

## ABOUT US

All Community Projects are managed by the Camden Society, a London-wide organisation. We support people with disabilities to improve the quality of their lives in the four key areas of supported living, training, employment and leisure.

To find out more about how the Camden Society can support you, please visit [www.thecamdensociety.co.uk](http://www.thecamdensociety.co.uk)



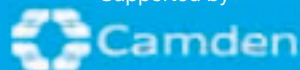
# COMMUNITY PROJECTS

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Tel: 020 7482 6323 ■ Email: [community@thecamdensociety.co.uk](mailto:community@thecamdensociety.co.uk)

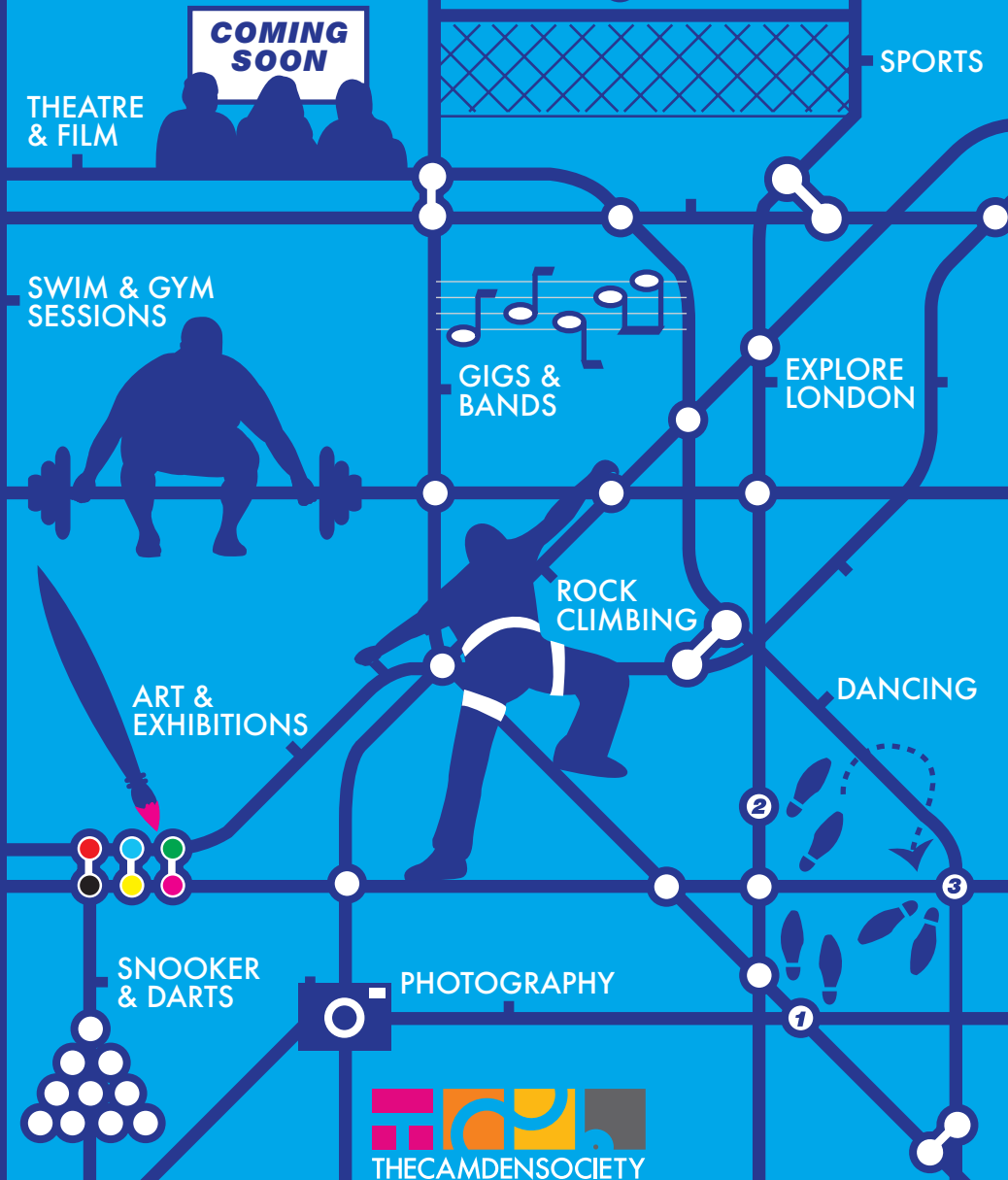


Supported by



# COMMUNITY PROJECTS

SUPPORT TO GET ACTIVE, HAVE FUN AND MEET PEOPLE IN CAMDEN



**Get out and get involved with the Camden Society's Community Projects. You'll get support to make new friends, explore London and learn new skills.**

You can join these projects if you are:

**Over 18 years old + Have a learning disability + Live in Camden**

All our Community Projects offer you the chance to try new activities. With a wide range of clubs and programmes at all times of the week and during the holidays, we're sure to have something to interest you:



**COMMUNITY  
PROJECTS**



### GET ACTIVE

Try water skiing, rock climbing and ice skating. Explore your city and be a tourist in London, flex your muscles in a gym and swim session or exercise the glamorous way and learn all the latest dance moves.

