

How to Contact Us:



Unit 7 Woolwich Common Enterprise Centre
Peace Street
Woolwich, SE18 4HX



020 8305 2245



info@greenwichmencap.org.uk



www.greenwichmencap.org.uk



News Sheet
December 2025

Greenwich Mencap Service User & Carers Activities

December 2025

Date	Activity	Day	Evening	SU /Carer	Cost
Monday, 1st	Life Skills Centre – Literacy, numeracy and budgeting. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2 pm		S/U	Free
Monday, 1st	Carers Meeting @ Riverwood Project, Woolwich Common Enterprise Centre, SE18 4HX	10:00 am – 12:00pm		Carers	Free
Monday, 1st	Gateway Club @ Eltham Park Methodist Church, Westmount Road, Eltham, London, SE9 1XX		7 pm – 9 pm	S/U	£3
Tuesday, 2nd	Life Skills Centre – Personal Hygiene. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Tuesday, 2nd	Coffee morning, bingo & Games Day @ Riverwood Project, Woolwich Common Enterprise Centre, SE18 4HX	10.30 am – 12 pm		S/U	£1
Wednesday, 3rd	Life Skills Centre - Housekeeping. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Wednesday, 3rd	Dramatic voices @ The Tramshed Woolwich SE18	10.30 am - 12.30 pm		S/U	Free
Wednesday, 3rd	Shape up Together with Chair Yoga @ Woolwich Community Centre SE18 Contact Nick to book your space. fp1@greenwichmencap.org.uk	1 pm – 3 pm		S/U & Carers	Free
Wednesday, 3rd	Cinema Night. Please get in touch with Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245				Contact Jo

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Thursday, 4th	Life Skills Centre – Travel training. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Friday, 5th	Life Skills Centre – Cooking. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Friday, 5th	Dance followed by a free community meal @ Woolwich Community Centre SE18	10.30 am - 2 pm		S/U	Free
Monday, 8th	Life Skills Centre – Literacy, numeracy and budgeting. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2 pm		S/U	Free
Monday, 8th	Gateway Club @ Eltham Park Methodist Church, Westmount Road, Eltham, London, SE9 1XX		7 pm – 9 pm	S/U	£3
Tuesday, 9th	Life Skills Centre – Personal Hygiene. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Tuesday, 9th	Coffee morning, bingo & Games Day @ Riverwood Project, Woolwich Common Enterprise Centre, SE18 4HX	10.30 am – 12 pm		S/U	£1
Tuesday, 9th	Bowling at Lewisham Lanes. Contact Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245		6pm – 8pm	S/U	£5 per game
Wednesday, 10th	Life Skills Centre - Housekeeping. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Wednesday, 10th	Dramatic voices @ The Tramshed Woolwich SE18	10.30 am - 13.00 pm		S/U	Free

Date	Activity	Day	Evening	SU /Carer	Cost
Wednesday, 10th	Dramatic Voices Performance of Snow White @ The Tramshed Woolwich SE18	12:00pm – 13:00pm		S/U	Tickets £4
Wednesday, 10th	Shape up Together @ Woolwich Community Centre SE18 Contact Nick to book your space. fp1@greenwichmencap.org.uk	1 pm – 3 pm		S/U and Carers	Free
Thursday, 11th	Christmas Market at Riverwood	10:30 am – 2.00 pm		S/U and Carers	Free
Friday, 12th	Life Skills Centre – Cooking. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Friday, 12th	Reflexology @ Riverwood Project, Woolwich Common Enterprise Centre, SE18 4HX Book your space with Jo – Joanne.blade@greenwichmencap.org.uk / 02083052245	10 am – 3.30 pm		S/U and Carers	£10/hour
Friday, 12th	Dance followed by a free community meal @ Woolwich Community Centre SE18	10.30 am -2 pm		S/U	Free
Monday, 15th	Life Skills Centre – Literacy, numeracy and budgeting. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2 pm		S/U	Free
Monday, 15th	Gateway Club @ Eltham Park Methodist Church, Westmount Road, Eltham, London, SE9 1XX		7 pm – 9 pm	S/U	£3
Tuesday, 16th	Life Skills Centre – Personal Hygiene. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free
Tuesday, 16th	Coffee morning, bingo & Games Day @ Riverwood Project, Woolwich Common Enterprise Centre, SE18 4HX	10.30 am – 12 pm		S/U	£1
Wednesday, 17th	Life Skills Centre - Housekeeping. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am – 2.30 pm		S/U	Free

