



The Westminster Society

Your Learning Disability Network for London



LDN Connect

# Meaningful Activity Brochure



LDN Connect is part of LDN Living, Your learning Disability Network for London, provided by the Westminster Society for people with learning disabilities.



LDN Connect



Part of your Learning Disability Network for London  
Provided by The Westminster Society

# What is LDN Living?



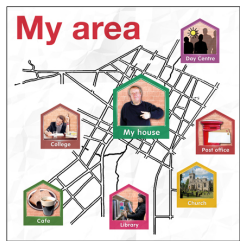
# LDN Living

Your Learning Disability Network for London  
Provided by The Westminster Society



LDN Connect is part of LDN Living your Learning Disability Network for London.

LDN Living provides group, drop-in and 1 to 1 support.



LDN Living supports you in area where you live and the community.

## LDN Living helps you to:



- Learn new skills



- Meet new people



- Achieve your dreams



# What is LDN Connect?



We provide a range of group sessions for people with learning disabilities



LDN Connect provides you with the time and space to develop your interests, skills and friendships.



Sessions run from LDN Connect Croxley Road and community venues.



Our groups are funded by groups of individuals using their personal money (personalised budgets or personal income) to share the costs.



# Who can use LDN Connect?

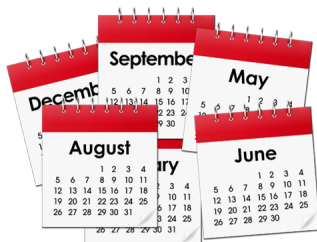


Adults with a learning disability over the age of 18

# How does LDN Connect work?



LDN Connect staff plan, facilitate and oversee each group session with a team of sessional workers and volunteers providing support.



Some groups run all year round, some run during term time only, and others operate only during holiday periods.



If you are interested in joining , you will need to complete a membership form, which you can pick up from either our office at Croxley Road or the Hub on Harrow Road offices or complete online.





## LDN Connect

### Kick Off

The group is for members who enjoy watching football and attending football related events. It will support members who have a love of football to develop group interests and share their interest and passion for football in a group setting.



#### **Activities will include:**

Attending league and non-league matches

Stadium tours

Signings, football sports days and tournaments.

Community match screenings at venues such as pubs and clubs.

Hosting screenings of matches for non-group members and others who are interested in football.



#### **When and hours**

Fortnightly

Meeting mainly in the community and at LDN Connect for home big match screenings

6 hours per session = 12 hours per month

Minimum of 4 member



#### **Group Costs**

Cost of food, drinks and tickets.



## LDN Connect

### Bake Off

This group is all about baking. Members will be supported to bake cakes, biscuits, pies and items of choice. It is an opportunity to share your love of baking with others and learn baking skills. It is for all individuals, from the complete baking novice to those who have some baking skills and abilities.



#### **Activities will include:**

Baking competitions.

Support the Yhums Yhums catering group by being commissioned to bake cakes and items for Yhums Yhums catering events.

Create a baking cookbook



#### **When and hours**

Meet weekly

5 hours per session at LDN Connect

Group will have 4 members per group (this will ensure that all member items can be baked within the group time based on the current LDN cooking facilities)



#### **Group Costs**

Cost of baking materials: £2 per session x 4 weeks x 6 months = £48 per term per member





## **LDN Connect** Getting Out

This group is for members who like to travel and will provide you with the support and opportunity to travel outside London to places of interest. The group will increase your travel experience, opportunities and cultural experiences.



### **Activities will include:**

Create a 6 month programme of places of interests you would like to visit.

Supported to travel to venues using trains, railways, minibus and buses.

Visit places of interest in and outside of London



### **When and hours**

The group will meet fortnightly



### **Group Costs**

Cost of entry to events and travel fares





## LDN Connect

Women's Institute

The Women's Institute Group is for older women; those over 50. The group will support you to access a diverse range of activities, events and opportunities. It will be an opportunity to reminisce sharing and celebrating memories through events and activities.



### **Activities will include:**

Support well-being through activities such as information and awareness sessions on issues such as diabetes, cancer awareness and healthy lifestyles. Attend community events such as health fairs, taster sessions and information days.

Take part in Women's Institute (WI) federation and centenary events and exhibitions.

Take part in WI events such as knitting competitions, tea party campaigns, and attend local WI meetings.



### **When and hours**

The group will meet fortnightly

5 hours per session

Sessions will be at LDN Connect and in the community



### **Group Costs**

Group costs will be travel to WI and other events  
Cost of activity resources e.g. knitting material, embroidery, baking ingredients



## LDN Connect

### Green Fingers

Green fingers is for members who are interested in gardening as well as visiting gardens of interest with a group to share interests and experiences with others. Members will be supported to join the Royal Horticultural Society (RHS) in order to access events.



