

# Independent Living Week



LOTTERY FUNDED

# Independent Living Week

In addition to the start of The Camden Society's autumn courses we are spending a week celebrating people with learning disabilities living independent lives of their choosing.

Join us and our partners in one of our events.

Please see our timetable for full details.

And don't miss the giveaway prizes!

**No need to book just turn up! All events are free.**

## Prizes include

Kettle

Toaster

Dinner sets

Cutlery sets

\*Please note that due to funder donations some of these prizes are only available for people living within post codes NW3 and NW6.

For any more information call us on 020 7485 8177



Hopscotch  
Asian Women's Centre



wk<sup>c</sup>  
Westminster Kingsway  
central London's College



LOTTERY FUNDED

THE CAMDEN SOCIETY

THE HAMPSTEAD WELLS



AND CAMPDEN TRUST

# Monday 25 September



## Tai Chi

Come and try out the gentle exercise.

The session runs from 10am until 12.30pm

It will be at Choices.



TASTER  
SESSION



## Homeware Giveaway!

Between 4pm and 5pm,

We'll be giving away dinnerware and cutlery!

This will be at Holmes Road.



## Kingsway Art

Join us for a taster session of our art class.

It will run from 5.45pm to 7.15pm,

It will be held at Holmes Road.



TASTER  
SESSION

# Tuesday 26 September



## Craft

Come try our craft class!

This session runs from 10am until 11am

TASTER  
SESSION



## Homeware Giveaway!

Between 2pm and 3pm we'll be giving away dinnerware and cutlery at Holmes Road!



## Award Ceremony

Certificate's will be presented to learners from last term's confident in the Community Course.

Running from 4pm until 5pm at Holmes Road



## Digital World

The first session of our course, Digital world: Computer Basics.

We'll be learning the basics of using computers!

This runs from 6pm until 8pm

It will be at Holmes Road.

TASTER  
SESSION



## Confident in the Community

The first session of our new Confident in the Community Course: Soho to Southbank.

This course runs from 6pm until 9pm.

It will be at Holmes Road

TASTER  
SESSION

# Wednesday 27 September



## Our Group, Your Group

The support group for parents with a learning disability will be showcasing the work they do!

This will be at Holmes Road.

It will run from 12pm until 2pm



## Provider information session

Local Support and advocacy organisations will be with us to share information about the work they do.

This will be at Holmes Road

It starts at 2pm and ends at 3pm.



## Cook Together, Eat Together

The first session of our healthy eating cookery course.

This runs from 4.00pm to 7.00pm

This will be held at Holmes Road

TASTER SESSION

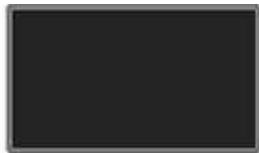
# Thursday 28 September



## Homeware Give Away

Between 10am and 11pm we'll be giving away Kitchen equipment!

This will be at Holmes Road.



## Course Enrolment Session

The final chance to enrol in our courses for this Autumn term

This will be between 11am and 12pm

It will be held at Holmes Road



## Provider information session

Local Support and advocacy organisations will be with us to share information about the work they do.

This will be at Holmes Road.

It will be from 12pm until 3pm.

# Friday 29 September



## Provider information session

Local Support and advocacy organisations will be with us to share information about the work they do.

This will be at Holmes Road.

It starts at 1pm and ends at 3pm.



## Final Homeware Giveaway!

Between 3pm and 4pm

We'll be giving away sleeping items!

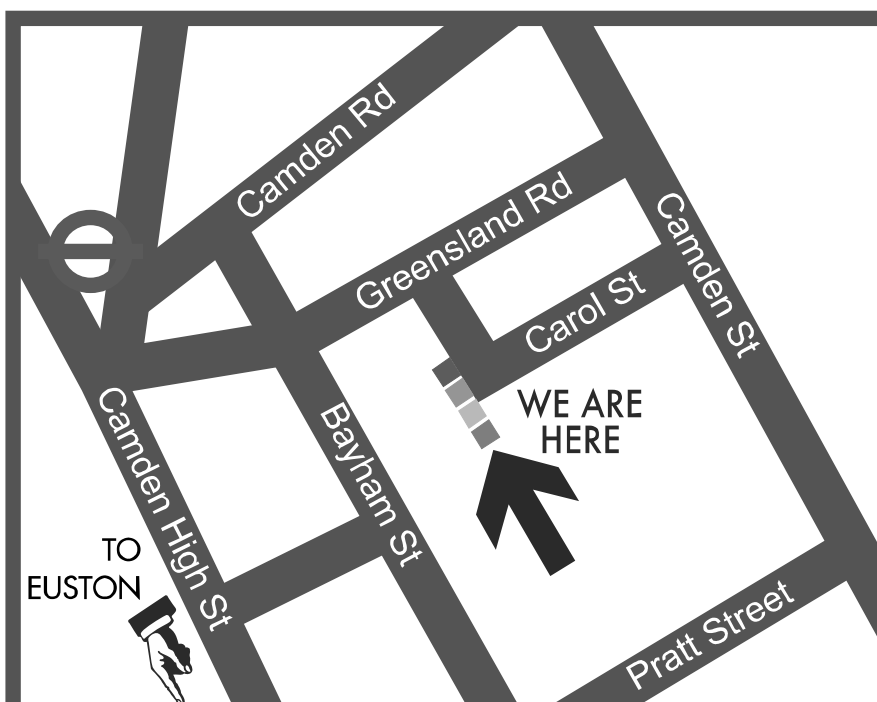
This will be at Holmes Road.

# Where to find us

All of these events are held at one of these 2 locations:



The Camden Society  
60 Holmes Road  
Kentish Town  
NW5 3AQ



Choices  
Unit 23  
43 Carol Street  
Camden Town  
NW1 0HT