

Greenwich Mencap - November Newsletter

Keeping you updated with the November Newsletter






407151




1881
FIRE ALARM


Westfield
M&S FOOD





In this newsletter:

- **A Message from Our CEO, Terri**
- **What's new**
- **What's On**
- **Greg Warner**
- **Mavis Reynolds**
- **New volunteers**
- **75th Anniversary**
- **Before Greenlights**
- **Greenlight Halloween Events**
- **Christmas Market**
- **London Marathon**

A Message from Our CEO, Terri

Autumn is Here, and There's Plenty to Look Forward To! 🍂

As we wave goodbye to the sunshine and those lovely long summer evenings, it's time to dig out our cosy jumpers, embrace the darker nights and enjoy everything this new season has to offer.

And while the days may be getting shorter, there's certainly no shortage of exciting things happening here!

We've got a very special anniversary to celebrate, exciting developments to share, and plenty to look forward to in the coming months.

Celebrating 75 Wonderful Years! 🎉

This year marks a very special milestone for us: **our 75th anniversary!**

That's 75 years of friendship, support, standing up for people's rights, and, most importantly, making sure the people we support feel recognised, respected, and valued.

For our members, this anniversary means so much more than simply reaching a milestone. It's a celebration of belonging, being heard, and knowing they matter.

Over the past 75 years, the world has changed enormously, but our belief that everyone deserves to be treated fairly, with dignity and respect, has never wavered.

We have continued to champion equal rights, challenge inequality, and speak up for a society where people with learning disabilities and neurodivergent people have the same opportunities, choices and freedoms as everyone else.

And while we're incredibly proud of our history, we know our work is far from finished. Barriers remain to break down, attitudes to challenge, and voices that deserve to be heard.

That's why our 75th anniversary isn't just about looking back. It's about celebrating how far we've come and reminding ourselves why we must keep going.

In **November**, we'll celebrate with the people at the heart of everything we do: our members, their families, and carers. It's a wonderful opportunity to come together, share memories, enjoy ourselves, and celebrate the community we've built.

Because 75 years deserves more than one celebration, we're also planning a special dinner dance in February or March next year, bringing together our trustees, carers, funders, and commissioners to recognise the people and partnerships that have helped us along the way.

After all, you don't turn 75 every day, and we intend to make the most of it!

Looking Ahead with Hope and Excitement 🌟

Behind the scenes, we've been busy planning for the future, and I'm delighted to share that we've now submitted all our funding bids to the **Royal Borough of Greenwich (RBG)**.

We'll hear the outcome in December, so fingers, toes and everything else are firmly crossed!

We hope to secure the funding needed to continue delivering our much-loved activities, alongside our advice and guidance service, which provides valuable support to individuals and families.

These services are central to what we do. They bring people together, create opportunities, build confidence and help ensure that our members and their families have somewhere to turn when they need support.

We're incredibly proud of what we've achieved, and we want to ensure these opportunities remain available to the people who rely on them.

Before The Greenlight: Small Beginnings, Big Ambitions 💚

We're also delighted to share that **Before The Greenlight**, our new children's service, has officially launched!

Thanks to the Freemasons' wonderful generosity, who have funded the service for one day a week for three years, we've turned an idea into reality and begun supporting children and their families.

That three-year commitment gives us a fantastic foundation to build on, and we're incredibly grateful to the Freemasons for believing in what we're trying to achieve.

But we're not stopping there!

For the first time, we've had the opportunity to bid for funding from the **Royal Borough of Greenwich** to expand Before The Greenlight even further.

If successful, this additional funding would let us run the service a second day each week, recruit two staff members, **and reach up to 150 families**.

That's potentially 150 families who could benefit from additional support, advice and guidance.

We're keeping everything crossed for December, when we'll hear whether our bid has been successful.

In the meantime, we're celebrating how far we've come thanks to the Freemasons' support and looking forward to what we might achieve next.

One day a week is just the beginning. Imagine what we could do with two!

Here's to the Season Ahead! 🍁

As we settle into autumn, I want to say a heartfelt thank you to everyone in our community.

Whether you're a member, family member, carer, volunteer, trustee, staff member, funder, or supporter, you all help make our organisation what it is today.

Seventy-five years is quite an achievement, and we have so much to be proud of. But what excites me most isn't just how far we've come. It's what we can still achieve together.

