

Flat 108 Coffee Mornings



What's it all about?

Flat 108 is where young people with disabilities can practise their independent living skills with the help of our support team.

Come along to our **free** coffee mornings and see our adapted flat. Meet the team and have a chat with us about how our service can help you.

Hot drinks and cakes will be served.

Who can come?

- Young people aged 16-25 with **any** type of disability
- Their parents and carers
- Anyone who works with young people

When: 11am - 1pm

Wednesday 17th August

Wednesday 24th August

Wednesday 7th September

Wednesday 14th September



Where: Flat 108 at The Y, 7 East Street, Leicester, LE1 6EY

To book or for more information please call **0116 204 6204**, email **Flat108@leicesterymca.co.uk** or visit **www.leicesterymca.co.uk**

Or just turn up on the day!

