

Mon	Tues	Wed	Thu	Fri	Sat	Sun
			<b>1</b>  <b>Heritage Walk: Hampstead Heath</b> 10am-3pm	<b>2</b>  <b>Chess Club</b> 2-4pm	<b>3</b>	<b>4</b>
<b>5</b>   <b>Jokes with Simon</b> From 10am	<b>6</b>  <b>Camden Boat Trip</b> 10am-3pm	<b>7</b>  <b>Nature Trail</b> 10am-2pm	<b>8</b>  <b>Pub Night</b> 6-8pm	<b>9</b>  <b>Games Afternoon</b> 2-4pm	<b>10</b>  <b>Drop In</b> 10am-12	<b>11</b>
<b>12</b>   <b>Cooking with Wilos Kitchen... Peanut butter brownies</b> From 10am	<b>13</b>  <b>Arts &amp; Crafts</b> 10am-12 and 1:30-3:30pm	<b>14</b>  <b>Covent Garden</b> 10am-3pm	<b>15</b>	<b>16</b>  <b>Picnic in the Park</b> 2-4pm	<b>17</b>	<b>18</b>
	<b>Summer Lunch</b>  12-1:15pm					
<b>19</b>   <b>Brain Power Quiz</b> From 10am	<b>20</b>  <b>Crazy Golf</b> 10am-3pm	<b>21</b>	<b>22</b>  <b>Kenwood House</b> 10am-3pm	<b>23</b>  <b>Cook &amp; Eat</b> 12-2pm	<b>24</b>	<b>25</b>  <b>Sunday Lunch</b> 1-3pm
				<b>Women's Group</b>  2:30-4:30pm		
<b>26</b>  <b>Lunch and Cinema</b> 12-4pm	<b>27</b>  <b>Dolly Parton Night</b> 2-7pm	<b>28</b>  <b>Heritage Walk: Barnet/Totteridge</b> 10am-3pm	<b>29</b>  <b>Chess Club</b> 2-4pm	<b>30</b>	<b>31</b>	



Facebook sessions don't need to be booked, and can be accessed **at any point** after the time on the calendar. Even if you don't have a Facebook account, you can find them by heading to [www.facebook.com/barnetmencap](http://www.facebook.com/barnetmencap) on the Internet.

<p><b>1st Heritage Walk - Hampstead Heath</b> A walk around the beautiful Hampstead Heath</p> <p><b>Meet:</b> Sherrick House, 30 Church End, Hendon NW4 4JX at 10am (returning 3pm)</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential. Please bring a packed lunch</b></p> <p>We will be travelling on public transport, so you are required to wear a mask unless you are exempt</p>	<p><b>2nd &amp; 29th Chess Club</b> Whether you're a grandmaster or a beginner, join us to try your hand at a game of chess</p> <p><b>When:</b> 2-4pm</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential</b></p>	<p><b>5th Jokes with Simon</b> Enjoy some more of Simon's favourite jokes!</p> <p><b>Where:</b> On the Barnet Mencap Facebook page from 10am</p> <p><b>Cost:</b> FREE</p> 
<p><b>6th Camden Boat Trip</b> A boat trip to and from Little Venice</p> <p><b>Where:</b> Meet at Sherrick House, 30 Church End, Hendon NW4 4JX at 10am returning at 3pm</p> <p><b>Cost:</b> £15</p> <p><b>Booking Essential - Please bring a packed lunch</b></p>	<p><b>7th Nature Trail</b> Explore and see what you can find in Totteridge Valley</p> <p><b>Meet:</b> Sherrick House, 30 Church End, Hendon NW4 4JX at 10am (returning 2pm)</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential. Please bring a packed lunch</b></p>	<p><b>8th Pub Night</b> Enjoy an evening at the pub with your fellow members</p> <p><b>Where:</b> Red Lion, 31 High Street, Chipping Barnet EN5 5UW</p> <p><b>When:</b> 6-8pm</p> <p><b>Cost:</b> £20 approx to cover your food and drinks</p> <p><b>Booking Essential</b> <b>Over 18s only</b></p>
<p><b>9th Games Afternoon</b> Come and spend the afternoon playing your favourite games</p> <p><b>When:</b> 2-4pm</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential</b></p>	<p><b>10th Drop In</b> Come along for a chat and a cup of tea</p> <p><b>Time:</b> 10am-12pm</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>Cost:</b> FREE</p> <p><b>Booking Essential</b></p>	<p><b>10th Lunch Club</b> Enjoy a light lunch with friends</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>When:</b> 12-1pm</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential</b></p>



