

Tuesday Drop-In



Come and make new friends



Health Promotion



Specialist health advice



Confidential advice on sexual health



C-card assessment



Group activities

Comments

'I come to the drop-In to meet my friends. I work here as well and I meet clients and help them with health issues. I like that it's in the community and I find the talks interesting and very good. It gets me out into the Community otherwise I would be at home on my own doing nothing'.

Coming here to the Drop-In helps me to socialise as I have Autism. It make's me feel confident and sometimes happy. I like the art room and the talks about healthy eating. I like it when other clients talk about their problems.

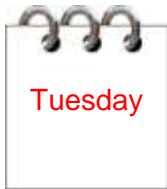


Tuesday Drop-in



Please Contact for further information:
Occupational Therapy, Mill Road
Therapy Centre, Mill Road,
Colchester, CO4 5LJ

Tuesday Drop-in



Tuesday



2:00 till 4:00

Till



Old Heath
Community Centre
D'arcy Road,
Old Road
Colchester
CO2 8BB



Please come to our Drop-in for adults with a learning disability aged over 18

Tuesday Drop-in



Meet the Health Access Champion
Lloyd Dasent



The Health Access Champions are people from the community with learning disabilities



Come and make new friends



Colchester Lunch Club has joined the Tuesday drop in.



Feel free to come along and speak to an advocate in Confidence.

Tuesday Drop-in



Come join us for tea and talk



For more information please contact



Anita Claridge-Lawrence on
07909993087

(Sexual Health Facilitator-LD Service)



Carolyn Rogers
07786660998

(Occupational Therapist LD service)

Clare Liddamore
(Occupational Therapy Clinical Assistant)
01206-745448



Independent Advocacy Service
01255 429778