



The Monday Club Leicestershire

A social group for adults aged 18+ with a diagnosis of Autism or Asperger Syndrome

What is the Monday Club?

The Monday Club is a social group for people who are aged 18 and over, who have been diagnosed with Autism or Asperger Syndrome. We aim to create a supportive environment for our members to meet, either in a mainstream setting or in the community, with trained staff and volunteers available to offer support, where necessary.

The Monday Club also provides brief respite for parents and partners of individuals who have been diagnosed with Autism or Asperger Syndrome. We support our members by providing opportunities to socialise, build friendships, take part in social activities, access the services in the wider community and develop their individual potential.

Our Activities

The Monday Club provides a variety of activities including quizzes, board games, arts and crafts, bingo, food evenings, DVD evenings and sports. We offer activities that take place in the community, which include visits to local pubs and restaurants, pool evenings, bowling, cinema trips, mystery walks and visits to local areas of interest. In addition we offer an activity fortnightly on a Wednesday evening.

We also offer number of social skills sessions that are provided by trained facilitators. We have a bimonthly session delivered by a partner agency. The social skills sessions provide our members with the opportunity to develop social awareness in everyday situations using role play and group discussion. We provide a timetable of activities every ten weeks, the timetable can also be found on our website www.themondayclub.co.uk

Where and when we meet

We meet on Monday evenings at 7.00pm at The Leicestershire Centre for Integrated Living located at the West End Neighbourhood Centre, Andrewes Street, Leicester LE3 5PA and the group finishes at 9.00pm. For activities that take place in the community on a Monday we normally meet at the clock tower in Leicester City Centre at 7.00pm unless otherwise stated on the timetable.

How you can join the group

If you would like to become a member of the Monday Club please contact us using the email address or telephone number on the back of this leaflet. We will arrange a date for you to come and visit the club. We will need to see information that confirms diagnosis such as a letter from your GP.



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How to contact us

By Post:

The Monday Club, C/O LciL, West End Neighbourhood Centre, Andrewes Street, Leicester LE3 5PA.

Telephone Enquiries:

07873311610

By Email:

themondayclub@hotmail.co.uk

Our Web site address is:

www.mondayclubleicester.co.uk

Our timetable of activities is available on our website



The West End Neighbourhood Centre, Andrewes Street, Leicester LE3 5PA