

Groups, Services and Activities for Adults with Disabilities in Lambeth

1. Social Groups

NAS Lambeth Adult Social Group

A place where people living in Lambeth with Autism, Aspergers and ASD can meet in South London and enjoy weekly activities. It is a group for adults that are independent and can travel to and from the club with minimal support.

Please note that this is a large, active group of people who are mostly Lambeth residents as this is a condition of our grant funding. Residents from neighbouring boroughs may be able to join from time to time. For more information call 0208 655 7722 or email lambeth@nas.org.uk

Streatham Youth and Community Trust

Wednesday Youth Group for young people (13-30) with disabilities. For information and registration details ☎ 020 8769 5884 or ☎ info.syct@btinternet.com

<http://www.syct.org.uk/special-needs-group.html>

The George Shearing Centre

Runs after school clubs & holiday schemes for 13-25 year olds with severe learning difficulties and a monthly disco on a Friday evening. (You would need to be registered)

Este Road, Clapham Junction, London SW11 2TF ☎ 0207 228 2230

Generate Youth Club

Runs services including youth clubs 4 nights a week for different age groups (11-25) with mild to moderate learning disabilities. Most held at the George Shearing Centre. See their web site for details:

<http://www.generate-uk.org> or ☎ 0208 879 6333

ALAG (Autism London Asperger's group)

Monthly group for adults with Autistic Spectrum Condition. They meet in Islington with members from all over London on the first Tuesday of every month from 6.30pm to 8.30pm. Booking in advance for new attendees is essential.

<http://alag.org.uk/> or email: info@alag.org.uk

The First Thursday Book Group

LAG and Lambeth Libraries proudly present: the First Thursday Book Group. Come to Clapham Library on the First Thursday of each month (except December) 6.30pm-8.00pm to join other local autistic adults in discussing our book for the month over a glass of wine. Books supplied by the library and chosen by the group. You don't have to live in Lambeth to join the library, you don't need a diagnosis to join the group, and we won't make you read the book. £2 if you have a glass of wine.

The Original Autistic Book Group

Members of this long established and very welcoming all autistic book group, take it in turns to choose what book to read for the next meeting. Choices have ranged from factual books on wildlife, to stories from popular culture, and the literary classics. The group meets each month in Pinner for vibrant discussion of what they have read which takes in autistic points of view on the characters and stories. The group is a great place to meet people and make friends. For more details contact Janet Gothelf - janet.gothelf@clearer-perspectives.com

Northern Lights

Northern Lights is a monthly meet up group of twenty or so autistic adults of all ages. To find out what the group is doing next contact Beth Jacobs on Facebook:

<https://www.facebook.com/Bethyjacobs?fref=ts>

Autism London/ALAG (Autism London Asperger's Group)

Autism London is a charity which is part of 'mcch', a group which provides services such as supported living for learning disabled and autistic people. ALAG is a monthly support group for London based autistic adults which started 12 years ago and is still going strong. More structured than the informal 'pub-based' meet up groups, this group uses a community hall, is facilitated by professional support workers, and a discussion topic is planned for each meeting (any group member can suggest a topic). There is also of course opportunity to make friends. The first half hour of the meeting is spent socialising over refreshments.

If you have a diagnosis which is somewhere else on the spectrum other than Asperger's syndrome the group may still be for you. The group simply aims to support those on the spectrum living with some degree of independence.

ALAG meets in Kentish Town on the first Tuesday of each month 6.30pm – 8.30pm. Members pay £2 and non-members £3, which covers the cost of the refreshments (vegetarians are catered for). To arrange to attend your first meeting contact Ethney Anderson ☎ 0845 6037954 ethney@autismlondon.org.uk
<http://www.mcch.org.uk/autismlondon/supportgroup/index.aspx>

Sports

DASL - Into Sport Project

Based as DASL, the 'Into Sport' project aims to encourage more disabled people aged 14 and upwards to participate in sport and physical activity. It offers a number of services including a Sport and Physical Activity Support Brokerage Service, an Advocacy Group and an activities programme.

