



SPRING TERM PROSPECTUS
JANUARY - MARCH 2020



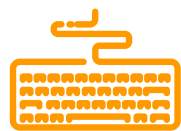
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We've started a blog!
Check us out over at
keen2gosutton.wordpress.com



DIRECTOR'S WELCOME

Happy new year!

I hope you all had a wonderful festive period and are ready to kick the decade off in style with us at Keen2Go - I know we are!

We return with a schedule packed with our ever popular groups and sessions as we look to further grow our programmes around the needs and interests of our members.

We are particularly excited about the development of the Keen Studios creative group building on the success of the Comic Club and our Thursday sports night which has hit the ground running.

Here you can find a snapshot of our regular sessions - Be sure to get in contact for more information and to discuss making Keen2Go your home this term.

2019 was amazing. Together, let's make 2020 even better!



Robbie Keen
Director



WEEKLY SCHEDULE

Sessions will run from 6th January - 3rd April
Excluding the week of 17th February (Half Term)

We will run a bumper holiday schedule over the half
term break with details to follow

Please get in touch for pricing packages or to discuss enrolment

MONDAY



MONDAY CLUB

16:00 - 20:00

THE PHOENIX CENTRE, WALLINGTON

INTRODUCTION

Monday Club provides a wide range of activities and events tailored to the interests of the members. It is based out of the Phoenix Centre in Wallington, but sessions often see the group venture out - maybe bouncing on down to the trampoline park or bowling over to the lanes for a game. Nights in - everyone needs them too - have in the past included movie nights and competitions between staff and members (see the promo video on our website for our last staff vs members showdown).

TUESDAY



SWIMMING SOCIAL

16:00 - 21:00

DROP OFF: WESTCROFT LEISURE CENTRE

PICK UP: SUTTON CIVIC CENTRE / VALLEY
PARK BOWLING

INTRODUCTION

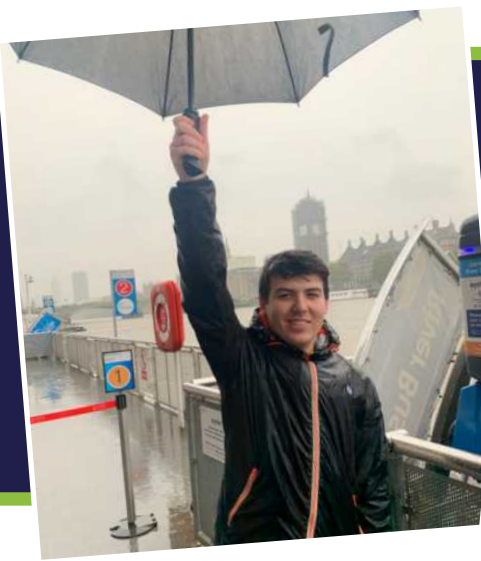
Love swimming? Bowling? A good old boogie?

Three for three? Then boy have we got the session for you. We swim every week to work up our appetite for dinner, before either hitting the lanes for a game of bowling or making our way down to the fortnightly Tuesday Club Disco at the Sutton Civic Centre.

SCHEDULE

SWIMMING, DINNER & DISCO	07/01	21/01	04/02	03/03	17/03	31/03
SWIMMING, DINNER & BOWLING	14 /01	28/01	11/02	25/02	10/03	24/03

WEDNESDAY



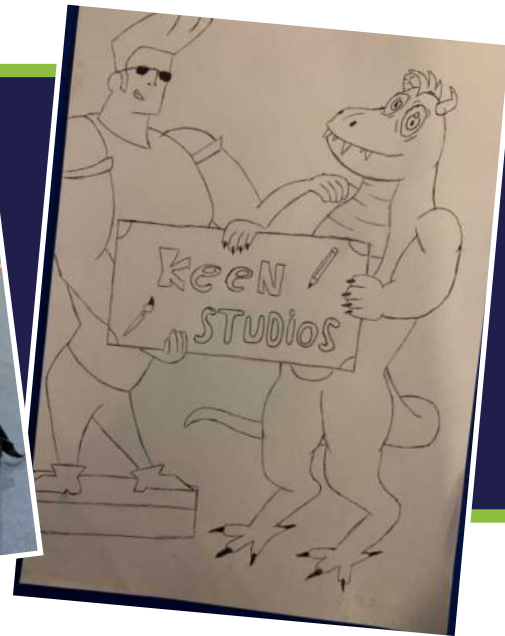
ACHIEVEMENT PROGRAMME

PLEASE GET IN TOUCH FOR MORE
INFORMATION

INTRODUCTION

Our Achievement Programme is designed to help members learn vital skills for daily living and make positive changes that will improve their wellbeing. Programmes are all person-centred and developed with the individual around their personal goals. They may focus on skills involving employability, communication, tackling anxieties or money management, and will always be conducted on a 1:1 or, where appropriate, a small group basis.

