Leisure Link – Club Soda Meeting
Tue 31st May 2016
2 – 4pm
Braithwaite Hall

Leisure Link is a group of people who meet to share information about leisure activities for people with learning disabilities in Croydon. Leisure Link meetings take place once every two months. Everyone is welcome to come along to our meetings. We’d love to hear what you’ve been doing and you may get some good ideas about things you’d like to do. Our next meeting will be on **Wednesday 26th July, 2 – 4pm** in Braithwaite Hall, Croydon Clocktower.

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**Festivals & events in Croydon**

- **Croydon Comedy Festival**
  2 June – 30 July
- **Ping! Table Tennis Festival**
  10 June – end of August
- **The Big Lunch and Queen’s 90th birthday street parties**
  12 June
- **Croydon Heritage Festival**
  18 – 25 June
- **Croydon Food Festival**
  26 June
- **Queen and Country – London Mozart Players**
  30 June
- **Poetry Festival @Wandle Park**
  2 July
- **Old Coulsdon Village Fair**
  2 July
- **The Streets – South Norwood**
  9-10 July
- **South Norwood Community Festival**
  10 July
- **Thornton Heath Arts Week**
  16 – 23 July
- **Wandle Park Garden Party**
  24 July

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**Club Soda’s Next Event**

**Monday 27 June,**

**7 - 11pm at Matthews Yard**

Come join Club Soda for their next club night. DJ sets on the night from Flashback, X, Mennis, Queen Pop, Tony Cool, Soul Sista and more.

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**For more info call 020 8239 4393 email andrew.slegg@croydon.gov.uk or visit www.clubsoda.org.uk**
What are you looking forward to this summer?

Andrew – Drinking beer in a pub garden
Robert – Going to Brighton and paragliding
Amanda – Celebrating my birthday
Dennis – Going on a caravan holiday in Norfolk
Holly – Going on a cruise to the Greek islands
Rachael – Enjoying some BBQ's in the garden
Sedley – Travelling on the 77 open top bus from Brighton to Devil’s Dyke
Paul S – Going to Brighton and shopping in the lanes

What have we been doing or are looking forward to doing?

Rachael was pleased to announce that two DJ's from Club Soda's Soda Crew worked at a gig in Wallington and were paid for their skills. Leisure Link would like to say a big WELL DONE for this achievement.

Amanda went to Club Soda's Soda Beat event at the HOODOOS (Matthews Yard) on Monday 23rd May. She had a great time and really enjoyed the bands that were performing on the night. To find out more visit Clubsoda.org.uk

Robert spoke about the new art studio called Studio Upstairs that has opened in Croydon on Park Street CR0 1YE. It aims to improve the wellbeing of people with mental illness and support their recovery through creativity. Find out more by calling 020 8616 5440 or visit studioupstairs.org.uk

Holly spoke to Leisure Link about Magpie Dance, a dance group that she goes to in Bromley. They recently filmed a dance project in Blackheath. It was a long day but she thoroughly enjoyed it. To find out more call 020 8290 6633 or visit magpiedance.org.uk

Rachael mentioned the BIG DANCE BUS day on Sunday 29th May that the dance company SLiDE attended at Addiscombe Festival. BIG DANCE BUS are also holding an event at Park Hill Park Croydon and many other venues across the UK between 20th May - 10th Sept 2016. To find out where the next event will be visit bigdance.org.uk/bus/
Places to go & things to do

**GOAL!!**

Football in Croydon

For people with learning disabilities (aged 16 and above)

**Led by coaches from the Crystal Palace Football Club Foundation**

Develop your football skills • Make new friends • Get healthy • Have fun…

Three different sessions at two venues for people with different football abilities:

**Beginners**
- **Tuesday 11.30am - 12.30pm**
  - Waddon Leisure Centre

**Beginners**
- **Thursday 11.30am - 12.30pm**
  - Waddon Leisure Centre

**Advanced**
- **Thursday 5 - 6pm**
  - Selhurst Sports Arena

£2 per person charge for each session at the Waddon Leisure Centre to be paid, in cash only, at the beginning of each session a person attends.

No charge for the ‘Advanced’ group session at Selhurst.

Contact Andrew Slegg on andrew.slegg@croydon.gov.uk or 0208 239 4393 to book a place or if you have any questions.

Please leave enough time to get changed for a prompt start at the times stated above.