They are currently running a drop in called Slade Garden SPA at the moment on Mondays 4-6pm on Brixton Road by the Crown and Anchor Pub. This includes yoga, cycling, stretching and much more.

Contact Abs Tripp on ☎ 07512 566875 or Email : intosport@disabilitylambeth.org.uk

Wheels for Wellbeing

A local charity which supports disabled people of all ages to cycle for exercise and as a form of transport. The focus is on adapted bikes for physical disabled people but Wheels for Wellbeing understands difference and is a friendly place to get on a bike for the first time. ☎ 020 7346 8482

<http://wheelsforwellbeing.org.uk>

Werewolves of London Ice Hockey Club

An ice-hockey club for people of all ages, who are autistic or learning disabled. They are based at the newly refurbished Streatham ice rink. The club meets on Saturdays 4.30-6.30pm. Open to all abilities.

Contact Mike Dwyer. mike@werewolvesoflondon.org.uk <http://werewolvesoflondon.org.uk>

Club Lambeth

Club Lambeth is run by Disability Sports Coach at Brixton Rec Centre. It is generally geared towards younger disabled adults but all are welcome. Popular sports include basketball, tennis and new age Kurling, with specialist golf, dance and cricket taster sessions planned for the coming year.

It takes place every Tuesday from 4:30pm to 6pm (term time) – £2 per session

Lauren Mawdsley – LaurenM@disabilitysportscoach.co.uk

<http://disabilitysportscoach.co.uk/community-clubs/club-lambeth/>

Lambeth Mencap

Current Sports Sessions

- Cycling, Bowling, Tennis and Swimming Sessions
- Fitness/Dance Clubs – Thursdays at Brockwell Lido 16.00 – 17.30

43 Knights Hill, West Norwood, SE27 0HS ☎ 020 8655 7711 www.lsmencap.org.uk

This Girl Can

This Girl Can Lambeth is a three-year programme funded through Sport England's Community Sport Activation Fund and Lambeth Council. The programme provides females with an opportunity to take part in physical activity local to them delivered in a setting and style that they want.

It is for all women aged 14 – 25 years old in the borough. Even if you're not this age, you can still get involved by being a Champion in the local community to more of us Lambeth Girls moving.

<http://thisgirlcanlambeth.co.uk/classes/>

Free Cycling Lessons in Lambeth

Lambeth Council offer cycling lessons to anyone living, working or studying in the borough. They have individual, family or group lessons and you will then get discounted cycle maintenance training if wanted.

<https://www.cycleconfident.com/sponsors/lambeth/>

2. Support Providers

Certitude

Certitude provides personalised support for people with learning disabilities, autism and mental health needs. As a not-for-profit organisation, they have been working with individuals, families and local communities across London since 1990.

Their projects and activities include an Adult Placement Scheme, supported living homes, educational and training support, activities and day trips, respite and holidays, community choir (see below) and social groups.

31-33 Lumiere Court, 209 Balham High Road, Balham, SW17 7BQ ☎ 020 8772 6222

<http://www.certitude.org.uk/>

The Rathbone Centre

Rathbone provides individual community support and group activities (including an under-25 youth club) for young people and adults with learning disabilities in and around Lambeth. Their activities include social and dining groups and a gardening project.

8 Chatsworth Way, London SE27 9HR ☎ 020 8670 4039 or ☎ enquiries@rathbonesociety.org.uk

www.rathbonesociety.org.uk

Lambeth and Southwark Mencap

A voluntary organisation providing services for people with learning disabilities and their parents and carers. These include Community support, social and leisure groups, shared lives, an activity centre, and a computer project.

Lambeth and Southwark Mencap also manage the Carousel project for Profound and Multiple Learning Disabled Adults. This aims to transform the lives of people with PMLD through therapeutic and developmental activities.

43 Knight's Hill, West Norwood, SE27 0HS ☎ 020 8655 7711 www.lsmencap.org.uk

L'Arche

L'Arche London provides person-centred, individual support and care to adults with learning disabilities. Some people are supported in their own homes or in our day services for a few hours per week; others are supported twenty-four hours a day in our supported living or shared community homes. They do not currently have any residential vacancies.

