



Safe, Well, Happy

Working together to make communities better for people with learning disabilities

Who should come to Safe, Well, Happy?

- Anyone who has a learning disability
- Family and friends or people caring for someone with a learning disability
- Anyone who is interested in making our community a better place for people with learning disabilities

This year's meetings



On line meetings: 10.00am to 11.00am

We send you an invitation by email. We have a chat, do some signing and a physical activity.

Dates:

20th May, 17th June, 15th July, 19th August



Walks: Start at Quorn Old School House

We have a gentle walk and time for chatting, followed by a drink. Wear sensible shoes and clothes to suit the weather.

Dates: Note some of these have changed and may be a different time to usual.

Including a drink these will be for 2 hours.

3rd June 10.00am

24th June **2.00pm**

29th July 10.00am

2nd September 10.00am



Back to the Old School House School Lane, Quorn, LE12 8BL. From 10.00am to 12.00

There is a café where you can get drinks and a snack. You will need to pay for this but the session is free.

You will have a chance to:

- Get to know new people
- Learn something new
- Play some games, do jigsaws, do some drawing, do an activity
- Learn to do some signs

Dates:

16th September, 21st October, 18th November, 9th December

We may have to change things but hope we will be able to meet up this year. We will be following all the rules to help us stay safe

Find us on Facebook – search SafeWellHappy

For more information ring 07956 604842

Or email jane.parr@me.com