

ABOUT US

Antill Road Centre is 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



ANTILL ROAD CENTRE

109A Antill Road, London E3 5BW
Tel: 020 8983 5883 ■ Email: antill@thecamdensociety.co.uk



Supported by



OPENING TIMES :: MONDAY TO FRIDAY :: 10.00AM TO 4.00PM

DAYTIME ACTIVITIES FOR PEOPLE WITH LEARNING DISABILITIES

ANTILL ROAD CENTRE



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If you need high levels of support for getting around or communicating with others, Antill Road Centre makes it easy to get out and get involved. If you live in Tower Hamlets and are into health, sports, arts and leisure, then this is the project for you.

Whatever you'd like to try, Antill Road Centre will give you all the support you need to make new friends and enjoy interesting days in your neighbourhood. We can include transport to and from your home if you need it.

WHAT CAN ANTILL ROAD CENTRE DO FOR ME?

At Antill Road Centre you will get a daily choice of activities to help you to become more independent, learn new skills, get out into your community, and meet new people. You can develop your own programme to focus on:

SPORTS & HEALTH

Try ice skating, track running, enjoy hydrotherapy in a heated pool or reach for the sky in a trampolining session

ARTS & CULTURE

Express yourself in percussion, music and dance sessions, get inspired by visiting top London galleries or relax and enjoy the latest films at your local cinema

SENSORY

Get pampered in massage and relaxation sessions or be dazzled by the bright lights of Snoezelen

COMMUNITY

Get stuck in a book at your local library, find out about the history of London in a museum, or experience the buzz of local festivals and cultural events



You will get full support from our trained and experienced staff at Antill Road Centre. Your service can be as flexible as you need and you can also use our door to door transport service if you need it.

HOW CAN I FIND OUT MORE?

To get out and get involved, all you need to do is call us on: **020 8983 5883**
You can also email us at: **antill@thecamdensociety.co.uk**



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