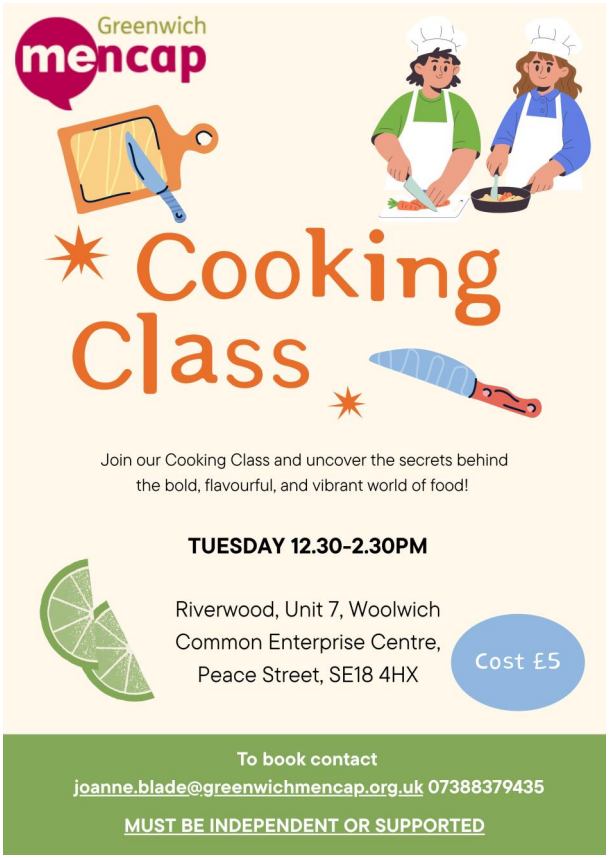
Our commitment remains as strong as ever: to listen, support, challenge inequality, and keep working towards a society where everyone is recognised, respected, valued, and treated with fairness and dignity.

As the evenings draw in and we swap sunshine for scarves, here's to exciting celebrations, familiar faces, new opportunities, and plenty of reasons to smile.

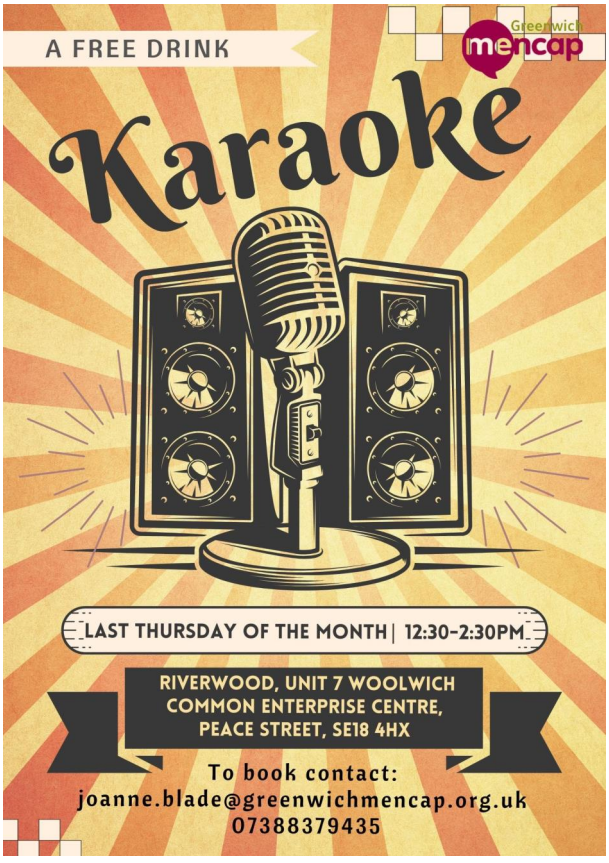
Let's make this autumn one to remember!

What's new

Summary about what's new.




Greenwich Mencap
Carers Coffee Mornings
A welcoming space for parents, carers and family members of people with learning disabilities in Greenwich
Coffee
Chat
Support
Community
Join us for:
Friendly conversation and peer support
Helpful information and shared experiences
Guest speakers and useful advice
Tea, coffee and connection
At The Riverwood Project
Woolwich Common Enterprise Centre
SE18 4HX
First Monday
of each month
10am - 12 noon
All welcome
To find out more or register your interest, please contact:
Jo at
Joanne.blade@greenwichmencap.org.uk


A FREE DRINK
Greenwich
mencap
Karaoke
LAST THURSDAY OF THE MONTH | 12:30-2:30PM
RIVERWOOD, UNIT 7 WOOLWICH
COMMON ENTERPRISE CENTRE,
PEACE STREET, SE18 4HX
To book contact:
joanne.blade@greenwichmencap.org.uk
07388379435

Greenwich mencap

You're Invited!

MONTHLY DISCO

MUSIC • DANCING • FUN FOR EVERYONE

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

RESIDENT DJ
DANNY STUDD

SNACK BAR
Snack bar soft drinks, sweets & snacks

LAST THURSDAY OF EVERY MONTH

6.00PM - 8.00PM

£2 ENTRY

TO BOOK CALL NICK: 07867331914

Greenwich mencap

WALK TALK COFFEE



Tuesdays
9.30am-11.30am
£2 session fee

Additional money needed for purchasing coffee

To book, contact Jo:
joanne.blade@greenwichmencap.org.uk or
07388379435

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



Must be independent or supported


Greenwich
mencap
CRAFT
SESSION
BRACLET MAKING, SALT DOUGH ORNAMENTS,
CARD MAKING AND MORE
EVERY MONDAY STARTING 13TH APRIL,
9:30-11:30
RIVERWOOD PROJECT
UNIT 7 WOOLWICH COMMON
ENTERPRISE CENTRE, PEACE STREET
SE18 4HX
COST:
£5 PER SESSION
CONTACT JO FOR BOOKING
JOANNE.BLADE@GREENWICHMENCAP.ORG.UK
07388379435


