



August 2011

'Themed Cafés'

Hello

Welcome to the first information sheet about our Themed Cafés.

Our Themed Cafés are very informal, so you can do as much of the activity as you want to, or you can watch other people doing the activity and enjoy the social nature of the Café.

There is a worker at each Café that knows how to do the activity and can help you to join in.

If you do not need any support, then you can come along to the Café on your own. If you need support then you need to bring someone with you, this may be a friend, volunteer, your Personal Assistant or Support Worker.

All our Cafés run in venues that are accessible, have a Changing Places facility and café / social area.

We try to use venues that are on good public transport systems, using the tram route where possible.



Themed Cafés are part of our 'Any Other Day' series of activity sessions

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**Starting from the
12th September 2011**

Art Café

When: Tuesdays
12 noon to 3pm

Where: Burton Street Art Space

Cost: £5-00

Come and try a range of art activities for a touchy, feely and smelly experience!

Starts Tuesday 13th September 2011

Dance Café

When: Thursdays
12 noon to 3pm

Where: Burton Street Hall

Cost: £5-00

Types of dancing on offer are circle, country, line, salsa and wheelchair dancing amongst others!

Starts Thursday 15th September 2011

To find out more please contact:

Josie Bolland - 07538 565 132

Jane Hobson - 07958 174 139

Or visit: www.itsmylifeuk.com