



Islington Me Time Programme

January – April 2026



ISLINGTON

Me Time is a Mencap community-led social inclusion and leisure programme. It supports people with a learning disability to meet-up, develop skills, build confidence, and most importantly have fun.

We offer social activities that people have told us they enjoy or would like to do. If you live in Islington and have a learning disability, come and join us and try something new.

<https://www.mencap.org.uk/advice-and-support/education-skills-and-work/me-time>



Booking is essential

If you are interested in joining an activity

Email islingtonmetime@mencap.org.uk

Or phone Johny: **07506 844 649**






New to Me Time?

Before you start coming

We will need to learn more about you





This will help Me Time staff give you the best support



Here is what is currently on offer on a Monday:

| Day and Time | What & Where | | Any Cost? |
|--|--|--|--|
|  Monday 1.00pm – 2.00 | Lunch Club Come and meet friends old and new in the best café in Islington for a lunch date that is open to all. Sizzles Cafe 79 Chapel Market N1 9EX |  | Lunches from £6 |
| Day and Time | What & Where | | Any Cost? |
|  Monday 2.00pm – 6.00 | Cinema Experience Every week we get together and choose a different film to watch and then talk about it afterwards. Vue Cinema – meet in the foyer. Angel Central 21 Parkfield St N1 0PS |  | £11 Bring extra money for snacks. |

Here is what is currently on offer on a Tuesday:

| Day and Time | What & Where | | Any Cost? |
|--|---|--|---|
|  Tuesday 11am - 12 noon | Gym Come and get fit and improve your wellbeing. It's a good way to meet people and work out together. Sobell Centre Tollington Road N7 7NY |  | Better Gym membership card required. Choose: Pay-as-you-go or a monthly membership. |
| Day and Time | What & Where | | Any Cost? |
|  Tuesday 1pm - 3.00 | Pool at Rowans Join us for a morning session of the coolest game in the world Rowans Bowling Alley 10 Stroud Green Road Finsbury Park N4 2DF |  | £5 |

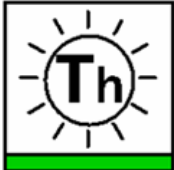

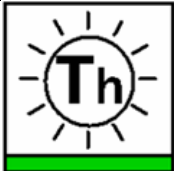

| Day and Time | What & Where | | Any Cost? |
|---|---|--|-----------|
|  Tuesday 3.30pm – 5.30 | <p>Drama Come and join us for this great new session and help us stage a play</p> <p>Daylight Centre 14 - 16 Highbury Grove N5 2EA</p> |  | £Free |
| Day and Time | What & Where | | Any Cost? |
|  Tuesday 1pm – 3.00 | <p>Friends of the Wild Garden A great mix of conservation and wild gardening for all nature lovers in the garden that we are creating on Market Road.</p> <p>Wild Gardening will restart on Tuesday 3rd February</p> <p>Haywards Adventure Playground 15 Market Road London N7 9PL</p> |  | £ Free |

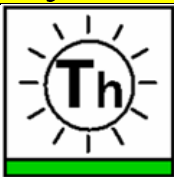

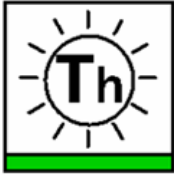

| Day and Time | What & Where | | Any Cost? |
|---|--|---|-----------|
|  Tuesday 3.30pm - 5.30 | <p>Our Radio Orchestra Come and make a beautiful noise with us and compose a sound piece</p> <p>Elfrida 34 Islington Park Street N1 1PX</p> |  | £ Free |

Here is what is on offer on a Wednesday:



| Day and Time | What & Where | | Any Cost? |
|---|--|--|-----------|
|  Wednesday 2pm – 5.00 | Computer Drop-in Meet new friends, watch all your favourite videos, and learn new computer skills. St Luke's Community Centre 90 Central Street EC1V 8AJ |  | £ Free |
| Day and Time | What & Where | | Any Cost? |
|  Wednesday 3.30pm – 5.30 | Cookery Learn to cook your favourite dishes in a safe friendly space Daylight Centre 14 - 16 Highbury Grove N5 2EA |  | £5 |

Here is what is on offer on a Thursday:

| Day and Time | What & Where | Any Cost? |
|--|--|--|
|  <p>Thursday 10.00am – 12 noon</p> | <p>Community Food Growing Join our Volunteers to learn new gardening skills such as growing food from seed and composting. Ideal for new and confident gardeners. The food we grow is shared in local community kitchens in Islington.</p> <p>Octopus Plant Nursery Tufnell Park Road (behind McCall House) N7 0EF</p> |  <p>£ Free</p> |
| Day and Time | What & Where | Any Cost? |
|  <p>Thursday 10.00am – 12 noon</p> | <p>Football Training with Arsenal Join us at the Arsenal Hub for some football training with their community coaches.</p> <p>Arsenal Hub 56 Benwell Road N7 7BY</p> |  <p>£ Free</p> |

| Day and Time | What & Where | | Any Cost? |
|--|--|--|-----------|
|  Thursday 1.30pm – 3.30 | <p>Bowling Choose a ball, take aim and roll. STRIKE! It's that simple, or is it?</p> <p>Rowans Bowling Alley 10 Stroud Green Road Finsbury Park N4 2DF</p> |  | £7 game |
| Day and Time | What & Where | | Any Cost? |
|  Thursday 4.30pm – 6.00 | <p>Social drop-in This is a time to check-in with friends for a good chat. Talk about current affairs or what's happening in the area. Join us for tea & snacks.</p> <p>St Mary's Church - South Crypt Upper Street N1 2TX</p> |  | £ Free |

Here is what is on offer on a Friday:

| Day and Time | What & Where | | Any Cost? |
|--|---|--|-----------|
|  Friday 10.30am – 12.30 | <p>Creative Arts We host a weekly art space for beginners to try art making. We share different art skills (printing, painting, sculpture) at our experimental and friendly session.</p> <p>Cally Clock Tower Centre Clock Tower View Market Estate N7 9HF</p> |  | £6 |
| Day and Time | What and Where | | Any Cost? |
|  Friday 1pm – 6pm | <p>Our Radio Broadcast Join the Our Radio DJs for a session where you will learn to produce and present a radio show enhancing your confidence and communication skills.</p> <p>Daylight Centre 14 - 16 Highbury Grove N5 2EA</p> <p>Our Radio is <i>live</i> every Friday 2.00 - 5.00pm from Our Radio website: www.ourradio.co.uk</p> |  | £ Free |

How to get involved?

Me Time has a range of outdoor and indoor activities in the local community for you to join.

There's information about Mencap Me Time Programme on our Website:

<https://www.mencap.org.uk/advice-and-support/education-skills-and-work/me-time>

For more information

- Email islingtonmetime@mencap.org.uk
- Or phone Johny: **07506 844 649**

About Mencap

We are passionate about changing the UK for everyone with a *learning disability*.

We're here to support people with a learning disability, their families and their carers. We fight for a kinder, fairer and more inclusive society for people with a learning disability to live in.

www.mencap.org.uk

Learning Disability Helpline: 0808 808 1111

