

| Mon | Tues | Wed | Thu | Fri | Sat | Sun |
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| | | | 1 Games Afternoon 2-4pm | 2 Girls just want to have fun 2-4pm | 3 Choir 11am-1pm Lunch Club 1-2pm Drop In 2-4pm | 4 |
| 5 Lunch and Cinema 12 noon | 6 Afternoon Tea 2-4pm | 7 Day Trip: Southend on Sea 9:30am-5pm | 8 Walking Group: Spitalfields Market 10am-4pm | 9 Girls just want to have fun 2-4pm | 10 | 11 |
| 12 Springboard Pub 6:30-8:30pm | 13 Bowling 7:30-9:30pm | 14 Day Trip: Windsor 9:30am-5pm | 15 Bingo 5-7pm | 16 Girls just want to have fun 2-4pm | 17 | 18 Sunday Lunch 12:30-3pm |
| 19 Walking Group: Hyde Park 10am-4pm | 20 Picnic in the Park 12-4pm Karaoke 6-8pm | 21 Day Trip: Thorpe Park 9:30am-5pm | 22 Girls just want to have fun 2-4pm | 23 | 24 | 25 |
| 26 | 27 Film Night 5-7:30pm | 28 Walking Group - Greenwich 10-4pm | 29 Cultural Evening - American 5-8pm | 30 Craft Workshop - T-Shirts 1-3pm Springboard Meal 6:30-8:30pm | 31 | |



Springboard August 2019

Bright Futures



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| <p>1st Games Afternoon Where: Barnet Mencap office When: 2-4pm Cost: FREE! Booking essential</p> | <p>2nd Girls just want to have fun! 4-week course continues on the 9th, 16th, and 22nd Where: Barnet Mencap Time: 2-4pm Cost: £30 for the full 4 weeks We will discuss and explore all things important to women. From Sexual health to beauty and so much more. Includes a goody bag. Booking essential</p> | <p>3rd Choir: Rhythm in Barnet Singing Group Where: Barnet Mencap office Time: 11am-1pm Cost: FREE! Booking Essential</p> |
| <p>3rd Lunch Club Where: Barnet Mencap Offices When: 1- 2pm Cost: £5 (pay on day) Booking essential</p> | <p>3rd Drop-in Where: Barnet Mencap Offices Time: 2-4pm Cost: FREE!</p> | <p>5th Cinema Trip and Lunch A buffet lunch at Pizza Hut and trip to see a movie. Meet at 12, but film and end time TBC Where: Pizza Hut, Finchley Lido When: 12 noon Cost: £7.95 for lunch, £5 for film plus money for refreshments (pay on day) Booking essential</p> |
| <p>6th Afternoon tea Where: Barnet Mencap Office Time: 2-4pm Cost: £8 (pay on day) Come and have a traditional afternoon tea, with delicious scones, pastries and sandwiches, in the company of other members Booking essential</p> | <p>7th Day Trip: Southend on Sea A day out at the seaside! Where: Meet at Barnet Mencap Office When: 9:30am-5pm Cost: £60 including lunch Minibus provided. Please wear appropriate clothes. Booking essential.</p> | <p>8th Walking Group to Spitalfields Market A day out exploring 'London's number 1 market destination' Where: Meet at Barnet Mencap Office When: 10am-4pm Cost: £5 You will need extra money for lunch and refreshments, or bring a packed lunch. Booking essential.</p> |

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| <p>12th Springboard Pub Where: Claddagh Ring, 10 Church Road, Hendon NW4 4EA Over 18s only! Please bring ID if you have it When: 6:30-8:30pm Buses: 143</p> | <p>13th Bowling at Hollywood Bowl, N12 0GL Where: Meet at the Bowling alley entrance When: 7:30pm-9:30pm Cost: New Price £7.70 You may need extra money for refreshments Latest Pick-Up: 9:30pm</p> | <p>14th Day Trip: Windsor Castle A trip to historic Windsor Castle in a minibus Where: Meeting at and returning to the Barnet Mencap office. When: 9:30am - 5pm Cost: £55 Minibus provided. Please bring a packed lunch or money to buy food or souvenirs. Booking Essential</p> |
| <p>15th Bingo Where: Barnet Mencap Office When: 5 - 7pm Cost: £3 (pay on day) Booking essential</p> | <p>18th Sunday Lunch Where: The Catcher-In- the-Rye, Finchley N3 1DP When: 12.30 – 3pm Cost: Around £15 for a meal and a drink Booking essential. Please note the change of venue</p> | <p>19th Walking Group: Hyde Park Enjoy one of London's most famous and beautiful parks Time: 10am - 4pm Meeting and returning to the Barnet Mencap office. Cost: £5 Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch, as well as money for refreshments. Booking Essential</p> |
| <p>20th Picnic in the Park! Where: Victoria Park, Finchley When: 12-4pm Cost: FREE Enjoy some delicious food in the sunshine (weather permitting!) and play some rounds Please bring your own food to enjoy, and blankets if required. Everybody welcome!</p> | <p>20th Karaoke Where: Barnet Mencap office When: 6 - 8pm Cost: £4 (pay on day) Come along to belt out your favourite tunes! Booking essential</p> | <p>21st Day Trip to Thorpe Park Test your nerve at one of the UK's biggest theme Parks! Where: Meet at the Barnet Mencap Offices When: 9:30-5pm Cost: £55 Minibus provided. Please bring extra money for lunch or refreshments. Booking Essential</p> |

Please turn over, there's more! 

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| <p>27th Film Night</p> <p>Head to the office for an evening of film fun including cinema treats</p> <p>Where: Barnet Mencap</p> <p>When: 5-7:30pm</p> <p>Cost: £4 (pay on day)</p> <p>Booking Essential.</p> | <p>28th Walking Group: Greenwich</p> <p>A day out exploring Greenwich</p> <p>Where: Meet at Barnet Mencap Office</p> <p>When: 10am - 4pm</p> <p>Cost: £5</p> <p>Please bring your Freedom Pass and a packed lunch or money for lunch. Booking Essential</p> | <p>29th Cultural Evening - American</p> <p>Enjoy an evening learning about American culture and have an American meal!</p> <p>Where: Barnet Mencap office</p> <p>When: 5pm-8pm</p> <p>Cost: £8 (pay on day)</p> <p>Booking Essential</p> |
| <p>30th Craft Workshop - T-Shirts - Design your own Summer t shirt</p> <p>Design and make your own summer t shirt!</p> <p>Where: Barnet Mencap Office</p> <p>When: 1-3pm</p> <p>Cost: £10 (pay on door)</p> <p>Booking Essential.</p> | <p>30th Springboard Meal</p> <p>Where: Sun and Sand Lounge Indian Restaurant, opposite the Barnet Mencap Office</p> <p>When: 6:30-8:30pm</p> <p>Cost: Approximately £15-£20 for dinner and a drink.</p> | |

Tel: Project Support on 020 8349 3842

Email: bookings@barnetmencap.org.uk

All activities are wheelchair accessible.

Activities are for members only.

If you cannot attend a session you have booked, please let us know as soon as possible or you may be charged.