



Dear Friend,

**The Squidz Club** is back! Join us on **Friday 16 June** at Heart n Soul's club night for young people (aged 10-25) with learning disabilities, their friends and families. The club takes place at The Albany in Deptford and is a chance for young people to have a good time, make new friends and be themselves in a safe and friendly atmosphere.

Groups are welcome at The Squidz Club and if you would like help planning your visit, do please get in touch and we'd be happy to help.

On the night trained Heart n Soul staff and volunteers as well as venue security staff are on-hand to make sure that everyone stays safe and has a great time. We also offer a parents and carers room, where you can relax, meet other parents and carers, and enjoy a free drink and a massage.

There is FREE parking available next to the venue and The Albany is easily reached by public transport (see our Getting to the Albany download).

If you have any questions, would like further information, or more copies of The Squidz Club flyer, please do get in touch:



Call: 020 8694 1632



Email: [info@heartnsoul.co.uk](mailto:info@heartnsoul.co.uk)



Visit: [www.heartnsoul.co.uk](http://www.heartnsoul.co.uk)

All the best,

HEART  
N  
SOUL

BIG  
30