

Suffolk Me Time



At Suffolk Me Time there are lots of different activities for people with a learning disability to choose from.



Suffolk Me Time do lots of activities at a place we call our community hub.



Our community hub is found at 1 Chediston Street, in Halesworth, Suffolk.

The post code is **IP19 8BE**.



There are some other activities that take place in other indoor and outdoor places, mostly around East Suffolk.



Activities at Suffolk Me Time:

- Arts and crafts.



- Music and theatre. They have done shows like Alice in Wonderland and the Wonderful Wizard of Oz.



- Visiting the local library.



- Walking in the local area.



- Learning new skills like how to use a computer.



To join Suffolk Me Time:

- Email:
Suffolkmetime@mencap.org.uk
- Call our Me Time programme coordinator, Jonathan on: **07930 563 790**



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