Greenwich
mencap
are starting up a
LEGO
ACTIVITY
Mondays
9.30am - 11.30am
£3
Riverwood Project
Woolwich Common
Enterprise Centre
Woolwich
SE18 4HX
All donations welcome


Greenwich mencap
Supporting people with learning disabilities
Free Coffee & Connect Morning
The last Thursday of the month, 10:30am to 12 noon
For Greenwich Mencap service users
Chair exercises with Jo
The Riverwood Project, Unit 7, Woolwich Common Enterprise Centre, Peace Street, Woolwich SE18 4HX
Contact Joanne: joanne.blade@greenwichmencap.org.uk, 07388379435
Funded by Greenwich Mencap


Coffee Morning
Coffee Morning, Bingo & Karaoke
BINGO
Enjoy a relaxed morning with a cup of coffee, a chat and a few games of bingo. Come along, have fun and spend some time with others.
Every Tuesday 10am-12pm
£1 per person for entire session
Greenwich mencap

Greenwich mencap

Coffee Morning





Coffee Morning, Bingo & Karaoke

Enjoy a relaxed morning with a cup of coffee, a chat and a few games of bingo. Come along, have fun and spend some time with others.

Every Tuesday 10am–12pm

£1 per person for entire session

Riverwood Project Woolwich common enterprise centre peace street SE18 4HX

Greenwich mencap

SHAPE UP TOGETHER

EVERYONE IS WELCOME

MOVE LEARN TOGETHER

GET ACTIVE

Strength
Balance
Coordination
Confidence

NUTRITIONAL TALK

This activity also provides nutritional talks and tips to assist healthy eating.

CHAIR YOGA

Flexability
Movement
Relaxation
Overall wellbeing

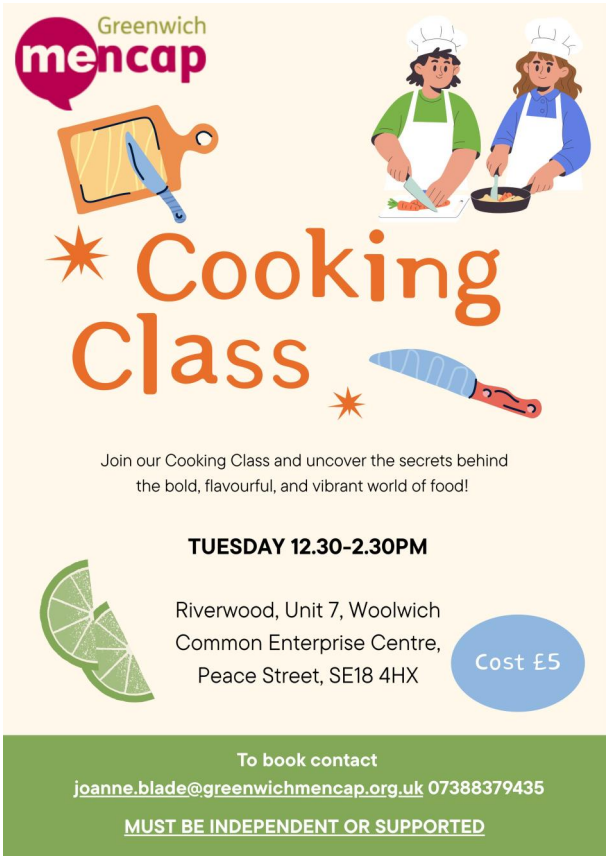
EVERY WEDNESDAY

1PM-3PM

WOOLWICH COMMON COMMUNITY CENTRE 17 LESLIE SMITH SQUARE SE18 4DW



Cooking Class!



Cooking Class!

We're excited to introduce our new Cooking Class at Greenwich Mencap! Service users can enjoy learning new recipes, developing their cooking skills and making delicious food together in a fun friendly environment.

