



## WELCOME!

Inclusion 21 are a privately run day centre, based in Skellingthorpe Lincoln, for adults with learning disabilities and Autism, aged 18 and over, providing person centred support within a safe and fun environment.

We aim to promote personal development, social and independent living skills in a setting where everyone and everybody is made to feel welcome.

Opening Times - Monday - Friday 9:00-16:00

Contact us for a **FREE** taster session!

### Activities Currently Provided

The varied range of which currently includes :-

Allotment

Arts and Crafts

Baking / Cookery

Community Project

Day Trips

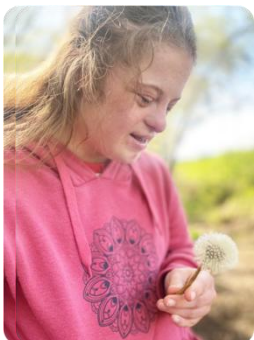
First Aid

Life Skills

Nature Walks

Sports (such as golf, football or bowling)

**All while having fun !!!!**



## Don't take our word for it

Inclusion 21 was recently nominated to Lincolnshire Parent Carer Forum recently for a prestigious "Excellence Award" by a parent carer :-

*"Inclusion 21 is a newly started Adult Day Service in Skellingthorpe, Lincoln. My daughter has attended the day centre on a Thursday until lockdown.*

*Inclusion 21 has gone above the call of duty in giving on line zoom calls five mornings a week for those unable to attend the centre, also two afternoons of activities, activity packs sent in the post, which have been so much fun!!*

*Also a disco one evening a week. !!!*

*Megan and Paul have made such an impact on so many people's lives, Inclusion is certainly paramount.*

*This is from my daughter: - Inclusion 21 is a brilliant service, they put a smile on my face and they are winners in my eyes."*

To find out more information please get in contact:

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# Come join us