

Our Clubs and Volunteering Opportunities

Keynsham & District Mencap Society provides social and leisure activities for children and adults with learning and or physical disabilities.

Children:

Keynsham Juniors

Tuesday evening from 5.45 – 7.15pm for children aged 5 – 11
Thursday evening from 5.45 – 7.30pm for children aged 12 – 18
Somerdale Pavilion in Keynsham.

Radstock Juniors

Tuesday evening from 6.00 – 7.30pm for children aged 11 - 18.
Radstock Youth Centre, Church Street, Radstock.

Super Saturday Club

Saturday morning from 10.00am – 12.00pm for children aged 5 – 18.
Three Ways School in Odd Down, Bath.
There is a free minibus from Keynsham that volunteers are welcome to use.

These clubs offer a variety of activities which offer a chance for the children to meet up with friends, play, socialise and take part in new activities with the extra support they need. Types of activity on offer include art and craft, music, dance, sports, cookery, theme sessions and trips out in the local community.

We need volunteers to support the leaders to deliver the activities and to support and play with the children.

NEW!

Go Explore Club

This club is for young adults, aged 16 – 25 and will encourage members to develop their life skills. Activities will include trips out into the community such as to the cinema, pub night, bowling, meals out, leisure centre, swimming and as well sessions covering healthy living, cooking, money handling and more. Volunteers are needed to befriend the young adults and support them in their activities under the supervision of the club leader.

Adults:

18+ Club

This is our group for adults which meet every Thursday evening.

We meet at St Dunstan's Church in Keynsham where we have a relaxed, social atmosphere. We organise one main theme or activity for each week but we also have a games and social area where members can spend time with friends, hang out, play games, wii, darts or pool.

We also organise a trip out each week where members can take part in community based leisure such as bowling, meals out and pub evenings.

18+ Club also goes on holiday 3 times a year as well as offering a variety of day trips and one off activities.

Volunteers are needed to help out at the social club, setting up equipment and supporting the members to undertake their chosen activity.

Fitness

Our fitness club gives our members the opportunity to take part in regular exercise in a way that is fun and exciting. Fitness club is designed to make sport and exercise fun and delivered in a way that everyone, at any ability, can join in. You don't need to be particularly sporty or active to volunteer, just a willingness to get involved and a positive attitude!

Fitness Club runs every Monday from 7 – 8.30pm at St John's Church in Keynsham.

Boccia

Boccia (pronounced bot-cha) is a Paralympics sport similar to bowls.

Our club offers members an opportunity to take part in this fun, inclusive sport and develop their skills.

You don't need to be particularly sporty or active to volunteer, just a willingness to get involved and a positive attitude!

Boccia Club runs every Tuesday from 7 – 8.30pm at St Dunstan's Church in Keynsham.

If you would like to apply to volunteer at any of the above projects, please contact Laura Jefferies on 0117 986 5659 or email laura@keynshammencap.org.uk