# Springboard Activities

## July 2021 - continued



<p><b>12th Cooking with Wilos Kitchen - Peanut Butter Chocolate Brownies</b></p> <p>Wilos kitchen show you how to make delicious peanut butter chocolate brownies.</p> <p><b>Where:</b> On the Barnet Mencap Facebook page from 10am</p> <p><b>Cost:</b> FREE</p> 	<p><b>13th Arts &amp; Crafts</b></p> <p>Come and get creative at this arts and crafts session!</p> <p><b>Time:</b> 10am-12 or 1:30-3:30pm (pick which session you'd like to attend!)</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>Cost:</b> £10</p> <p><b>Booking essential</b></p>	<p><b>13th Summer Lunch</b></p> <p>Enjoy a delicious lunch</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>When:</b> 12-1:15pm</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential</b></p>
<p><b>14th Covent Garden</b></p> <p>Explore Covent Garden market</p> <p><b>Time:</b> 10am-3pm</p> <p>Meeting and returning to Sherrick House, 30 Church End, Hendon NW4 4JX.</p> <p><b>Cost:</b> £10</p> <p>Please bring your Freedom Pass and a packed lunch.</p> <p><b>Booking Essential</b></p>	<p><b>16th Picnic in the Park</b></p> <p>Come along for a picnic at Victoria Park</p> <p><b>Where:</b> Victoria Park, Long Lane, Finchley N3 2PX (meet by the cafe)</p> <p><b>When:</b> 2-4pm</p> <p><b>Cost:</b> £5</p> <p><b>Booking Essential</b></p> <p><b>We will provide some food and refreshments, but please bring along your own food and a blanket</b></p>	<p><b>19th Brain Power Quiz</b></p> <p>See if you can solve the riddles in this brain power quiz</p> <p><b>Where:</b> On the Barnet Mencap Facebook page from 10am</p> <p><b>Cost:</b> FREE</p> 
<p><b>20th Crazy Golf</b></p> <p>Explore the jungle in this fun crazy golf session!</p> <p><b>Meet:</b> 10am at the Barnet Mencap office (returning at 3pm)</p> <p><b>Cost:</b> £15</p> <p><b>Booking Essential</b></p>	<p><b>22nd Kenwood House</b></p> <p>Explore the beautiful Kenwood House and gardens.</p> <p><b>Time:</b> 10am-3pm</p> <p>Meeting and returning to Sherrick House, 30 Church End, Hendon NW4 4JX.</p> <p><b>Cost:</b> £10</p> <p>Please bring your Freedom Pass and a packed lunch</p> <p><b>Booking Essential</b></p>	<p><b>23rd Cook &amp; Eat</b></p> <p>Come along to learn how to cook a meal - and then eat it!</p> <p><b>When:</b> 12-2pm</p> <p><b>Where:</b> Sherrick House, 30 Church End, Hendon NW4 4JX</p> <p><b>Cost:</b> £10</p> <p><b>Booking Essential</b></p>



# Springboard Activities July 2021 - continued



<p><b>23<sup>rd</sup> Women's Group</b></p> <p>Discuss what matters to you with like-minded individuals. Females Only, and those who attend will get a goody bag</p> <p><b>Time: 2:30-4:30pm</b></p> <p><b>Where: Sherrick House, 30 Church End, Hendon NW4 4JX</b></p> <p><b>Cost: £10</b></p> <p><b>Booking essential</b></p>	<p><b>23<sup>rd</sup> Sunday Lunch</b></p> <p><b>Where: Sherrick House, 30 Church End, Hendon NW4 4JX</b></p> <p><b>Time: 1-3pm</b></p> <p><b>Cost: £15</b></p> <p><b>Booking essential</b></p>	<p><b>26<sup>th</sup> Lunch and Cinema</b></p> <p>Lunch and a trip to see a movie. Meet at 12 noon - end time 4pm approx - times will be confirmed nearer the time.</p> <p>Unless you are exempt, you must wear a face mask inside the cinema unless restrictions change</p> <p><b>Where: McDonalds, Finchley Lido at 12 noon</b></p> <p><b>Cost: £15 approx for dinner, £5 for cinema plus money for refreshments</b></p> <p><b>Booking Essential</b></p>
<p><b>27<sup>th</sup> Dolly Parton Night</b></p> <p>An epic night of Dolly Parton fun! Watch 9 to 5, have dinner and take part in a quiz</p> <p><b>Where: Sherrick House, 30 Church End, Hendon NW4 4JX</b></p> <p><b>Time: 2-7pm</b></p> <p><b>Cost: £20</b></p> <p><b>Booking Essential</b></p>	<p><b>28<sup>th</sup> Heritage Walk - Barnet/Totteridge</b></p> <p>A walk around Barnet and Totteridge</p> <p><b>Meet: Sherrick House, 30 Church End, Hendon NW4 4JX at 10am (returning 3pm)</b></p> <p><b>Cost: £5</b></p> <p><b>Booking Essential. Please bring a packed lunch</b></p> <p>We will be travelling on public transport, so you are required to wear a mask unless you are exempt</p>	<p></p> <p><b>Did you join our gardening sessions?</b></p> <p><b>Group 1 will meet on Thursday 1<sup>st</sup> July</b></p> <p><b>Group 2 will meet on Thursday 8<sup>th</sup> July</b></p> <p>And both will continue every 2 weeks, meeting at <b>Sherrick House at 10am</b> (returning 2:45pm)</p> <p>Each session is £5</p>

**All activities are subject to change if government guidelines change.**

If you cannot attend a session that you have booked, please let us know as soon as possible. Do not attend an activity if you are feeling unwell.

**All activities are wheelchair accessible.**

**To book:**

**Email: [bookings@barnetmencap.org.uk](mailto:bookings@barnetmencap.org.uk)**

**Tel: Project Support on 020 8349 3842**