



The Camberwell Incredibles

(@ Cambridge House)

The Camberwell Incredibles is a unique community arts service for adults living with moderate to profound learning disabilities and complex needs. Run by artists and art educators, this is a fun, activity-led service. The group uses a wide range of artistic approaches including drawing, painting, sculpture, performance, writing, video, and music to develop independence, self-confidence, and communication skills.

We focus on alleviating loneliness and enhancing mental health through creative expression and community engagement. The group produces wonderfully bizarre and spectacular performances and events every year. They have also produced films and books that have been used as learning tools internationally.

Areas we focus on:

1. Active Participation in the Community
2. Use of all the arts to encourage Self-Expression.
3. Maximising Independence and Life Skills
4. Specialist Communication Skills
5. Speaking Up and Empowerment
6. Informed Choice
7. Physical Health, Fitness, and Nutrition
8. Mental Health and Wellbeing

www.ch1889.org

Instagram [camberwell.incredibles](https://www.instagram.com/camberwell.incredibles)

Cambridge House, Unit F, Ground Floor, The Print Works, 22 Amelia Street London SE17 3PY - Company No. 1050006 Charity No. 265103

Everyone in the Camberwell Incredibles is seen as having something valuable to contribute. Our approach is person-centred, so any activities are chosen and led by the interests of the group members. Over the years we have put on art exhibitions, parades, a circus, a magic show, a disco, summer and winter fairs and posh tea parties. All of these celebrate and highlight the uniqueness of each of the group members.

We collaborate closely with the parents and carers of our group members. We support families to resolve problems at home, and work with them to better understand behaviours and how to deal with them. We create visual tools and communication aides for carers to help create routines, support learning and improve safety at home.

Where appropriate, we also facilitate and broker volunteer and work opportunities for our group members, helping them to broaden their networks and independence in new environments.

We believe that everyone deserves to have joy in their lives, and this is central to everything we do.

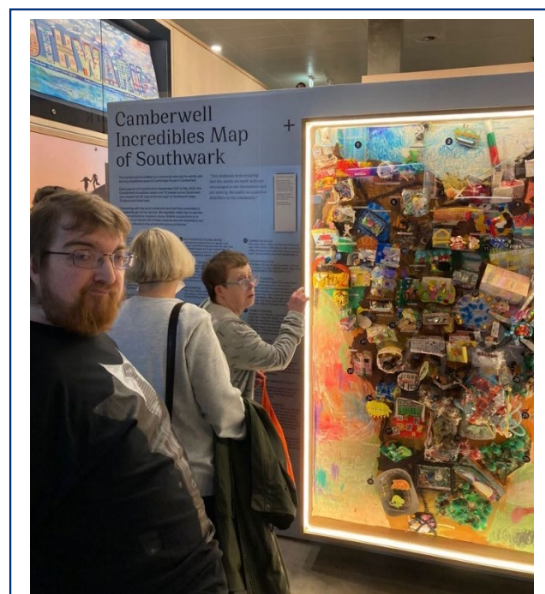
If you are interested in joining the Camberwell Incredibles either as a group member, as staff, as a volunteer, or would just like more information, please contact:

Rachel Zipfel (Head of Service)

Cambridge House

Email: rzipfel@ch1889.org

Tel: 07960 542 304



The Camberwell Incredibles Map of Southwark, on display in the Walworth Library, shows all the places in the borough we have visited recently and what the group has to say about them.

Days and times	Mondays: 10.30am-3.30pm Tuesdays: 10.30am-3.30pm But we will be expanding soon to additional days
Location	Trinity College Centre
Age	Over 19
Cost	Costs are paid through agreed personal budgets. Please call to discuss.

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