



# The Monday Club Leicestershire

A Social Group for Autistic Adults aged 18+

## What is the Monday Club?

The Monday Club is a social group for Autistic people who are aged 18 and over, who live in Leicester, Leicestershire or Rutland. 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, carers and partners of Autistic people. 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 at our venue including quizzes, board games, arts and crafts, bingo, food evenings and sporting activities. We also 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.mondayclubleicester.co.uk](http://www.mondayclubleicester.co.uk)



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## Where and when we meet

We meet on Monday evenings at 7.00pm at Warning Zone, which is located at 30 Frog Island Leicester, LE3 5AG 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.

## How to contact us

### By Post:

The Monday Club, C/O Warning Zone, 30 Frog Island, Leicester LE3 5AG.

### Telephone Enquiries:

07873311610

### By Email:

[enquiries@themondayclub.uk](mailto:enquiries@themondayclub.uk)

### Our Web site address is:

[www.mondayclubleicester.co.uk](http://www.mondayclubleicester.co.uk)



**Our current timetable of activities is available on our website**

**For directions to the club, please scan the QR Code.**

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