L'Arche London's **specialist day services** provide therapeutic work and opportunities for adults with learning disabilities in an environment where people can develop skills that build self-confidence and encourage independence. People are enabled to take part in practical work with a craft workshop, shop on Norwood High Street and in a Community Garden nearby. They also provide other activities such as art, music, dance and drama.

L'Arche London, 9-13 Norwood High Street, SE27 9JU ☎ 020 8670 6714

Generate

Community Connections project based in Wandsworth offering a range of support options and activities for people with learning disabilities and autistic spectrum disorders. The outreach project offers 1:1 support to facilitate access to the community, learning, employment, health services and to assist with the day to day management of living an independent life.

Group projects include health and wellbeing programs, independent life skills courses, exercise, social connections, art classes and music.

73 Summerstown, London, SW17 0BQ ☎ 020 8879 6333

3. Educational and Employment

Lambeth College

Further education – provision for students 16+ with learning support needs. This includes courses specifically for students with learning difficulties and also additional learning support to help people with autistic spectrum conditions access mainstream courses. Support can be provided to help potential students with transition from school or other provision into the College.

<https://www.lambethcollege.ac.uk/>

The Michael Tippett College

The college is a new educational provision for young people aged 19-25 years with special educational needs, focusing on Employment and Supported Living for young adults with learning disabilities. They aim to match the study programmes to the young adults' aspirations and outcomes that are set out in their Education, Health and Care Plan (EHCP).

Belthorn Crescent, Weir Road, Balham, SW12 0NS ☎ 0207 326 5890 <http://www.tmts.me.uk/College/>

Surrey Docks Farm

Surrey Docks Farm is a working city farm in the heart of London. The farm has environmental activities throughout the calendar year. The farm works with local communities and the people of Southwark to provide many unique opportunities for people to learn about farming, food production, and be actively involved in the ongoing working life of the farm.

They run daily projects for adults with learning disabilities on the farm. Students have a wide range of project choice in the areas of farming, horticultural, retail, animal husbandry, food preparation and farm maintenance. There are costs for these that generally require a learner to have a personal budget in place.

Surrey Docks Farm, Rotherhithe Street, London, SE16 5ET ☎ 020 7231 1010

Share Community

Share provide training and employment support for disabled adults, including those with learning disabilities, physical/sensory impairments, autism and mental health needs. We are the only organisation in our area to work across all disability categories, offering accredited training to meet a wide range of abilities.

Their programs include life skills and independent living, basic skills, digital skills, horticulture, Getting Ready for Work (GRoW), food hygiene and catering, and arts and crafts. They also run two social

enterprises in horticulture and catering to offer their graduates the chance work in a safe and supported environment, gaining valuable, practical work experience.

For any further information, email info@sharecommunity.org.uk or call ☎ 020 7801 9812

Accessible Edibles at Hillyard House

This is year-long project to transform a neglected garden in the grounds of a care home and gain valuable skills. It is based at Hillyard House, SW9 0NH and takes place on Wednesdays from 11-2pm. If interested, call Jenny on 07715 552831 or email: jennyflackjones@gmail.com

Morley College

Founded in 1889, Morley College is one of the UK's leading centres for adult education. One of its key aims is to widen access to learning for local residents in the boroughs of Lambeth and Southwark.

The Morley staff team are specialists in adult education, with considerable subject expertise in the Arts, Culture and Applied Sciences. The courses are flexible, taking place at varying times of the day and running throughout the year. Courses range from personal development and well-being, to essential skills (English, Maths, IT) and access to higher education.

For more information, order a course guide at 020 7450 1889.

Autography - A Photography Project for Adults with ASC.

This project takes place at Photo Fusion in Brixton. It is a project designed and run by an Adult with Autism and includes weekly meetings with fellow ASC Adults in an accessible and non-judgmental place. It combines photographic instruction and workshop time with ASC mentors.

www.photofusion.org/autism

Care Trade

Care Trade are a London-based organisation that supports young adults with autism into employment. They arrange a number of employment programmes, as well as running a weekend café training programme at Spa School House Café in Bermondsey. They also provide in work support (funded by DWP Access to Work) and are officially a City & Guilds Centre.

