

For more information on the Xpression programme,
to become a volunteer, join as a member or donate
to this exciting local project please contact:

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**Promoting Empowerment, Choice,
opportunity and fun for young people
with learning disabilities.**

Want to have fun in Kingston?



...meets every Tuesday evening during school term time from 6:30 – 8pm in Kingston for people between 12 -18 and offers a wide range of activities including....

- Football
- Bowling
- Swimming
- Painting
- Arts and Crafts
- Live Bands
- Parties
- Cycling
- Drama
- Cooking
- Weekends away
- Computer Games
- Themed Nights
- And many more....



Members are not the only ones to benefit from this exciting project. The club also gives parents and carers some valuable and regular time away from the high levels of attention often demanded by young people with learning disabilities.

The club is partly funded by members donating £2 each week, but is mostly by grants facilitated by Kingston Mencap and donations from generous individuals and organisations

The club is run by David Cafferty (the only paid employee) with a team of well trained, enthusiastic, young volunteers. Xpression are always interested in meeting new members, volunteers and donors! If you are interested, the contact details are on the reverse of this leaflet.

