

YOUTH DEVELOPMENT PROJECT

“Preparing yourself
for the future”



Gain Confidence **Promote Leadership** **Learn New Skills** **Make new friends**

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WHAT IS THE YOUTH DEVELOPMENT PROJECT?

The Youth Development Project is a tailor-made programme especially for 13-25 years olds with learning disabilities. It is a chance for young people to get involved in sessions and activities which will encourage leadership and confidence as well as learning new skills. It is also a chance to make new friends and enjoy fun social activities!

WHAT DO WE OFFER?

We offer an exciting range of workshops and activities to help you develop the skills necessary for adulthood.

THESE INCLUDE:

Skills Development:

Workshops include interview skills, independent living skills and computing skills. These will help you develop a wide skill set and improve confidence and communication.

Social Activities & Inclusion:

Take the chance to meet new friends and explore social settings whilst having fun in the evenings and at the weekend. Trips will vary: see website for further details.

Self-Advocacy & Promoting Leadership:

Engage in activities which will encourage your confidence and control over your decisions and future choices.

Steering Group:

Our steering group is made up of young people who want to have their say! We will meet once a month to help improve and guide our service.

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SCHOOL AND COLLEGE WORKSHOPS

We will deliver fun and interactive workshops in schools and colleges which will help pupils to think independently, become conscious creators and gain awareness of their choices and future.

FUN HOLIDAY PROGRAMMES

Running throughout the summer and half terms, this is a time to learn, socialise and have fun! Includes trips and outings to places such as Brighton, London Zoo and Hyde Park.

WHEN WILL SESSIONS AND ACTIVITIES HAPPEN?

The Project will take place throughout the whole year: At the evenings and weekends during term-time and, on weekdays during the holidays. See the website for full details.

WHERE WILL SESSIONS AND ACTIVITIES TAKE PLACE?

Some of our sessions and activities will take place at our HF Mencap base and some will be out and about in the community.

HOW MUCH DOES IT COST?

Certain activities will be free, some will cost around £5 and bigger outings will vary depending on the event.

HOW CAN I FIND OUT MORE?

If you want to get involved and would like to know more about our exciting project contact Kirstin Jamieson on 0208 748 5168 or kirstin.jamieson@hfmencap.org



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