



Hello



Monday Lunch Club is at **The Bloom Building** at Abbey Close Unit 1 Birkenhead CH41 5FQ.



We meet outside Wirral Mencap at 11.45am and walk to the Bloom Building together.



If you want to get there on your own this is how to get there. Please use the crossing by the Mersey Tunnel.

Lunch Club will start at 12pm and finish at 1.30pm.



There is no parking at the Bloom Building but you can be dropped right outside and there are spaces to park on the street.



We will not be making teas and coffees but you can buy food or drink at the Bloom Building. You can bring your own food and drink if you want to.



Health Club be on every other week and will start at 1.30 and finish at 2.30 and will be in the same building.



Health Club works on projects in our local community to make a difference in the lives of people with a learning disability. Learning disabilities nurses often come to health club so come along if you would like to chat with them.

Please do not come to Lunch or Health Club if you are feeling unwell.



If you need more information phone me or Abby on 0151 666 1829



I look forward to seeing you!

Best wishes

Julie