

Welcome to The Hub Club

Day opportunities with a difference
for adults with learning disabilities and
autism spectrum conditions in Hackney



Engaging

Enabling

Empowering



@OutwardHousing



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www.outward.org.uk

outward
part of the Newlon Group

The Hub Club is *your* Club

Do you want to be part of something special? Then why not become a member of Outward's Hub Club? This is your chance to get involved in all sorts of different activities during the week, from Monday to Friday.

New members are welcome throughout the terms. There is no break between terms, apart from at Christmas and New Year. Hub club runs all year round.

Hub Club is for adults with learning disabilities and autism spectrum conditions, and we are based in the heart of Hackney.

What makes Hub Club different?

We started Hub Club to create daytime opportunities for adults on the autistic spectrum and with learning disabilities, but wanted this to be a very different experience to traditional 'day centres'

- ✓ You become a fully-fledged Hub Club Member, which means that you have a say in how the Club is run.
- ✓ You decide which activities and sessions happen, which means you won't be bored of the same old thing.
- ✓ Hub Club has partnered with lots of different community organisations, meaning that you really get involved with stuff happening across Hackney. We've linked with Access All Areas and Bags of Taste among others.
- ✓ Our ethos for the Hub Club is to have a purpose and learning element to each session and activity. You get home each day having learnt something new.



We have linked up with national charity Goodgym to help our members get fit and active

What kind of things will I do at Hub Club?

Every day is different at Hub Club. We do all sorts of different activities so you will have fun and you will learn stuff.



Sports

Get active with lots of different sports, games and outdoor activities, from tennis and cycling to yoga and boxercise



Arts and culture

Make music, try your hand at pottery, act in a play or visit local museums and art galleries



Cooking

Learn to cook healthy meals, make your own smoothies and bake delicious cakes



Trips and outings

Come and explore London with us. You could sit on the beach at the Olympic Park or go behind the scenes at Emirates stadium

A little bit about Outward

Hub Club is run by Outward, a local charity that supports adults with learning disabilities and autism spectrum conditions to reach their full potential. Our work is diverse, from supporting people to live independently in their own homes to providing safe accommodation and tailored support when and where it is needed.



Some frequently asked questions about Hub Club

Who is Hub Club for?

Hub Club is for adults with learning disabilities and autism spectrum conditions looking for fun and engaging day opportunities and activities.

How do I pay for Hub Club and how much does it cost?

You can pay using personal budgets, direct payments or through social services funding. Please get in touch with us to talk about costs.

Does Hub Club have a base?

Yes, Hub Club does have a base in Hackney.

Do you provide transport to and from Hub Club?

Support staff at Hub Club will accompany members to and from the Hub Club on public transport if they need support.

How can I refer someone to Hub Club, or refer myself?

We accept referrals from anyone. You can be referred or refer yourself. Please get in touch directly with us, using the contact information on this page, for all referrals.

Do you want to join Hub Club, refer someone or just ask us a few questions? Please get in touch:



020 8980 7101



info@outward.org.uk

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