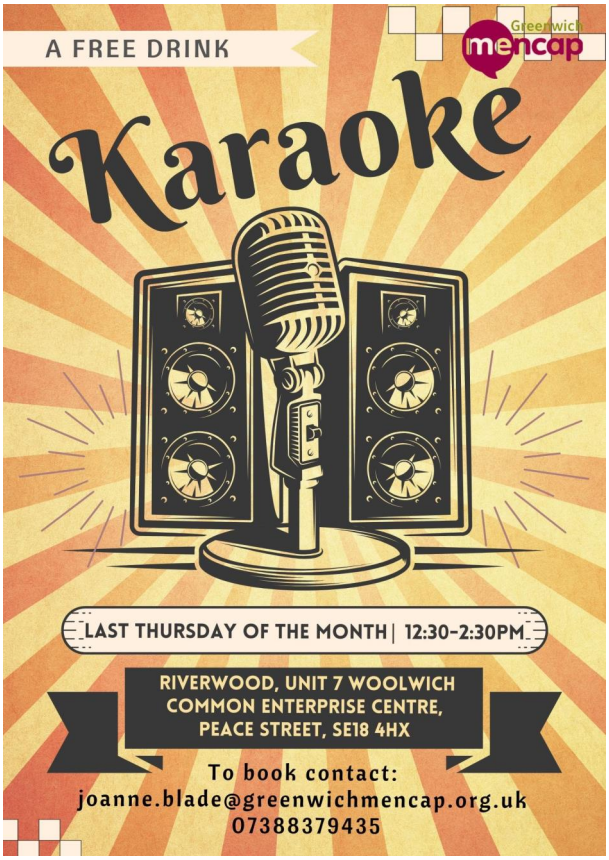
Carers Coffee Morning



Carers Coffee Morning

Our Coffee Morning provides a welcoming space for service users to catch up, enjoy a cup of tea or coffee and have a chat. It's a chance to socialise, get to know others and enjoy some relaxed time together. The activity offers a comfortable environment where everyone can enjoy a drink, share conversations and connect with others in the community.

Karaoke



Karaoke

Our new Karaoke activity is all about music, singing and having fun together! Service users will be able to sing along to their favourite songs, discover new music and share their music taste to others. Whether it's a well-known karaoke classic or a more modern hit, karaoke is the best way to get outside your comfort zone and be in the moment. It helps build confidence in a supportive environment.

The activity also provides an opportunity to socialise with others in the community. This allows service users to have a laugh and enjoy the moment, no singing experience is needed!

Monthly Disco



Monthly Disco

Our monthly disco is a fun lively social activity where service users can enjoy music, dancing and spending time with each other. With DJ Danny Studd providing the music, there is always something for everyone to enjoy. From favourite classics to popular hits. This disco has a welcoming and inclusive environment where everyone can express themselves through music and movement. This is a great activity that builds confidence and pushes you outside your comfort zone.

It also provides a opportunity to build friendships and improve social skills within the Greenwich Mencap community. Whether you'd prefer dancing, singing along to the music or just simply soaking up the atmosphere, the monthly disco gives that opportunity to have fun and make memories that last. Activities like this can help with independence and let everyone feel included and valued.

Walk, Talk & Coffee



Walk, Talk & Coffee

This new activity encourages gentle exercise with a chance to socialise, enjoy a chat and a hot drink. Everyone can enjoy a walk at their own pace. It gives a chance for people to get some fresh air and take a break from the usual routine. Why this activity is a great addition for Greenwich Mencap is it helps people stay active while spending time with others in a welcoming environment. It builds confidence and in a sociable setting. Afterwards, everyone can get the chance to enjoy a cup of coffee and have a chance to catch-up with one another.

It's a great way to support everyone's well-being, build friendships, make memories and enjoy the positive benefits of being outdoors.

Craft Making



Craft Making!

This new activity combines creativity with the chance to learn new skills and enjoy creating things by hand. It gives everyone a chance to express themselves though arts and crafts. People can explore new materials, try out new and exciting ideas and create their own unique pieces of art at their own pace. After everyone has created their art, they can take it home with them. This encourages everyone to develop their skills such as, concentration, coordination and confidence in the pieces they make.

It's also a lovely way to spend time doing something different, enjoyable and to discover new talents and take pride in what they create.

Lego Activity



Lego Activity!

LEGO is a fun creative activity where everyone can use their imagination to build, design and create with Lego bricks. They are able to get the chance to use their imagination and explore all the creative opportunities at their own pace. The activity encourages problem-solving, concentration and fine motor skills while giving participants the chance to express their creativity and take pride in what they make. Whether building independently or working together, Lego is all about enjoying the process, trying new ideas and discovering what can be created one brick at a time!

Coffee & Connect



Coffee & Connect

A relaxed monthly get-together where people can enjoy a cuppa, catch up with familiar faces and share a friendly chat in a comfortable setting. Its a lovely opportunity to take a break,

share conversations and enjoy some company. This session takes place on the last Thursday of every month.

Coffee Morning, Bingo & Karaoke



Coffee Morning, Bingo & Karaoke

A fun friendly weekly activity combining a relaxed coffee morning with games of bingo and karaoke. It's a chance to enjoy refreshments, have a chat and get involved in some music and entertainment in a welcoming environment. Sessions take place every Tuesday at £1 per person.

What's On



Cinema Club



Cinema Club

Our cinema club gives everyone the opportunity to enjoy immersive and magical nature of films in a relaxed environment. Watching films together gives a shared experience where everyone can enjoy different stories, characters and genres, from comedians and adventure to much-loved classics. Cinema club offers something for everyone to enjoy.

This activity gives a chance to unwind and spend quality time with each other. Watching a variety of different films can spark imagination and introduce new ideas. Whether it's laughing at a funny scene or on the edge of your seat building tension, it gives everyone a chance to engage in new stories.

Dramatic voices



Dramatic Voices

A weekly drama group for adults with learning disabilities, learning differences, ASD and a passion for theatre. Greenwich Mencap in partnership with the Greenwich & Lewisham young people's theatre (Tramshed) set up a drama and music group for adults with a learning disability every Wednesday. The activity explores the world of performing arts through acting, singing and creative expression. This gives people a chance to develop their performance skills and discover their talents. These sessions can encourage participants to come out of their shell and become more sociable. Taking part helps build confidence, improve communication skills and encourage creativity in a supportive environment.

