

Fulfilling Lives

A free local event for people with learning disabilities (14 and over), their parents and carers in the Watford, Three Rivers and Bushey area.

Drop in anytime between **1-8 pm**
Wednesday 30th October 2013 at
West Herts College, Watford Campus,
Hempstead Road, Watford WD17 3EZ

Find out about things that are going on in your local area. What local clubs and activities are there?

How can you access them?

Have your say about your thoughts or experience as a service user or carer? What do you hope to see in the future?

- Try an activity
- Listen to a talk
- Learn how to get information from the internet



Places may be limited on the talks and activities and will be filled on a first come first served basis so please book when you arrive.

Refreshments will be available

A full timetable of events will be available in advance at www.watfordmencap.org.uk

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For further information please contact
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phone Watford & Three Rivers CLDT on
01442 454343



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