



London Futures West

London Futures is an employability programme using sport and specialised mentoring to improve careers aspirations and community integration

Who for?

Young adults 18-25 with a learning disabilities and/or mental health problems

Dates?

Runs every Wednesday (school term-time)

Time?

5pm – 7pm

Venue?

The Harrow Club
187 Freston Road
London
W10 6TH

For more information please contact Ryan Jones
(ryanjones@thechangefoundation.org.uk) or call on 07983 969090

President: Phil Tufnell, **Chief Executive:** Andy Sellins

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