Dramatic Voices celebrates individuality and encourages everyone to get involved, develop their abilities and enjoy the world of theatre.

Shape Up Together



Shape Up Together!

Shape up Together is an activity that encourages people to get active, move their bodies and focus on their wellbeing. Sessions offer an opportunity to enjoy exercise, improve fitness and build confidence in a supportive community of people. This activity also includes 20 minutes of discussion around food and nutrition helping everyone to explore heathy eating and balanced diets. We also incorporate chair yoga to help improve flexibility, movement and relaxation. Taking part can help develop strength, balance and coordination while making physical activity an enjoyable part of everyone's routine.

This activity is all about being active, feeling good and working towards personal wellbeing goals at whatever pace suits you best.

Dance Followed By A Free Community Meal



Dance and Free Community Meal!

This activity provides movement, music and a chance to enjoy a meal as a community. The dance session encourages people to stay active and express themselves through movement at their own pace. Dancing helps to improve coordination, balance and confidence around others. After the dance session, everyone is welcome to enjoy a free community meal, making it a lovely opportunity to wind down after dancing.

The activity has benefits of staying active while enjoying a free meal in a inclusive community of people.

Gateway Club



Gateway Club!

This club offers everyone a friendly sociable environment and helps members connect, relax, and take part in group events. It offers a welcoming space to meet new people and get outside their comfort zone at their own pace. This club strives to encourage independence, social interaction and helping members to enjoy connecting with others. Everyone that joins is made to feel welcomed and included in every group activity and feeling part of the Greenwich Mencap community.

Our New Booking System



Our New Online Booking System

Greenwich Mencap has introduced a new online booking system using Bookwhen, making it easier to book places for our activities and events.

Where can I find it?

Visit the Greenwich Mencap website, and go to **activities and events.** Here, you will instantly be greeted by the new Bookwhen system where you can browse our activities, view dates, times, locations and prices, and book your place online.

How do I book an activity?

1. Choose an activity- Browse the available activities and find the one you would like to attend.
2. Select your booking- Click on the relevant activity and click add to basket.
3. Enter your details- Fill in the booking form with your name, email address and any other requested information.
4. Confirm your booking- Follow the instructions to complete your booking. If there is a charge, follow the payment instructions provided.

Our new booking system helps make booking activities simpler and more convenient, allowing you to arrange your place online.

Greg Warner - My Mencap History



Timothy Warner was born 22/6/1963 with Down's Syndrome, an event which would shape the rest of the lives of both me and my wife, Rosemary. Shortly after Tim's birth, Rosemary was approached by Wendy R, whose daughter Catherine, born three months earlier, also had Down's Syndrome (then widely known as "mongols")

Wendy told us, probably in May '64, that the Woolwich & Greenwich Society for Mentally Handicapped Children had set up a nursery group for such children up in Eltham. Our house-hunting plans changed immediately to focus on the borough of Woolwich and we joined the Society. In June '64, we found a house in Chancelot Road, Abbey Wood, got to Draft Contracts in three weeks, but then had to wait for Completion until 30/11. As we had keys, we were able to do bits and bobs, such as measuring-up, before moving in on 4/12. However, I recall that when coming to the house, I also delivered stocks of Society Christmas cards from the Organiser in Eltham to a Christmas card depot-holder in our road who did not have a car.

I stood for the Committee at the AGM in January '65 and was accepted. Before long, I was nominated as the Society's Nominee Member, (the one representative member who belonged to the National Society for Mentally Handicapped Children) and who also, with the

Regional Member, attended Regional Council meetings. I cannot now remember how long I served on the Regional Council but in 1977, I was appointed as one of its two representatives to the National Council for a three year term. In 1978, I was elected as Chair of the Greenwich Society and served for two years before standing down from the Greenwich and Regional Committees In 1980.

In 1978, I was elected as Chair of the Greenwich Society and served for two years before standing down from the Greenwich and Regional Committees In 1980.

Back in Greenwich, apart from the usual round of monthly Committee and members' meetings, fundraising activities loomed large, and none more so than the sale of the above-mentioned Christmas cards, and later, Christmas gifts. By running sub-depots, usually numbering in the middle teens, the Society was able to always be in the top five Societies in the country, and on two occasions, was the No. 1, with retail sales topping £30,000 in a season (September to December). I was the Christmas Card Organiser for two periods, entailing receiving and collating Depot-holders' orders, then going to the London Webb Ivory depot in Walworth (usually in my lunch-hour from County Hall/Southwark where I was working) to pick up the goods, and then, after work, bringing them home, followed by re-sorting into Depot deliveries, and the overall checking of paperwork.

