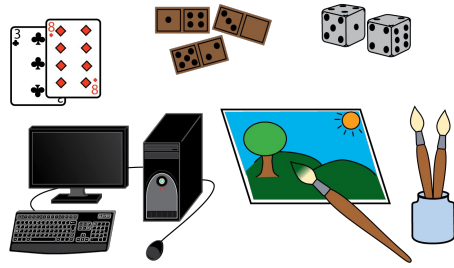


Fun Activities

DASH

Daily fun activities in Hillingdon including:

- Football (Tuesdays)
- Arts & crafts (Wednesdays)



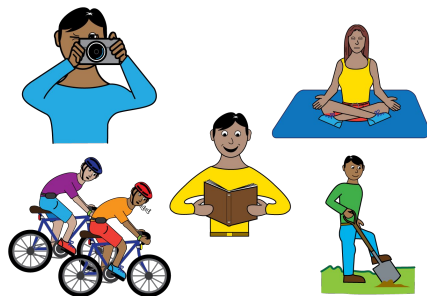
www.dash.org.uk/activities



Mencap

A wide range of activities including:

- Exciting day trips away from home
- After school clubs



www.mencap.org.uk

Certitude

Daily fun activities including:

- Art (Mondays)
- Gardening (Tuesday)

www.certitude.london



Your Future

Preparing for Adulthood

Help you find out what job may be right for you

www.preparingforadulthood.org.uk/



Mencap helpline

If you need help about anything at all call the Mencap helpline on

0808 808 1111



DASH

Gives advice and guidance on your future

Helps you get to a doctors appointment



Support for Carers & Families

The Challenging Behaviour Foundation

Helps you learn how best to deal with challenging behaviour

www.challengingbehaviour.org.uk

Scope

The Navigate programme helps provide emotional support for parents & carers

www.scope.org.uk/family-services/navigate/

Hillingdon Parent Carer Support Group

Support groups in Hillingdon

www.hillingdonparentcarersupport.org.uk

Hillingdon Carers

Advice & assistance for carers

www.hillingdoncarers.org.uk

Family action

Provides information and impartial advice to families with a child that has special needs

www.family-action.org.uk

Dash

Financial support

www.dash.org.uk

Healthwatch Hillingdon

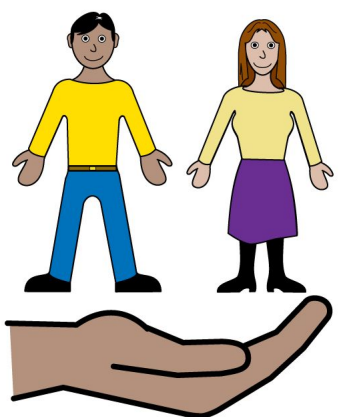
Listens to your opinions on how Hillingdon health & social services are run so they can be improved

www.healthwatchhillington.org.uk

Mencap

Provides respite care and guidance on creating Wills

www.mencap.org.uk



Important numbers:

Mencap
0808 808 1111

DASH
020 8848 8319

Scope
0808 801 0510

Hillingdon Carers
01895 811206