

Tameside Me Time



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



The group do lots of activities at our community hub.



The community hub is found on Windmill Lane, in Unit 2-3, 5 Tameside Park.

The post code is **M34 3QS**.



Activities at Tameside Me Time:

- Sports.



- Poetry club.

The group have made their own book of poems called **Poems Are Us.**



- Fundraising and volunteering in the community.

The group recently wrapped shoeboxes and filled them with useful things for local elderly people.



- Music and drama.



- Gardening in our allotments.



There are also lots of other activities to choose from.

There is something for everyone at Me Time.



To join Tameside Me Time:

- Email:

kay.dutton@mencap.org.uk



- Call Tameside Me Time
programme coordinator, Kay on:
07966740968



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