From 1980 to 1990, I represented the Society on the local Community Health Council (CHC), and the latter on the Darenth Park Voluntary Consortium, which had been set up to try to improve the plans of the Area Health Authority for closing Darenth Park Hospital (by 1988). The hospital had been the first (in the 1850s) purpose-built Sub-Normality Hospital in the country, as a refuge "from the wicked world outside". It held 2,000 people with a mental handicap and other disabilities, of whom 200 were designated as Greenwich patients. The Greenwich Area Health Authority's original plan was to enlarge the Memorial Hospital on Shooters Hill to take all 200, but this idea was ultimately dropped in favour of various smaller units in the Greenwich community, of which the largest was four units, (each for eight people) in Arnold House on Shooters Hill Road. Even before it opened, it was recognised to be over-large. Their Life expectancy had been charted, but proved to be very inaccurate as life outside the hospital proved to be a great improvement!

In 2014, I was elected to the Chair.

In 1984, following the unexpected resignation of the Society's Treasurer, the Chair, Fanny MacRobert, asked me to complete the accounts prior to audit, as I had gained some experience of accounting through the Christmas cards sales. Having done this, I was appointed as the new Treasurer and received three ledgers - Receipts, Payments and the

third which had strange items, such as Depreciation! Armed with the benefit of a two-day course on Accounting, I spend the next 12 years as the Treasurer! From those three ledgers, I moved by degrees on to a fully computerised accounting package, but the reality was that I was a book-keeper rather than a Treasurer. I stood down from that role in 1996, but remained on the Board until 1999 by which time I was very ready for a break. (My full-time paid work with the ILEA had come to an end in March 1990),

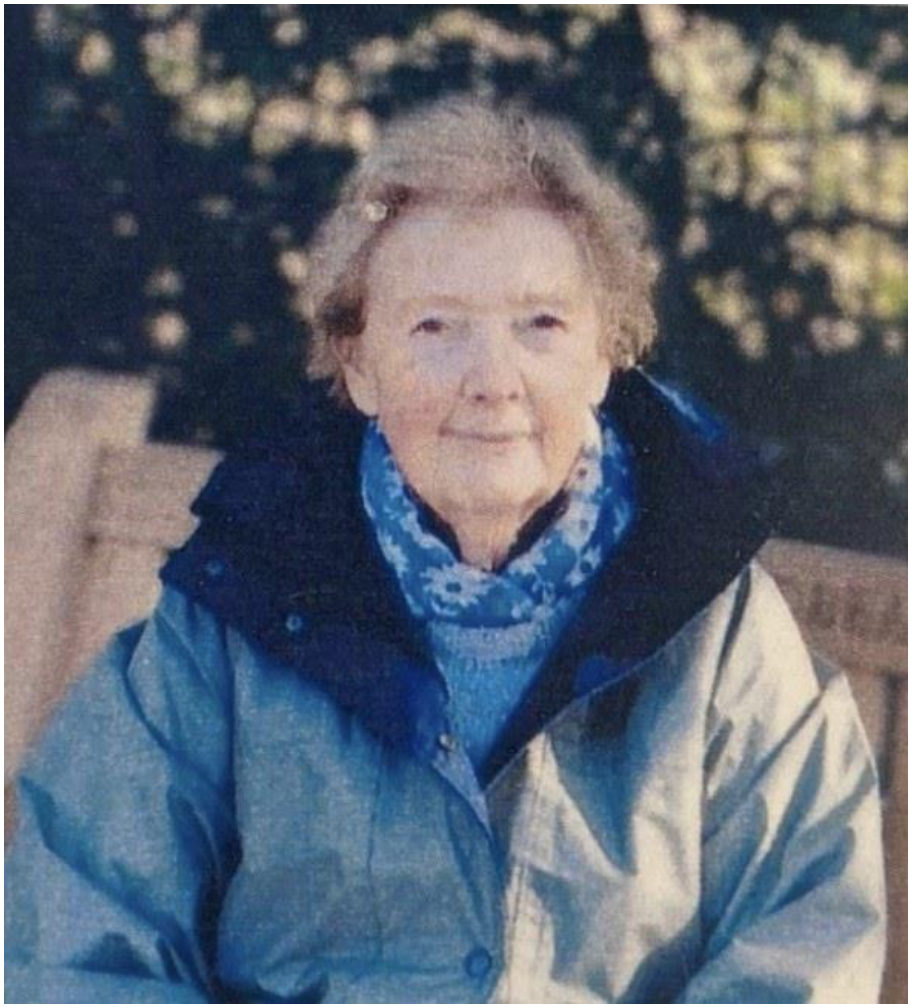
In 2005, one of the the Society's newsletters contained a plea for someone to assist the Riverwood Project (Greenwich Mencap's contribution to the Millennium) with its financial records. I held my hand up, and the following year, re-joined the Board to represent Riverwood. In 2014, I was elected to the Chair.

