

Community Link



Would you like to try new activities
or meet new people?

Maybe you have a favourite hobby
that you would like to share?



Are you able to get out and about
independently or with a bit of
support from your friends?

If you have a mild learning disability or autism and can get out and about independently or with a bit of support from your friends, Community Link may be able to help!



We can support you to join a local group
OR
Set up a new shared interest group!

If you are interested please contact Caroline Nickerson at Sutton Mencap.



caroline@suttonmencap.org.uk



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Community Link

Sutton Mencap's new Community Link project can support you in two ways...

- ★ Provide initial one to one support to enable you to access a local community group of your choice.
- ★ Support you until you are comfortable and happy to attend independently.
- ★ If you want to take up a new hobby or activity we can help, it could be anything from Arts to Zumba!



- ★ Provide support to a you and a small group of people who have a shared interest to set up a new activity group somewhere in the community.
- ★ Work with you to get a group set up and support the group until everyone is comfortable and happy to attend independently.
- ★ From meeting with friends for a meal, to visiting the monthly car-boot sale...ideas are welcome!