



L8s! A new group from Nottingham Mencap

What is L8s?

L8s is a new social youth club for 12–18-year-olds with any level of learning disability.

It will take place every Friday 5-9pm, with a range of leisure activities such as pool, table tennis, music, TV and space to chat available, as well as a tuck shop!

Who can come to L8s?

Anyone 12-18 with any diagnosed learning disability (Autism, ADHD, Global Developmental Delay, Down's syndrome etc.). At the moment, we can't support members who would need 1:1 support.

How do we join?

To join L8s, email us directly with an enquiry and we can sort out for you to become a member. Once a member of the group, you can come along as many Fridays as you like, you'll just pay £5 on the door each time you come.

What's the aim of L8s?

To provide a social space for young people from all over Nottingham with a range of learning disabilities.

Where will it be?

Harpenden House, Edwards Lane, NG5 3JA

How do we enquire about joining?

Just email our group leader nic.miller@n-mencap.org