#### **Activities will include:**

- Accessing a variety of horticulture events
- Complete “basic gardening skills course”
- Learn about different plants
- Create their own herb garden.
- Joining RHS and Friends of Kew Gardens
- Attending National Gardens Snow Drop Festival,
- Chelsea Flower Show
- Visiting Open Gardens



#### **When and hours**

The group will meet once a month for 6 hours per session.

Group sessions will be at a variety of locations such as LDN Connect, gardening project locations; and community venues.



#### **Group Costs**

- Group costs will be cost of gardening materials.
- Cost of tickets to gardening events





## **LDN Connect** Culture Club

This group is for members who love and enjoy the arts. You will have the opportunity to research and join available arts and culture groups, in order to benefit from concessions, ticket discount and member benefits thus increasing the opportunity to attend events.



### **Activities will include:**

- Attending music, dance, cinema, comedy, theatre events and shows.
- Visiting galleries and museums
- Attend cultural events
- Attending outdoor film screenings, Somerset House, rooftop film club and screenings at the South-bank Outdoor theatre



### **When and hours**

The group will meet fortnightly  
6 hours per session = 12 hours per month



### **Group Costs**

Cost of travel and tickets to events





## LDN Connect

Get up & Go

This group will support you to get out and about and participate in a range of community sports based opportunities and activities such as sports days, taster sessions and sports classes. Members will also have the opportunity to take part in local sports days, competitions and events.



### **Activities will include:**

Participating in a rolling programme of different sports activities and opportunities  
Swimming, athletics, tennis, canoeing, cycling and horse-riding.



### **When and hours**

Group sessions times will be determined by the availability and location of the designated group activity. It is anticipated that with travel time and activity time that session times will be approx. 4 hours.

Group sessions will be fortnightly in the community.



### **Group Costs**

Members will have to pay a contribution towards group activity costs if there is a charge.



# LDN Connect

## Petrol Heads

This is a group for “petrol heads”, individuals interested and who have a love of cars, motorbikes and vehicles. It is for individuals who enjoying talking about, riding and traveling in cars and vehicles, who also have a love of speed and thrill for motor racing and motoring events.



### Activities will include:

Enjoy your love of vehicles be they classic cars or modern day wonders

Access opportunities such as experience days, one off and annual exhibitions, driving opportunities, events and special days.

Attending events at well-known venues and such as Brands Hatch

Local and national motor shows and exhibitions such as Cars and Coffee.

Driving experiences such as stunt driving and blind-fold driving



### When and hours

The group will meet monthly.

Sessions will be in the community



### Group Costs

Group members will have to pay for event tickets; travel costs to venues.





## **LDN Connect** Karaoke Kings & Queens

This group is for individuals who love music and love karaoke, singing and performing.



### **Activities will include:**

Access a variety of karaoke night events and opportunities such as lip sync battles, karaoke nights and competitions

Access a diversity of music from different genres and by a diversity of artists.

Host local karaoke events and sing along for non-group members, and local groups.



### **When and hours**

The group will meet monthly.



### **Group Costs**

Group member will have to pay the costs of hiring karaoke rooms for group sessions.

Cost of tickets and entrance to karaoke events and lip sync battles.





# LDN Connect

## Meet and eat

This group is for members who have a love of food and who wish to enjoy this in the company of others. Members will be supported to access a range of food opportunities across London ranging from pop up restaurants to food markets

### Activities will include:

Develop a 6 month activity programme which reflects personal choices and interests.

Access food fairs

Catering events

Master class events

Food festivals

Commercial kitchen opportunities



### When and hours

The group will meet fortnightly

6 hours per sessions = 12 hours per month

### Group Costs

Entry to food events and food bills



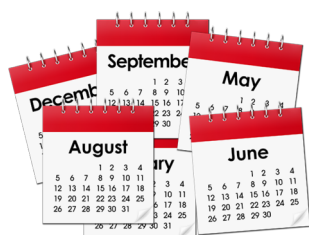




# LDN Connect

## Holiday Scheme

Part of your Learning Disability Network for London



We run 5 holiday schemes a year

Aimed at providing respite for families and carers of young adults who live at home.

Each person is offered 2 days per scheme.

If you are interested in joining please get in contact.



The programme is led by members choices and activities have included: accessible cycling, climbing, museum visits, visiting the snow dome, boxing and much more.



# Contact us

If you are interested in joining any of our groups, or want some more information, or are have any ideas for other groups please contact:



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## The Westminster Society

Your Learning Disability Network for London



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