



# Community Opportunities Project (COPs)

Enabling people with learning disabilities and/or autism to go to lots of community based activities



## Fit2gether

Dance, swimming, yoga, martial arts, zumba and more



## Daytime and Holiday Courses

Dance, drama, cookery and more

## Springboard

A monthly programme of day and evening activities including pubs, theatre trips, meals and lots more



## Aspergers Group

A social group for people with Aspergers



To find out more contact Barnet Mencap on **020 8349 3842**

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