

My College Services

Transition from full time education into adult services can be a challenging and vulnerable time for young adults and their families. Without the right support, a young person may end up becoming isolated and not making the most of their adult life.

We are here to support you, to listen to you and to help you with anything you may need. You can decide what you want to do on the day and plan your day activities with your key worker. All of our activities are community based, that means you will be doing things what interests you, like swimming, visiting places of interest and much more.

We will support you with your needs, abilities and aspirations.

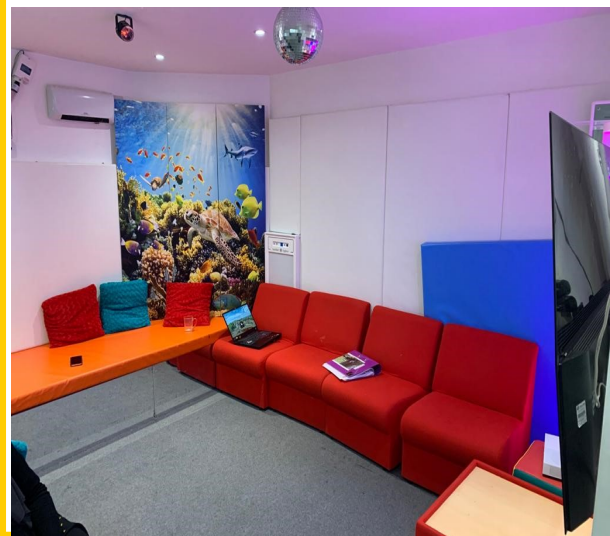


We recognise and respond to your needs with sensitivity and flexibility.

All our workers have been selected through a detailed and comprehensive recruitment procedure and hold an enhanced disclosure carried out through the Disclosure and Barring Service. The service we offer is provided by trained Workers who have the skills to meet the needs of the service users.

For further information please contact:

**Mumtaz Or Alom 020 7241 4406 /
020 7254 9627
Monday to Saturday**



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My College Day Opportunity



Tel: 020 7241 4406 / 0207 2549627

AIMS & OBJECTIVES

My College day opportunity supports adults with learning disability to live a more fulfilled, inclusive lifestyle. We provide support to enable people to take part in the community based activities. We try to be flexible whenever possible and to respond to the individuals needs and wishes.

We promote real choice, equal opportunity, diversity and equal access to all service user. We provide a qualitative service within the parameters of Best Value. We work in partnership with all stakeholders for the benefit of the Service User.



We support people to take up paid employment, have careers and be an integral part of the community.



Every person learns best through real experiences. My college actively seeks to promote greater choice, opportunity and independence in the way in which each service user decides to use their day.



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We are based between Essex Road and Southgate road surrounded by many parks and Britannia leisure centre.

It is located in a quiet, yet very convenient position; a short walk to 3 major parks including Shoreditch park and regent's canal.

"All our activities are community based"

Our activities includes visits to places of interest, pin-ics, theatre trips, boat rides, swimming, arts & crafts, Dace class, cooking, drama and many other things.



Tell us what you want to do.



We listen to you and do what you want to do.

We work in partnership with people who cares for you, your carer, your social worker and other professionals to ensure you have choice, freedom of expression and dignity.