**Friday Out & About – Trinity Community Project – St Albans Mencap**

Monthly community outings (last Friday of each month, except December)

**📅 September – Bowling 🎳**

Date: Friday 26 September

📍 Venue: Hollywood Bowl Garston, Watford Leisure Park, WD25 7JZ

☎ Contact: 01923 228477 |

🎟️ Price: £15 Trinity fee + £8.50 pp (carers free)?

📝 Notes: Ramp access, lane support available.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 October – Pumpkin Patch at Willows Activity Farm 🎃🐐**

Date: Friday 31 October

📍 Venue: Willows Activity Farm, Coursers Rd, St Albans AL4 0PF

☎ Contact: 0333 331 2060 |

🎟️ Price: £15 Trinity fee + £16.96 pp (carers free)

📝 Notes: Pumpkin picking + farm activities, fully accessible.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 November – Pots of Art (Ceramic Café) 🎨**

Date: Friday 28 November

📍 Venue: Pots of Art, 41 Victoria St, St Albans AL1 3UW

☎ Contact: 01727 789474 |

🎟️ Price: £15 Trinity fee + £6–38 depending on item (carers free)

📝 Notes: Creative, relaxing, accessible venue.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 December – Christmas Market 🎄**

Date: Friday 19 December

📍 Venue: St Albans City Centre (around Cathedral & Vintry Garden)

☎ Contact:

🎟️ Price: £15 Trinity fee + Free entry; snacks/drinks £3–£5

📝 Notes: Busy area — extra staff support needed in crowds.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 January – Indoor Crazy Golf ⛳**

Date: Friday 30 January

📍 Venue: Puttshack, Watford

☎ Contact:

🎟️ Price: £15 Trinity fee + £10 pp (carers free)?

📝 Notes: Fun, interactive, fully accessible indoors.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 February – Museum Film Screening 🎥**

Date: Friday 27 February

📍 Venue: St Albans Museum + Gallery, St Peter’s St, AL1 3DH

☎ Contact: 01727 864511 |

🎟️ Price: £15 Trinity fee + £5–8 per ticket?

📝 Notes: Fully accessible, lift to all floors.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 March – Verulamium Museum Visit 🏛️**

Date: Friday 27 March

📍 Venue: Verulamium Museum, St Michael’s St, St Albans AL3 4SW

☎ Contact: 01727 751810 |

🎟️ Price: £15 Trinity fee + £6 pp (carers free)?

📝 Notes: Compact, accessible, Roman mosaics and artefacts.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

**📅 April – Cinema 🎬**

Date: Friday 24 April

📍 Venue: Odyssey Cinema, 166 London Rd, St Albans AL1 1PQ

☎ Contact: 01727 453088 |

🎟️ Price: £15 Trinity fee + £7.50 per ticket (carers free)?

📝 Notes: Fully accessible, reserved wheelchair seating.

📍 Meeting point: St Peter’s Street, St Albans AL1 3DB (in front of Tesco).

⏰ Time: To be confirmed

🥪 Lunch: Please bring a packed lunch or money to buy food at the venue.

*Providing Opportunities & Activities for adults with mental health issues or learning disabilities*

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