Date	Activity	Day	Evening	SU /Carer	Cost
Wednesday, 17th	Dramatic voices @ The Tramshed Woolwich SE18	10.30 am - 12.30 pm		S/U	Free
Wednesday, 17th	Shape up Together @ Woolwich Community Centre SE18	1 pm - 3 pm		S/U and Carers	Free
Thursday, 18th	Buzz Bingo @Bexleyheath - Please get in touch with Nick for more details: fp1@greenwichmencap.org.uk /02083052245		6 pm - 9 pm	S/U	Contact Richard
Friday, 19th	Life Skills Centre - Cooking. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am - 2.30 pm		S/U	Free
Friday, 19th	Dance followed by a free community meal @ Woolwich Community Centre SE18	10.30 am - 2 pm		S/U	Free
Monday, 22nd	Life Skills Centre - Budgeting. Contact Jo to book your space. Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245	9.00 am - 2 pm		S/U	Free
Monday, 22nd	Meal Out - Toby Carvery DA6 8EQ Joanne.blade@greenwichmencap.org.uk / Jo - 02083052245		6 pm - 8 pm	S/U	Free
Tuesday, 23rd	Coffee morning, bingo & Games Day @ Riverwood Project, Woolwich Common Enterprise Centre, SE18 4HX	10.30 am - 12 pm		S/U	£1



Greenwich Mencap
**Christmas
Market**

Join us at Riverwood for our annual Christmas market and get into the festive mood!



Thursday 11th of December, 10:30am - 2:00pm

Riverwood, Unit 7 Woolwich Common Enterprise
Centre, Peace Street, Woolwich, SE18 4HX



Our Christmas Market at
Riverwood will be on
Thursday 11th of
December, starting
10:30am through til 2pm



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Congratulations and Farewells

Congratulations to Marie on the birth of her little girl! From all of us at Greenwich Mencap we wish you happiness and the best of fortune.

We are saying goodbye to Simon Price Parry. Simon has been attending Riverwood for over 20 years, but due to personal circumstances, has moved into supported living and a new service provision. All of us at Greenwich Mencap wish him the best luck and happiness.

Thank You

Greenwich Mencap would like to thank everyone who has kindly supported us by donating funds, products and volunteering their time. We are very grateful. Our services, events and renovations could not be made possible without you.



Become a Volunteer with us

Volunteer with us and help people with a learning disability to live the lives they want to lead.

Without volunteers, we would not be able to deliver the range of services and level of personal care and support that we do. Become a Greenwich Mencap volunteer and your help to change peoples' lives will change yours to.

Get in touch

If you're interested in volunteering some of your time for an amazing, worthy cause that has a direct impact on the lives of people near you, call us on the number below between 10am and 4pm, Monday to Friday. Alternatively, email us or send us a message and we'll get back to you soon!

020 8305 2245

Or email info@greenwichmencap.org.uk

Current Volunteer Vacancies

TRUSTEES WANTED

Have you got a few hours a month to help?

We are seeking volunteer trustees to bring expertise and skills to a valued local charity that supports adults and children with learning disabilities and/or autism.

Currently, we are looking for professional individuals with robust knowledge and skills in some areas:

HR, Governance, General Business/Commercial, and fundraising experience to join our Board.

To find out more about what we do, go to greenwichmencap.org.uk if you would like to be part of this wonderful charity contact our chair: anthonypearlgood@gmail.com



The Equality Register



Unit 7, Woolwich Common Enterprise Centre, Peace Street, Woolwich SE18 4HX
www.greenwichmencap.org.uk Reg Charity 802103. Company Ltd by Guarantee 2408836