**Trinity Community Project - St Albans Mencap**

*A welcoming and inspiring day service for adults with learning disabilities and mental health challenges.*

## What We Offer:

We provide a supportive and engaging day service from 9:30am to 2:00pm, Monday to Thursday, in St Albans. Our sessions create a warm community where members can enjoy meaningful activities, develop friendships, and build confidence.

## Venues:

• Mondays, Tuesdays & Wednesdays:
 Homewood Road United Reformed Church, Homewood Road, St Albans, Herts AL1 4BH

• Thursdays:
 Friends Meeting House, Lattimore Road, St Albans, Herts AL1 3UD

## Day Sessions:

Sessions are relaxed social occasions with games, arts and crafts, puzzles, and tea. Members bring their own packed lunch, which they enjoy together. Cost: £25 per day.

**Members attending 2 or more days per week are eligible for one free special interest activity (Cooking Club not included once there is a waiting list).**

## Special Interest Groups:

• Cooking Club – Mondays 10:30am–12:30pm (£10 per session, 5–6 week course)
• Keep Fit – Mondays 1:00–1:45pm (£5)
• Art Club – Mondays 2:00–3:30pm (£5)
• Tea & Talk (Group Counselling) – Tuesdays 2:00–3:30pm (£5)
• Pop Dancing – Wednesdays 2:30–3:30pm (£5)

## Fridays – Out & About:

Every last Friday of the month (except December), we organise community outings such as bowling, farm visits, creative workshops, and seasonal events. Prices vary depending on the outing.

**New to Trinity? Start with a free trial session before committing to regular attendance!**

👉 **Referrals:** please complete our referral form, available on the St Albans Mencap website.

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🌐 [www.stalbansmencap.org.uk](http://www.stalbansmencap.org.uk)

*Trinity Community Project – where support, friendship, and opportunities come together.*