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Wheels for Wellbeing (WfW) is an award-winning charity supporting disabled people of all ages and abilities to enjoy the benefits of cycling.

Running regular inclusive cycling sessions in South London for disabled children and adults to try two, three and four wheeled cycles.

**Herne Hill Velodrome**
- 07578 746 448
- Mondays 11am - 1:30pm
- (10:30am - 12:30pm during school holidays: 28 March and 4 April)

**Croydon Arena**
- 07806 334 770
- Tuesdays 10am - 1pm
- Fridays 11am - 1pm
- Saturdays 10am - 12:30pm

**Ladywell Sports Hall**
- 07561 166 949
- Tuesdays 10:30am - 12:30pm

For more information call 0207 346 8482 or visit www.wheelsforwellbeing.org.uk
Places to go & things to do

Shirley Windmill
Guided tours last about an hour and include history and machinery of the Mill. 
Open Days on 3rd July & 7th August
For more information visit www.shirleywindmill.org.uk or call 020 8651 0064

Into the Great Green Yonder
Active Lifestyles provide regular weekly and monthly health walks. They are a great way to start exercising while enjoying Croydon’s green open spaces.

Sunday 19 June
Selsdon Wood Summer Flowers
Join Malcolm Jennings, Surrey Wildlife Trust, for a ramble through the woods and fields to marvel at the many wild flowers found on the chalky soils. Meet at 2pm in the Selsdon Wood car park by the wooden bear. Bus: 433

Saturday 25 June
Go on a wandle Wander
Meet at 2pm by the Wandle Park Café for a 2 hour ramble along the river down to Beddington Park and back to explore the rich heritage of the river Wandle.

Sunday 26 June
Happy Valley Wild Flower Photo Safari
Bring your camera and capture the summer beauty of orchids and other colourful wild flowers through the lens, includes simple tips on how to take better photos with your digital compact or SLR camera. 2 mile walk over 2 hours. Please call the Happy Valley Warden on 07966 113413 for further details, pre-booking is essential.

Providence Lincs United Services
PLUS is a south east London based charity providing residential, respite, leisure and employment services for adults with learning disabilities. For more information about what they do visit plus-services.org

Gardening at Spa Hill Allotment
Mondays, 10am - 12pm
£5 per session
This workshop helps to develop employment skills and learn about healthy eating.

Pretty Little Cupcakes - Workshop
Tuesdays
1st session 10am - 12pm (Baking)
2nd session 1pm - 3pm (Decorating)
£5 per session
The morning and afternoon will cost £10 and you take some cakes (2) home.
Penge office, 23 High Street, Penge SE20 7HJ
To find out more call Janette 0208 297 1250
**Places to go & things to do**

**Croydon Imagine**

Provide a range of services for people accessing mental health care. These services include volunteering, befriending and user-led groups.

- Visit [www.imaginementalhealth.org.uk](http://www.imaginementalhealth.org.uk)
- Call the main office on 0208 253 7078

**Monday Evening Social Club**

**Addington Community Centre, CR0 OJB**

Mondays from 7 - 9pm

£3.50 per session

A popular social club, with around 120 members, for adults of all ages with a learning disability. This club provides leisure activities that include snooker, darts, music and special events.

- Visit [www.croydonmencap.org.uk](http://www.croydonmencap.org.uk)
- Contact info@croydonmencap.org.uk
- Call 0208 684 5890

**South London Me Time**

Empowering people to enjoy a variety of meaningful activities in their community. For adults with a learning disability who want to take part in social and leisure activities either on their own, or as part of a group.

- Visit [www.mencap.org.uk](http://www.mencap.org.uk)
- Call Mencap Direct on 0808 808 1111

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**SPECIAL BLEND**

**Croydon Young Peoples Service**

Monday Nights from 6.45pm - 9pm

Running activities for young people with LDD aged 18-25 which include Thai Fit, football, Skills for work, Zumba cooking and visits to the pub or Club Soda nightclub.

- Sir Phillip Game Centre, 38 Morland Avenue, Croydon, CR0 6EA
- Visit [www.croydonyps.org.uk](http://www.croydonyps.org.uk)
- Contact Paul Funnell on 07990790183 or email paul.funnell@croydon.gov.uk

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**For more info call 020 8239 4393 email andrew.slegg@croydon.gov.uk or visit www.clubsoda.org.uk**
Places to go & things to do

The Museum of Croydon
Open Tuesday - Saturday, 10.30am - 5pm (except public / bank holidays)
All galleries are free to enter.