☎ 020 7060 5706 or email info@caretradeuk.org

Auticon

Award-winning IT and compliance consultancy that exclusively employs autistic adults. Auticon consultants are deployed in client projects that match their skills and expertise, and they work within the client's project team.

☎ 020 3290 9028 or email info@auticon.co.uk

Incluzy

An online employment hub for adults with disabilities.

☎ 0208 133 6046 / Email info@incluzy.org

First Step Trust

[Abbeilles](#)

4. Arts

Clapham Pottery

This not for profit community organization is a small friendly place with a mission to get people from all backgrounds making art with clay. They can help with affordability.

<http://www.northstreetpotters.com/pottery-classes>

Portico Gallery

The Portico Gallery is an arts space based in the old Knights Hall in West Norwood. Many arts classes take place in this community space. Pottery and Life Drawing Classes take in the evenings and are open to people of all abilities.

<http://www.porticogallery.org.uk/category/classes/>

Heart n Soul

Arts organisation with learning disability culture at its heart. They offer opportunities for people to take part in creative activities, train in a new skill or develop their artistic talents.

They also run the 'Squidz Club' which is a music session for young people with learning disabilities (aged 10-25 years), their families and friends. It features young DJs, VJs and artists in a fun and friendly atmosphere'.

www.heartnsoul.co.uk

Intoart

Intoart is an arts organisation working with people with learning disabilities. They run art sessions in their studio, have exhibitions and run projects. They are soon to launch a new Intoart Foundation Course. This is a new opportunity for 6 new people to join Intoart in the studio on Tuesday mornings.

Intoart art studio, Rye Lane, Peckham SE15 (Ella Ritchie, Director) Telephone ☎ 07794 436513

www.intoart.org.uk

Latin and Ballroom Inclusive Dance Classes

Step Change Studios organise Latin and Ballroom dance classes in London at the beautiful Abbey Centre in Westminster, which is fully accessible. The launch class is free, thereafter it is £9. The class is for all ages, abilities and needs and people will be supported to participate and go at their own pace.

Further details about the class can be found at: <https://www.stepchangestudios.com/classes-lessons/>

Act Too

Act too is the home of the Baked Bean Theatre Company. A professional performance group made up of adult actors with learning disabilities. The organisation provides many other services and activities.

For more information ☎ ican@acttoo.com or ☎ 0208 944 0024 <http://www.acttoo.com/bbtc.html> Dolphin Swimming Club ☎ 0208 672 1761 Held at Latchmere Leisure Centre Burns Road, Battersea, London SW11 5AD For children/young people with learning disabilities from 5-19 years old.

http://www.wandsworth.gov.uk/directory_record/143/dolphins_swim_club

The Key Club

A monthly arts-based group at Paddington Arts for young adults 16 - 30 years with Asperger's or high-functioning autism. For more information ☎ 020 8964 5060 or ☎ admin@turtlekeyarts.org.uk

www.turtlekeyarts.org.uk

Stim Rock Express

Stim Rock Express is a London based drama group for autistic adults which aims to bring autistic people together to develop confidence through drama, and to put on shows which give autistic people a voice. To

get involved email Jenny Berman. (There are no meetings at present the next show will be when there are enough people to form a cast). introspectroom@gmail.com

Paper Tiger

Alain English, (a Scot with an unfortunate name), beat poet, hosts Paper Tiger a monthly evening of performance poetry by a mix of regular stars and open mic-ers: including some super autistic artists. The event is held on the third Friday of the month and costs £5. The fun starts at 8pm, although early birds can sign up for the open-mic from 7.30pm. The venue is Vauxhall's Tea House Theatre: a lovely performance space and café in a converted pub: 139 Vauxhall Walk, SE115HL.

events@teahousetheatre.co.uk <https://www.facebook.com/pages/Paper-Tiger-Poetry/253646711363938>

Certitude Community Choir

Certitude have two community choirs. The Lambeth choir takes place every Monday from 6pm-8pm at the Fanon Resource Centre, 107 Railton Road, London SE24 0LP. For further information please contact communitychoir@certitude.org.uk

Certitude Connect and Do – Art Drop In

Certitude run a weekly drop in session on Mondays 12-16. It is at the same venue as above and you can just stop by. They also currently have a gardening drop-in session on Tuesday afternoons. For more information, please contact Vaia Paziana 07850 310 824 or Jake Meyer on 020 8772 6218.

