

organisation	activity	day of the week	time	Address	email	phone
Mencap	Coffee Club (Social, Indoor activities)	Monday	10am-1pm	Museum of English Rural Life (MERL), Redlands Road, Reading RG1 5EX (currently not running)	<a href="mailto:office@readingmencap.org.uk">office@readingmencap.org.uk</a>	0118 966 2518
Mencap	Gateway Club (Social, Indoor/Outdoor activities)	Tuesday	7.15pm – 9.15pm	Alexandra Road, Reading (currently not running)	<a href="mailto:office@readingmencap.org.uk">office@readingmencap.org.uk</a>	0118 966 2518
Mencap	Starlight Performing Arts Club		7.30pm - 9pm	not currently running	<a href="mailto:office@readingmencap.org.uk">office@readingmencap.org.uk</a>	0118 966 2518
Mencap	Disco	Last Thursday of each month		21 Alexandra Road, Reading RG1 5PE (currently not running)	<a href="mailto:office@readingmencap.org.uk">office@readingmencap.org.uk</a>	0118 966 2518
Mencap	READING MENCAP CHOIR			not currently running	<a href="mailto:office@readingmencap.org.uk">office@readingmencap.org.uk</a>	0118 966 2518
Autism Berkshire	197 Club / Social meet up	Monday	6:30pm - 9:30pm	The Outlook, 74 King's Road, Reading	<a href="mailto:197club@autismberkshire.org.uk">197club@autismberkshire.org.uk</a>	01189 594 594
Autism Berkshire	Bear With Me Group, Maidenhead	Wednesday	7pm-9pm	The Bear pub, 8-10 High Street, Maidenhead, SL6 1QJ	<a href="mailto:admin@autismberkshire.org.uk">admin@autismberkshire.org.uk</a>	01189 594 594
Berkshire Brigands	Mixed Ability Rugby	Thursdays/ Saturdays	6.30pm-8pm/ 11am-12.30pm	Reading RFC, Holme Park, Sonning Lane, Reading RG4 6ST	<a href="mailto:brigandsrugby@gmail.com">brigandsrugby@gmail.com</a>	
NICOLES FUTSAL F.I.N.E.S.S.E TRAINING	Futsal (Sports/Fitness)			Reading	<a href="mailto:nicolesfutsalfitness@gmail.com">nicolesfutsalfitness@gmail.com</a>	07401810184
Reading Cygnets	Swimming Club	Saturday/ Sunday	1pm-3pm/6.30pm-7.30pm	Reading, central pool	<a href="mailto:Readingcygnetschair@gmail.com">Readingcygnetschair@gmail.com</a>	07772 489487
Autangel	Activities/Horticulture/Training/Socialising	Monday-Sunday	enquire	6 Haywood Court, Reading, Berkshire, RG1 3QF	<a href="http://www.autangel.org.uk">website: www.autangel.org.uk</a> <a href="mailto:info@autangel.org.uk">info@autangel.org.uk</a>	
Berkshire PHAB	Inclusive Activities	Monday-Thursday	10am-4pm	The MAPP Centre, 22 Mount Pleasant, Reading, RG1 2TD	<a href="mailto:info@berkshirephab.org">info@berkshirephab.org</a>	0118 916 8412.
Berkshire College of Agriculture	Adult Learning for Independence and Employment (ALFIE)	Monday-Friday	depending on course	Hall Place, Burchetts Green, Maidenhead, Berkshire SL6 6QR	<a href="mailto:enquiries@bca.ac.uk">email: enquiries@bca.ac.uk</a>	01628 824444
Get Berkshire Active	Sports/ Employability/ well-being	Enquire about program		Bisham Abbey National Sports Centre, Marlow Road, Nr. Marlow, SL7 1RR	<a href="mailto:info@getberkshireactive.org">info@getberkshireactive.org</a>	
Pinewood Rifle Club	Sport shooting	Enquire		10 Pinewood Centre, Old Wokingham Road, WOKINGHAM, Berkshire, RG40 3AQ	<a href="http://www.pinewoodrifclub.org.uk/contact-2/">www.pinewoodrifclub.org.uk/contact-2/</a>	
Promise Inclusion	Social Club, Outings	Enquire about program	depending on course	The Court House, Broadway, Bracknell RG12 1AE	<a href="mailto:admin@promiseinclusion.org">admin@promiseinclusion.org</a>	0300 777 8539
Ways into Work	Employment support	Enrolling on program	Sign up on website	Ways Into Work CIC, Suite 6, Cedar Court, Grove Business Park, Berkshire, SL6 3LW	<a href="mailto:info@waysintowork.com">info@waysintowork.com</a> <a href="http://www.waysintowork.com">www.waysintowork.com</a>	0300 561 0010
After Sportsable	Sports activities for people with disabilities	Enquire on website		Around Maidenhead	<a href="https://aftersportsable.org.uk/">https://aftersportsable.org.uk/</a>	
Women's Asperger Circle	Life skills and Team Work	currently closed		Reading	<a href="mailto:jackie@womens-asperger-circle.com">jackie@womens-asperger-circle.com</a>	07547 141925
Enrych Berkshire	Accessing community activities	contact to find out more		Room G1 TOB1, Earley Gate, University of Reading, Whiteknights, Reading, RG6 6AT	<a href="mailto:marie.garland@enrych.org.uk">marie.garland@enrych.org.uk</a>	0844 412 7501
Thames Valley Adventure Playground	Adventurous, therapeutic and educational play activities	Fridays	10am-4pm	Bath Road, Taplow, Maidenhead, SL6 0PR	<a href="mailto:theplayground@tvap.co.uk">theplayground@tvap.co.uk</a>	01628 628599
Corn Exchange New No limits/ Sports & Leisure	Various arts activities Sports activities			Market Place, Newbury, Berkshire, RG14 5BD. West Berkshire	<a href="mailto:boxoffice@cornexchangenew.co.uk">boxoffice@cornexchangenew.co.uk</a> <a href="mailto:nigel.trumper@nolimits-sports.co.uk">nigel.trumper@nolimits-sports.co.uk</a>	0845 5218 218 07725 525252
Graft Thames Valley	Employment Support					07729 610536
The Real Business Club	Employment Support/Starting business			<a href="https://www.therealbusinessclub.co.uk/business-training-workshops">https://www.therealbusinessclub.co.uk/business-training-workshops</a>	<a href="mailto:admin@therealbusinessclub.co.uk">admin@therealbusinessclub.co.uk</a>	
Link up/Mencap	Employment/ Workshop	Monday to Friday.	9.30am-3pm	The New Slater Centre on Bone Lane, Newbury.	<a href="https://www.wbmencap.org/contact">https://www.wbmencap.org/contact</a>	01635 41464
West Berkshire Library	Volunteering			Various locations in West Berkshire	<a href="mailto:library@westberks.gov.uk">library@westberks.gov.uk</a>	01635 519900
West Berkshire Training	Apprenticeships			7 Cheap Street, Newbury, Berkshire, RG14 5DD	<a href="mailto:email:rachel@wbtc-uk.com">email: rachel@wbtc-uk.com</a>	01635 35975
Recovery in Mind	Wellbeing Service			Recovery in Mind 2016 CIC, Broadway House, Newbury, RG14 1BA.	<a href="https://recoveryinmind.org/contact-us/">https://recoveryinmind.org/contact-us/</a>	