‘Museum of Croydon Collections’ is the new online catalogue, providing public access to the collections. With over 6,500 individual items from 304 archive collections. This searchable catalogue will enable users to discover historic material from the Borough’s archive collections which can then be viewed in the Museum’s newly refurbished Research Room.
Over time, this will develop into a comprehensive catalogue of the Borough’s collections, increasing access to, and understanding of, our shared histories.

For anyone who has an interest in local history, a visit to the FREE exhibition or a look at the fascinating online catalogue would surely be most enjoyable.

To find out more about all the museums work, visit www.museumofcroydon.com or follow on Twitter @museumofcroydon

Croydon Heritage Festival
18 - 26 June 2016
This year’s festival is themed ‘Undiscovered Croydon’ aiming to take people on a journey and exploration around Croydon.
For more information visit croydonheritagefestival.co.uk

Healthy Living Hub
If you want to lose weight, stop smoking, become more active or just get some information on what you can do to keep you and your family healthy, the Healthy Living Hub is the place to go. And, even better, the service is free!
Opening times
Monday - Thursday 11am - 5pm
For more information call 0208 253 1009 or email healthy.living@croydon.gov.uk
Central Library, Croydon Clocktower, Katharine Street, Croydon, CR9 1ET

Enterprise Swimming Club
This swimming club for disabled people meet on Friday evenings from 8pm - 9.30pm at Purley pool, High Street, Purley, CR8 2AA
For more information www.enterprise-club.org.uk
Places to go & things to do

**Fairfield Halls**
An arts centre in Croydon that has a concert hall, the Ashcroft Theatre an art gallery and much more.

**Return of the Grumpy Old Women**
**Fifty Shades of Beige**
Thursday 23 June / 8pm
This jam-packed show includes...
learning the art of ‘Grumpy Grooming’, the joy of large pants, a free nagging master class, beards for women, which style will suit you? All this and more!

**The Proclaimers**
Sunday 26 June / 7.30pm
Expect to hear the classics Sunshine on Leith, (I’m Gonna Be) 500 Miles, Letter From America, I’m on My Way, and more from strikingly individual, twin brothers Craig and Charlie Reid.

**Jimmy Carr**
Saturday 9 July / 8pm
A man who has devoted his life to crafting perfect jokes and has left a trail of laughter in his wake, Jimmy Carr’s new tour will distil everything we love to laugh at and be shocked by, into one incredible, unparalleled night of entertainment.

For more information call the Box Office on **0208 688 9291** or visit [www.fairfield.co.uk](http://www.fairfield.co.uk)

**Autism Friendly Screenings**
Autism Friendly screenings have subtle changes to the traditional cinema environment.
- Lights are left on low
- Sound is turned down
- Trailers and adverts are not played
- It is ok for people to move around during the screening and make a bit of noise

**Vue**
Vue Cinemas will host an Autism Friendly Film at 10am on the last Sunday of every month.
[www.myvue.com](http://www.myvue.com)

**Next screenings at Vue Croydon Grant’s & Croydon Purley Way:**
**Sunday 26 June** - Thomas & Friends: The Great Race

**Clocktower Café**
The café is open Monday to Saturday 9:30am - 5:30pm
**Free live jazz**
Thursday lunchtime 12:15 - 2:15pm
The café also exhibits work by local artists

**HOODOOS / Matthews Yard**
A unique café/music/arts venue in the heart of Croydon’s Old Town

For more information email [info@matthewsyard.com](mailto:info@matthewsyard.com) or visit [matthewsyard.co.uk](http://matthewsyard.co.uk)

For more info call **020 8239 4393** email [andrew.slegg@croydon.gov.uk](mailto:andrew.slegg@croydon.gov.uk) or visit [www.clubsoda.org.uk](http://www.clubsoda.org.uk)
TURF Gallery
Weekly art workshops on Tuesday evenings from 5-7pm, for adults with learning difficulties.
Opening times: Tuesday - Saturday 11am - 5pm during exhibitions
Turf, Keeley Road, Croydon. CR0 1TF
Term dates: Jan 11 to Mar 14
£5 per session
For more information visit turf-projects.com or email info@turf-projects.com

