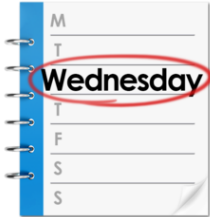




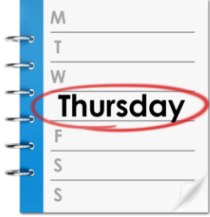




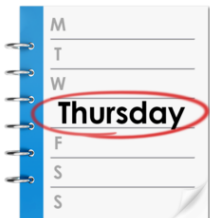




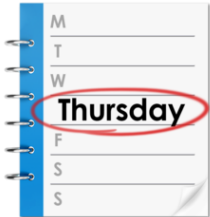






January 2021 Activities Timetable

Day	From	To	Activity	Led by	Zoom code
			Chair-based Exercises 	Charlotte 	984 7835 8102
			Quiz 	Claire 	995 0577 8845
			Joe Wicks 	Charlotte 	931 0604 1246

			<p>Women's Group</p> 	<p>Charlotte/Claire</p> 	<p>975 3357 6700</p>
			<p>Evening Event</p> 	<p>Charlotte</p> 	<p>970 7331 1009</p>
			<p>Yoga</p> 	<p>Charlotte</p> 	<p>960 1917 7064</p>
			<p>Mindfulness</p> 	<p>Claire</p> 	<p>960 1917 7064</p>
			<p>Thursday Drop-In on a Wednesday!!!</p> 	<p>Sheldon/Marcus</p> 	<p>948 5682 3813</p>

			<p>Joe Wicks</p> 	<p>Charlotte</p> 	<p>999 0912 0707</p>
			<p>Social</p> 	<p>Claire</p> 	<p>935 4526 3257</p>
			<p>Joe Wicks</p> 	<p>Charlotte</p> 	<p>990 7007 6061</p>
			<p>Thursday Club</p> 	<p>Jo</p> 	<p>953 0748 2444</p>

			<p>Zumba</p> 	<p>Lewis</p> 	<p>987 4596 5533</p>
			<p>Gent's Group</p> 	<p>Sheldon/Marcus</p> 	<p>998 7856 0456</p>
			<p>Healthier Me workshops</p> 	<p>Charlotte</p> 	<p>970 6720 9590</p>
			<p>Sing a-long</p> 	<p>Marcus</p> 	<p>946 7204 5316</p>

You are all welcome to come along to any of the activities on this timetable.

The password for all the sessions is **mencap**



Jo Bruce
07552 345 649

As well as all the activities on the timetable, we are also running our Members' Voice Steering Group and lots of great workshops and sessions for members as part of our Directions programme. If you would like a place on these workshops, please call, text or WhatsApp Jo Bruce. Places are limited on many of these sessions to make sure everyone enjoys it and has the same chance to learn.



Jacqui
07552 508 839

We are asking all our members to send us a picture of your ID and a recent benefits letter. Thank you to everyone who has done this so far! We will still need copies of these for anyone who hasn't given us them. During the next member reviews we will be asking you to complete a self-declaration form. The form is asking you to confirm that you are UK resident and that you are unemployed and will support any ID and unemployment proof that you have given us. We will complete this over the phone or zoom with you. If you have any questions or concerns about this, please speak to Jacqui.