



Promoting Empowerment, Choice, Opportunity and Fun for young people with learning disabilities.

...meets every Tuesday evening during school term time from 7pm-9pm in Kingston for people between 12 -18 and offers a wide range of activities.



Members are not the only ones to benefit from this exciting project. The club also gives parents and carers some valuable and regular time away from the high levels of attention often demanded by young people with learning disabilities.

The club is a Kingston Mencap Club costing £3 per session, and requires that you are a Kingston Mencap Member, which is only £5 per year, and has many other benefits.

- Football
- Bowling
- Painting
- Swimming
- Live Bands
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- Arts and Crafts
- Cycling
- Cooking
- Parties
- Weekends away
- Drama
- Themed Nights
- Computer Games
- And many more....

For more information on the Xpression programme, to become a volunteer, join as a member or donate to this exciting local project please contact: Krystina Crolla-Barker Xpression Group Leader

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