

Sutton Me Time



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

Activities take place in the community and in a place we call our Me Time hub.



The group do lots of activities at our community hub in Sutton.



Our Me Time hub is at the Cheam Resource Centre, 671 London Road, Cheam, Sutton.

The post code is **SM3 9DL**.



There are other activities which happen in other indoor and outdoor places around Sutton and in other areas of London.



Activities at Sutton Me Time:

- Sports, like cycling and going to the gym.



- Gardening in our garden.



- Cooking.



- Information and communication workshops.



- Visiting local places like museums and parks.



There are also lots of other activities to choose from.

There is something for everyone at Me Time.



To join Sutton Me Time:

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



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