In 2016, in the run-up to my 80th birthday, I had decided that the time had come to stand down from the Chair and the Board with effect from the AGM in December. (What I couldn't mention then was that I had been awarded a British Empire Medal in the 2017 New Year's Honours List for my contribution to Learning Disability in Greenwich over 50 years. The Citation also included 20 years of volunteering for the Crossness Engines Trust in Bexley and next month, I will have completed 30 years there.) To my great surprise at the AGM, my Board colleagues announced my appointment as Voluntary Life President, an honour for which I was, and am, extremely proud. In that capacity, I now attend Board meetings but have no vote. I am also proud to have been part of the significant advances to the cause of Learning Disability. My warmest thanks are due to Rosemary and my family on both sides whose help and support has been unending and without which, I could not have done what I have.

Greg Warner, BEM

October 2026

Mavis ReynoldsKing



MAVIS REYNOLDS (later KING)

Mavis, who died in March 2026, during her 94th year, was first a Volunteer with the Nursery Group set up in the early sixties by the Greenwich & Woolwich Society for Mentally Handicapped Children. This was held in the Baptist Church in Westmount Road, Eltham and, for those who did not live within walking distance, the Society also provided transport to bring them in from around the borough.

At that time, there were few facilities for such children who were deemed to be ineducable and, when they became of school age, would be legally excluded from formal education. The Society's Committee was also aware that the parents of mentally handicapped children of school age had little support beyond their families. With this in mind, the then Secretary, Neville Thompson, asked Mavis if she would be interested in becoming our first Welfare Visitor and was appointed as such, although the role was at first unpaid. Borough funding was only secured later.

This led her to set up the Greenwich Toy Library, where parents could come to borrow toys for their children.

The children attending the Nursery flourished but one problem observed was that their poor fine motor skills for instance, often made switches on toys difficult to manage. Mavis found an answer through an Instructor working in the Adult Education Institute in Woolwich, and between them, they devised and made a square switch unit which would operate wherever it was pressed.

Mavis, when she had time, would also support parents of adult people with a mental handicap, but her main focus was children. This led her to set up the Greenwich Toy Library, where parents could come to borrow toys for their children. This was another breakthrough and was well received.

After some full-time service with the Toy Library, she left Greenwich to move nearer to her grown-up daughter in Wiltshire. Here again, she was soon engaged in setting up local facilities, including a Youth Club, around her village and its surrounding area. Her pioneering work was recognised by the award of an MBE.

The Vale of Oxney, in Kent, where she had grown up, was always close to her heart, and after her second, and beloved husband, Ken King, had died, she returned to that area to live the rest of her life.

Greg & Rosemary Warner

15/6/26

Meet Our Volunteers



Kellen Bennet

Meet Kellen Bennet! Kellen has joined us as a volunteer, helping out with out new Cooking Class and Cinema club activities. Alongside supporting these sessions, Kellen has also become a board member, taking on an additional role within the organisation.



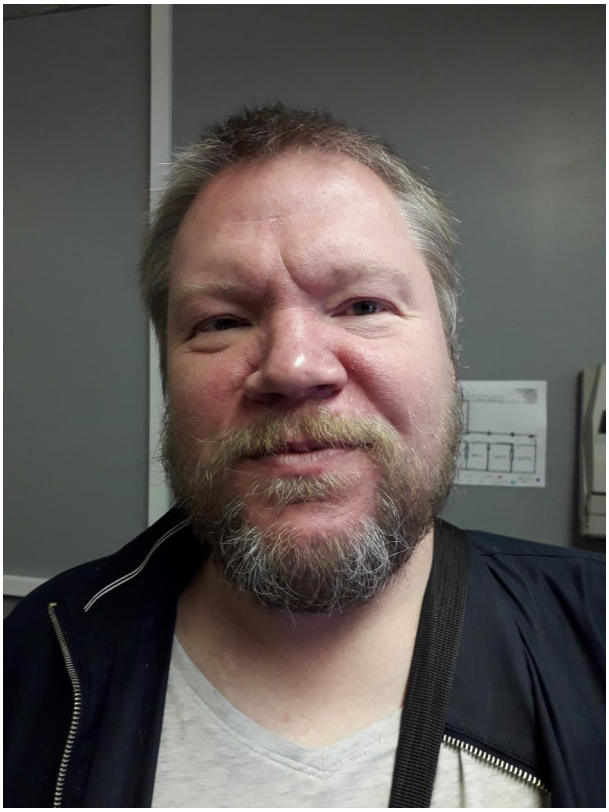
DJ Danny Studd

Meet our new DJ Danny Studd! We're excited to introduce Danny Studd as the new DJ for Greenwich Mencap's monthly disco. Danny will be brining music, keeping the dance floor going and creating a lively atmosphere.



Eloise Chappell

Eloise is one of the valued volunteers at Greenwich Mencap, helping to support out activities and the people we work with. Our volunteers are an important role in making Greenwich Mencap a friendly, inclusive and welcoming place for people with learning disabilities. Eloise helps out with making teas and coffees, keeping everything tidy and having a friendly chat with everyone. Her time and kindness help make our activities a welcoming place for everyone to enjoy!



John Anson

John is one of our cherished volunteers at Greenwich Mencap, helping to support our activities and service users. Our volunteers make a vital contribution to create a welcoming and inclusive environment, where everyone feels safe and can enjoy themselves. John works alongside Richard to help support service users. His time and dedication make a real difference, helping everything run smoothly and making Greenwich Mencap a welcoming place for everyone.