### GET CREATIVE

Boggle your mind with modern art on London gallery trips or join an animation session to make a short film for entry into our Film Festival. Join our Unknown and Little Venice bands to rock your socks off and create a new album or see life through a lens in street photography sessions.

### GET SPORTY

Play to win at table tennis, snooker and darts or watch football in the pub. Join our bowling team and train for Olympic success or visit local leisure centres and try badminton, Tai Chi and yoga.

### GET TALKING

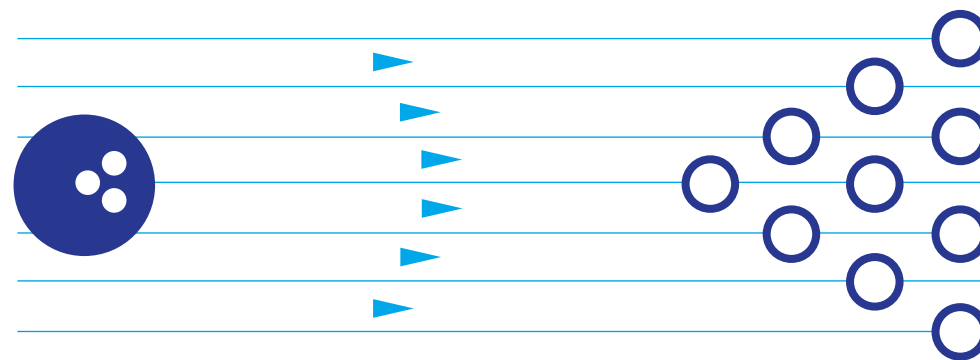
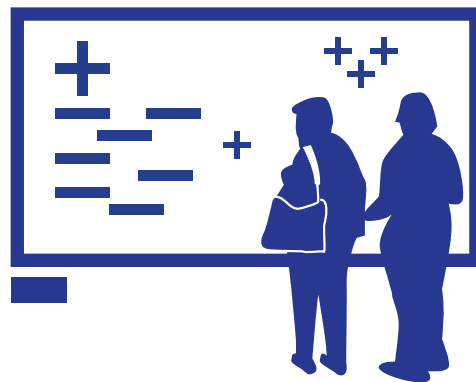
Choose your own leisure programme in a group with new friends. Hang out with our internet surfers and learn about music downloads, DJ-ing and running your own club nights or chat about recipes and try new foods in our healthy eating sessions.

### GET RELAXED

Enjoy being pampered with massage and aromatherapy, chill out with a Zen sensory session or let go of stress on our Hampstead Heath walks. **Whatever you're into, come and get busy at one of our projects. We can sort out transport and travel support if you need it.**

### FIND OUT MORE

To find out more, call us at Community Services on: **020 7482 6323**  
You can also email us at: **community@thecamdensociety.co.uk**  
Please visit our website for details of our current projects:  
**www.thecamdensociety.co.uk**



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