

# Independent Living Skills

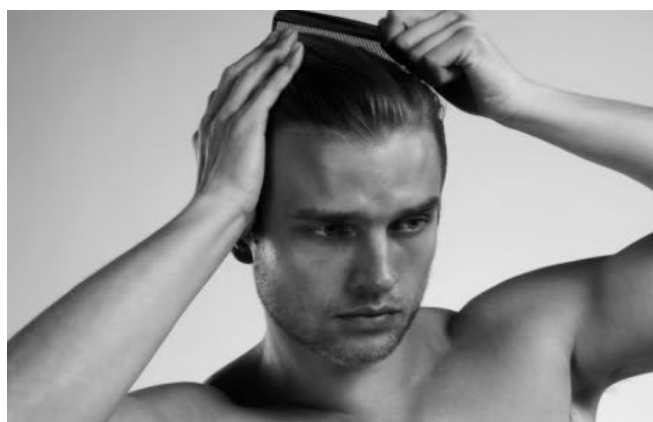
## Taster Session on Health, Hair & Beauty

### for members with a Learning Disability or Autism Spectrum Disorder

on Monday 22<sup>nd</sup> August  
10am – 1pm

at the Bracknell Mencap office - 48 Broadway, Bracknell, RG12 1AG

This taster session will be run by a trained beautician and will include advice on nail care, hair care and styling, personal grooming & make up. She will also demonstrate simple arm and hand massage. Both males and females are welcome. We hope to obtain funding to run further sessions as short courses. Bring a packed lunch to eat at 12.30. Places are limited to 10 maximum. If you need 1:1 support, please bring your support worker with you (no charge)



**Cost is £10 per person**

**Closing date to apply is Monday 15<sup>th</sup> August 2011**



To attend please complete and return this slip to the office with a payment of £10 per person, cheques to be made payable to Wokingham, Bracknell & Districts Mencap. Places will be allocated on a first come, first served basis. To be eligible to attend you must be a member of Wokingham or Bracknell Mencap.

Name of attendee/s.....

Contact Telephone No.....

Level of disability

(Please tick the appropriate box/es)

Profound & Multiple

Moderate to mild

Severe

Autism