WEDNESDAY



KEEN STUDIOS

16:00 - 19:00

THE PHOENIX CENTRE, WALLINGTON

INTRODUCTION

Growing out of the super-popular Comic Club, Keen Studios looks to develop new creative projects for members to get their teeth into. We start the term by producing our very own stop motion film - members will develop story ideas, create characters and design props and scenery before shooting the film and lending their voices to their chosen roles... and ACTION! A multi-talented bunch, we move onto planning and recording a fresh new podcast and then channelling our inner-Brando as we take the stage for a Tony-worthy performance. What next? Why not help us decide?

THURSDAY



KEEN TRIPPERS

09:00 - 16:00
VARIOUS LOCATIONS

INTRODUCTION

The Keen Trippers are a small group that spend their Thursdays jollyng it up both locally and a little further afield. Past trips have included sightseeing in London and catching some rays on the beach in Brighton. Members are encouraged to suggest and help plan trips for the group.

SPORTS NIGHT

17:30 - 20:30
VARIOUS LOCATIONS

INTRODUCTION

And it's live! Our Thursday night sports session is here to get our members out and active. Football. Golf. Trampolining. Let's up those heart rates and up that famous Keen2Go team spirit.

FRIDAY



ENTERPRISE PROGRAMME

PLEASE GET IN TOUCH FOR MORE
INFORMATION

INTRODUCTION

The Keen2Go Enterprise Programme acts as the fifth day of college for members on a four-day week. It focuses on skills currently being learned in the classroom and aims to provide a fun, laidback environment for members to put their learning into practice. Programmes are built around the individual targets of the members and their college curriculums, and will allow individuals the opportunity to partake in small projects and work towards employability goals.

FRIDAY



LADYBIRDS

18:00 - 21:00 (FORTNIGHTLY)
VARIOUS LOCATIONS

INTRODUCTION

The Keen2Go Ladybirds is our first all-girls group focussed on providing fun and inclusive social nights. So far we have enjoyed relaxing pamper evenings, gone out for some tasty desserts and enjoyed a dip at the local pool. What shall we do next? Why not help us decide. As with all our clubs and sessions, the members get a massive say in what we get up to.

SCHEDULE

Ladybirds Group	17/01	31/01	07/02	06/03	20/03	03/04
1:1 Support Session	10/01	24/01	28/02	13/03	27/03	

WEEKENDS



WEEKENDS AWAY

INTRODUCTION

Feedback from members regarding possible activities and sessions they'd like to see added to the Keen2Go schedule led us to explore the prospect of organising weekends away and other residential trips.

Two for your diary:

28/02 - 01/03 The Old Pheasantry, Surrey

10/04 - 12/04 The Old Pheasantry, Surrey

We will be excited to give you all more information in the coming weeks.
Stay posted!



FEBRUARY HALF-TERM



Monday 17th

09:30 - 15:30

Active Day

Triple G - Gym, Golf & Games

16:00 - 20:00

Monday Night Club

Tuesday 18th

15:30 - 21:30

Swimming Social

Swimming, Dinner & Disco

Wednesday 19th

09:30 - 15:30

Social Day

Cinema - Dr Doolittle

Nando's or Frankie & Benny's

Thursday 20th

09:30 - 15:30

Social Day

Bowling and Laser Quest

18:00 - 20:00

Keen2Go Cup

Friday 21st

09:30 - 16:30

Travel Day

Brighton



**KEEN
2Go!**

PLEASE GET IN TOUCH FOR MORE INFO

ROBBIE@KEEN2GO.ORG

07500 006 472



**AWESOME ACTIVITIES AND
EVENTS FOR YOUNG PEOPLE
WITH AUTISM AND
LEARNING DISABILITIES IN
THE LONDON BOROUGH OF
SUTTON**

TOGETHER WE GROW