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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
01245 268 303 info@cityofchelmsfordmencap.co.uk



The Outreach Academy

Learning. Enabled

“

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

”



The Outreach Academy

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

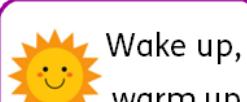


Wake up,
warm up



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