Dance with SLiDE!
Created to offer safe places for the local community to explore dance and movement.
Play and accessibility is at the core of their approach. So far SLiDE has reached over 180 people with and without disabilities, aged 5-70.
Monthly dance workshops for adults with learning disabilities on the first Saturday of the month.
Braithwaite Hall, Croydon Clocktower, CR9 1ET - 11am - 3pm
£10 per session drop in or £34 for 4 sessions (Support staff/carers are FREE)
To book: info@slidedance.org 07887 781361

TURF Workshops
Caroline Dawson, a specialist in interpretation of artworks for the visually impaired, will be delivering workshops over the coming months, using Turf Projects' upcoming exhibition ‘Ground’ as a basis and playground to explore and investigate how visually impaired people experience art within galleries.
11 JUNE, 1-4pm
INTERPRETING ART WITH VISUAL IMPAIRMENT
Interpreting ‘Ground’
The first workshop will run on Saturday 11 June and will offer participants the chance to discuss, experiment with, and experience creating alternative interpretation of ‘Ground’ for visually impaired visitors (or anyone wishing to access the exhibition alternatively), which will then be available for the duration of the show.
23 JULY 4-5pm
INTERPRETING ART WITH VISUAL IMPAIRMENT
Feedback & Analysis
This second workshop will run during the closing day of ‘Ground’, acting as a feedback session and ongoing conclusion for the alternative interpretation that was created with visually-impaired visitors in mind during the first workshop on 11 June.
Find out more: turf-projects.com

For more info call 020 8239 4393 email andrew.slegg@croydon.gov.uk or visit www.clubsoda.org.uk
Soda Beat Sessions are for young people with learning disabilities aged 14 to 25 who want to be in a band and perform at gigs.

Big White Light Theatre @ Matthews Yard
Mondays 5 - 6:30pm £5 a session
Come along and enjoy playing theatre games and making fun performances!

Opportunities to join Club Soda
We have some spaces left in our theatre group and are looking for new members. Get the opportunity to work with professional artists and be part of exciting projects. Some experience of performing or making art is necessary. If you are interested in joining please contact us by: Phone: 0208 253 1034 or Email: info@clubsoda.org.uk
Club Soda would like to officially invite you to our SoDaDa Week at the new Merton Arts Space, between Monday 18th and Saturday 23rd July 2016.

WHAT IS CLUB SODA?
Founded in 2009, Club Soda is a pioneering not for profit arts organisation based in Croydon, led by the ideas and creativity of people with learning disabilities. We support people to achieve positive outcomes for themselves and the learning disabled community, by providing exciting and engaging opportunities for people to take part in the arts.

THE SODADA EVENT
SoDaDa is an exciting multimedia event featuring loads of performances and audience participation. The content of the event will be created in just 5 days in 5 very different workshops. You have a chance to sign up to these workshops and present and perform your artistic handiwork at the SoDaDa event on Saturday 23rd.

SCHEDULE
Monday 18th: DANCE
Join SLiDE Dance for a day of movement, dance and words.

Tuesday 19th: MUSIC
Join Temporary for a day of music making with lots of weird and wacky instruments.

Wednesday 20th: ART
Join Turf Projects for a day of making art inspired by the Laws of Chance. We will make colourful and creative art installations.

Thursday 21st: SONGS
Join Soda Beat music tutors for a day of creative music making and singing. We will be coming up with crazy new songs to perform.

Friday 22nd: THEATRE
Join Drunken Chorus for a day of nonsense performance art and absurd theatre.

Saturday 23rd: SHOWCASE

WHEN AND WHERE?
Monday 18th to Saturday 23rd July
Workshops 10am - 5pm*

Saturday 23rd
Showcase 7 - 11pm

At the brand new Merton Arts Space (behind Wimbledon library).

*There will be a lunch break from 1pm to 2pm (lunch not provided).

PLEASE RSVP!
If you wish to attend the SoDaDa workshops please express your interest by emailing info@clubsoda.org.uk or giving us a call on 0208 253 1034 by Monday 11th July. Each workshop has 15 places available. Places are allocated on a first come first served basis. We look forward to seeing you in July!
Who came: Andrew Slegg, Rachael Phandey, Sedley, Amanda, Paul S, Holly, Robert, Dennis