

# Secret ANGELS

Supporting the community



And Just like that its April  
Welcome back to our monthly updates with whats  
going on with us at Secret ANGELS

## LUNCH 'n' LEARN CLUB

In conjunction with our sister company MMAS Foundation Our Lunch 'n' Learn in Luton runs on Thursdays from 12.30-3.30. All are welcome who require help and support with everyday living . Sessions are only £5 which includes a light lunch. Participants will have opportunities to socialise and participate in life skills and activities. Above all its a fab place to build confidence and make new friends.




learn more contact MMAS  
[enquiries@mmasfoundation.org.uk](mailto:enquiries@mmasfoundation.org.uk)

We are now taking registrations for our  
Employability Skills Club

This skills set club will allow participants to gain key tools to support them into the workforce. The curriculum will cover a diversity of subjects and opportunities to gain qualifications and core work experience opportunities

EMPLOYABILITY  
SKILLS

**COMING SOON**



**Our Respite Stepdown  
Accommodation based in Luton  
was devised to offer a safe  
space for adults who may  
require support.**

**Accommodation is  
available for any self care  
managed adult clients.**

Prices start from £50 per  
night.





Front Of The Building



Kitchen Area



Single Bed- Bedding and Pillows Provided



## Respite

'a short period of rest or relief from something difficult or unpleasant'



A bespoke quality service to a diverse community



Blinds and Curtains to entrance for privacy



Smart TV with internet access



# Secret ANGELS

A bespoke quality service to a diverse community



Offering excellent and affordable support and community-based social services to individuals and families from Luton and surrounding areas

Please do drop us an email to discuss your needs further  
Email: [enquiries@secretangelspa.co.uk](mailto:enquiries@secretangelspa.co.uk)

Tel: 01582 536 064

# MMAS

FOUNDATION

Email: [enquiries@mmasfoundation.org.uk](mailto:enquiries@mmasfoundation.org.uk)

*A big difference for little people*

