

**KEEN  
2GO!**

**2019/20**



**AUTUMN TERM PROSPECTUS**  
**SEPTEMBER - DECEMBER 2019**





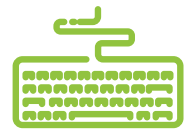
## CONTACT



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We've started a blog!  
Check us out over at  
[keen2gosutton.wordpress.com](http://keen2gosutton.wordpress.com)



## DIRECTOR'S WELCOME

The weather is beginning to turn and the branches are loosening their grip on the fading leaves. Our fantastic Summer Programme has come to an end and the new academic year sees many of our members begin exciting new journeys at school and college.

But we're not interested in fading here at Keen2Go. September sees the return of some of our favourite term-time activities - sprinkled with some fresh new clubs that passed trial periods with flying colours.

As always we are keen to explore new sessions and opportunities, and look to craft our offerings around the needs and interests of our members.

Please don't hesitate to get in contact for more information or to snap up a place alongside the coolest membership in town.



Robbie Keen  
Director





You can find our weekly schedule overleaf

Sessions will run from 9th September - 20th December  
Excluding the week of 28th October (Half Term)

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).

## SCHEDULE

09/09	07/10	04/11	02/12
16/09	14/10	11/11	09/12
23/09	21/10	18/11	16/12
30/09	<del>28/10</del>	25/11	

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 & BOWLING	10/09	24/09	08/10	22/10	05/11	19/11	03/12
SWIMMING, DINNER & DISCO	17/09	01/10	15/10	29/10	12/11	26/11	10/12

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.

# 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. The comic crew will continue to produce awesome artwork, whilst we look to introduce filmmaking challenges and maybe even a podcast to open the group to wider interests. Keen Broadcasting Corporation here we come!



## 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.

# 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 evenings. 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.



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

**TOGETHER WE GROW**