Paul Bullen

Paul is a much-valued member of our volunteer team at Greenwich Mencap, always going above and beyond to support his peers, staff and fellow volunteers. There seems to be nothing Paul can't turn his hand to! From cleaning vehicles and carrying out small repairs to keeping our workshops clean and tidy, managing stock and much more, Paul plays a vital role in keeping everything running smoothly behind the scenes. His hard work, practical skills and willingness to help make a real difference every day. We're incredibly grateful for the time, effort and dedication Paul gives to Greenwich Mencap.

Before Greenlights



Exciting News! Before the Greenlight – Referrals Open Next Month! 🌟

We're excited to introduce **Before the Greenlight**, our new early support service for families with children aged 0-5!

Our service offers **tailored pre-diagnosis support, practical advice on managing challenging behaviours, and guidance around sensory needs, sleep, feeding and early communication.** Families can also access parent workshops, peer support sessions and help navigating other services.

Whether you're noticing early developmental differences or struggling with everyday challenges, we're here to help. **No diagnosis is needed!**

We welcome referrals from parents, carers and professionals.

📧 **Email:** gl4@greenwichmencap.org.uk

📞 **Call:** 07496 854754

Days Out

Day Out at Brighton






FISH'N'CHIPS
EST 1974






407151

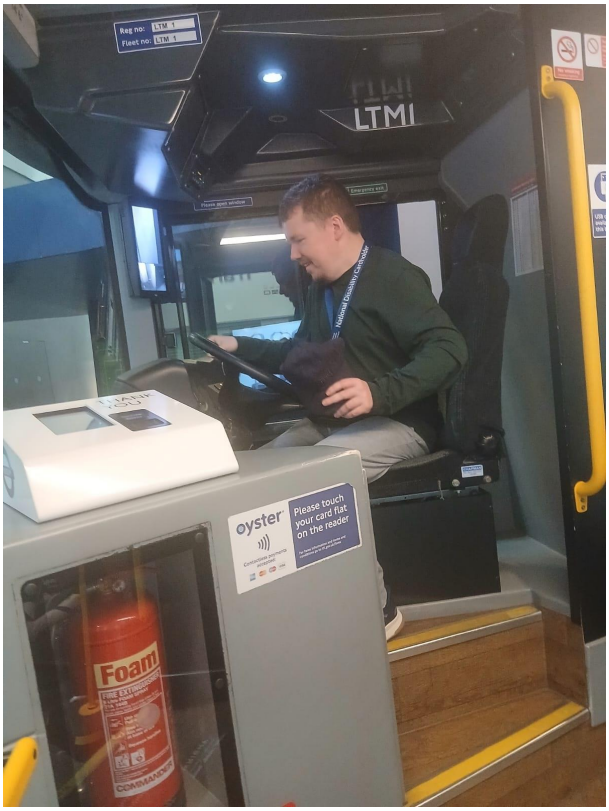


Day Out at London




23
RCL


23



Day Out at Westfield Shopping Centre





Day Out at Sherad Centre





Greenlights Halloween Events



This is a SEND-friendly event featuring games, crafts, a costume parade and light refreshments. Please see the attached flyer for more details.



Siblings Halloween Mask & Treat Making session, which is specifically for siblings of children with SEND. This is a chance for the sibling to enjoy some time just for themselves, socialise, connect with others and have fun! Please see the attached flyer for more details.

Halloween Disco



Our Halloween disco took place on the 29th of October, with an evening full of spooky fun, costumes, treats and dancing! Everyone had the chance to show off their Halloween outfits in the best costume contest, while the tuck shop offered drinks and snacks to enjoy throughout the evening. It was wonderful to see everyone getting into the Halloween spirit.

A big thank you to everyone who came along and helped make the evening special. We loved seeing everyone come together, share smiles and create some lovely Halloween memories.

Upcoming Events

Christmas Market



Christmas Market 2026!

Greenwich Mencap's Christmas Market will bring a range of seasonal stalls, offering gifts and festive treats.

It's a chance to browse the stalls, enjoy the Christmas atmosphere and find out more about the activities and support Greenwich Mencap provides in the local community.

See the flyer for more information including the date and location.

London Marathon



London Marathon 2027!

Nick and Sam will be taking on the incredible challenge of running the London Marathon in 2027 to support and raise money for Greenwich Mencap! They'll be raising awareness of our work and supporting people with learning disabilities. Their fundraising will help support Greenwich Mencap's Coffee and Connect programme and trips out! Every donation will help us continue making a difference to the lives of the people we support. If you'd like to contribute, simply scan the QR codes on the flyers to donate and support Nick and Sam on their marathon journey. They'll be taking on the 26.2 mile challenge. We are enormously grateful for their dedication and look forward to following their journey.

Good luck, Nick and Sam!

Donations Options

QR Code - See more information on flyer

Bank Transfer Greenwich Mencap sort code 40-52-40 Account: 00020054

Cheques made payable to Greenwich Mencap