

organisation	activity	day of the week	time	address	email	phone
Shacksbarn RDA	Horse Riding			Shacks Barn Farm, Silverstone Business Park, Towcester, NN12 8TB		07889 907087
Talkback	Skills/Development/Employability			Amersham, Aylesbury, High Wycombe, Milton Keynes	<a href="mailto:talkback@talkback-uk.com">talkback@talkback-uk.com</a>	
BuDS Reach4Work	Work Experience/Volunteering (online)			Buckinghamshire	<a href="mailto:info@buds.org.uk">info@buds.org.uk</a>	
Toolshed	Construction Work training course			Buckinghamshire, Berkshire	<a href="mailto:info@toolshedbucks.co.uk">info@toolshedbucks.co.uk</a>	01494 436642
Social link	Day Activities/ Social Club	Tue.-Fri./ Mon. and Wed.		High Wycombe, Aylesbury	<a href="mailto:victoriaf@sociallink.org.uk">victoriaf@sociallink.org.uk</a>	0793 2222 453
Herts Inclusive Theatre	Drama	Tue (Zoom), Wed, Thu	Wed 6.30pm-8pm/ Thu 1pm-2pm	Holywell Community Centre, Chaffinch Lane, Watford, Herts WD18 9QD	<a href="mailto:admin@hit-theatre.org.uk">admin@hit-theatre.org.uk</a>	01923 216951
Soundabout Inclusive Choirs	Choir	Saturdays/ Sundays	11am-12pm/ 3.30pm-4.30pm	(Zoom)	<a href="mailto:info@soundabout.org.uk">info@soundabout.org.uk</a>	01235 797474
Queens Park Arts Centre	Art and more			Queens Park Arts Centre, Queens Park, Aylesbury, Buckinghamshire HP2 1 7RT	<a href="mailto:info@queensparkarts.com">info@queensparkarts.com</a>	01296 424332
Stoke Mandeville Stadium	Inclusive Sports (boccia, table tennis, poly bat, badminton, football, new age kurling, seated volleyball, indoor tennis, swimming, yoga)			Guttmann Road, Aylesbury, Buckinghamshire	<a href="https://www.stokemandevillestadium.co.uk/contact-us/">https://www.stokemandevillestadium.co.uk/contact-us/</a>	01296 484848
Empower to cook	Cooking classes		inquire please	11c Duke Street, High Wycombe, HP13 6EE	<a href="mailto:hello@empowertocook.co.uk">hello@empowertocook.co.uk</a>	