Joy of Sound

Joy of Sound practices and promotes social inclusion through music and creative arts. They run weekly year-round participatory music sessions, and regular combined arts projects. Their project in Lambeth takes place at St. Peter's Heritage Centre, Vauxhall – Fridays 11.30am-12.30pm. There is no cost but they ask for a donation.

<https://joyofsound.org/workshops/>

Dragon Café

This is a drop in venue in Borough. Between 12-20 every Monday, they run various classes and activities for people with MH conditions or other health needs. They also have snacks and free massage -

<http://dragoncafe.co.uk/>

Club Soda/ Gigs

There is a regular music and club night in Croydon. It is through Croydon Mencap and there is a £5 charge on the door. <http://www.clubsoda.org.uk/events/>. If interested in live music, you can also check the Staying Up Late website event section - <https://stayuplate.org/>

5. Assessment and Advice

National Adult Autism and ADHD Service

You need to be referred by a Consultant (CAMHS) to the above for assessment. The process takes 6 months. An assessment takes place by the Adult ASD service. BDU - Whitley 1, Bethlem Royal Hospital, Monks Orchard Road, Beckenham, BR3 3BX

DASL

Disability Advice Service Lambeth (DASL) is a Disabled People's Organisation which works with disabled people, including those with mental health support needs, older people and Carers, mainly in the London Borough of Lambeth. They house a number of different projects including an advice service, advocacy and support with direct payments.

☎ **020 7738 5656**

Mental Health

For ongoing intervention and support with behaviour difficulties, anxiety or depression you need an assessment via the local Community Mental Health Team. Funding has to be sought from the local PCT (as this service is a regional service), and then another referral back to the Adult Autism Team. Worth waiting for, they are very good and do home visits or clinic based service at the Maudsley.

Disability Law Service

Information and advice about disability rights – employment, education, benefits, and community care
www.dls.org.uk

Carers Hub

The Hub offers services and support for relatives, friends and neighbours who have a caring role. The caring role may be because a loved one is elderly, has a disability, long term health condition, mental ill health or substance misuse.

They have an enquiry line (☎ **020 7346 6800**) advice sessions, social events and peer support groups. They also provide specialist help for young Carers, Carers supporting someone with a learning disability and Carers supporting someone with mental health needs.

<http://carershub.org.uk/>

Every Pound Counts (Lambeth Council)

A welfare benefits advice service. They provide telephone and face to face benefits check.

☎ 0800 254 0298 Email: EveryPoundCounts@lambeth.gov.uk

www.lambeth.gov.uk/everypoundcounts

One Lambeth

The new advice line for Lambeth replacing the CAB service. You can access on-line information and advice, find Advice Guides, chat to an adviser on line, by e-mail or by phone and find out about advice agencies in Lambeth. They have an office at 1 Barrhill Road, Streatham, London, SW2 4RJ but it is manned Monday to Thursday only and covers different areas each day. Their drop-in is Monday and Thursday 10.00-14.00.

☎ **0800 254 0298** <https://onelambethadvice.org.uk/>

Family Lives

An independent support service that provides advice and information to parents and Carers of children and young people regarding SENs, EHCPs and the transition between the two. They are based in Croydon but operate in Croydon, Lambeth and Southwark.

☎ **020 3131 3150** Email: parentssupport@familylives.org.uk www.familylives.org.uk/IS

6. Dating

Flame Introductions

A private dating agency in Richmond that has a specialist disability project

<http://www.flameintroductions.co.uk/services/disabled/>

Outsiders

An organisation that gives dating and relationship advice for Adults with disabilities. They also have a monthly lunch in London- <http://www.outsiders.org.uk/outsidescub/> and are linked to the TLC website that has advice on using sex worker services.