



/CityMencap



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@CityMencap

Lifelong learning for adults
with a learning disability

A range of courses developing life, work and
social skills and promoting health and wellbeing

Community volunteering opportunities

Design, culinary and horticulture enterprises

Fully supported work placement initiatives

*All delivered through
person-centred support*

City of Chelmsford Mencap (RCN 1171835)
Mencap Centre, 56 Mildmay Road, Chelmsford, CM2 0DZ
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The Outreach Academy

Learning. Enabled

“

*I feel safe and
cared for and able
to learn, grow and
make a difference
in my community.*

”



Monday: Live and Learn



Wake up,
warm up



Silver Gateway Award: Autumn: Life Skills and Building Healthy Bodies £40

Tuesday: Enterprise and Employability



Wake up,
warm up



ACL E&E
course £20
or



Cooking
£25



Lunch



Enable ME
£20 or



Enterprises
£20

Wednesday: The Soft Middle



Wake up,
warm up



Cooking
£25 or



Music
£20



Lunch



Music
£20 or



Cooking
£25

Thursday: Community Connections



Wake up,
warm up



Active in the community and environment (ACE) £40
Gardening and Community Projects

Feelgood Friday: Health and Wellbeing



Wake up,
warm up



Dance and movement
£20



Lunch



Well ME: Gentle Gym and
Book Club £25