

# YOUTH DEVELOPMENT PROJECT

## WHAT IS THE YOUTH DEVELOPMENT PROJECT?

**The Youth Development Project is a tailor-made programme especially for 13-25 years old with learning disabilities or autism. Young people will 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 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. Engage in activities which will encourage your confidence and control over your decisions and future choices.

**WE HAVE SOME EXCITING WORKSHOPS LINED UP, WITH MORE TO COME!**

### AFTER SCHOOL CLUBS:

#### ART | DANCE | COOKING

Every Wednesday,  
4pm-6pm

#### DRAMA GROUP

Every Thursday,  
5pm-6.30pm

#### SATURDAY TRIPS AND WORKSHOPS

We will meet on Saturday once a month to help improve and guide our service, also to socialise and have fun.



# 'PREPARING YOURSELF FOR THE FUTURE'

## 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! During school breaks, we organise wellbeing, fitness sessions, a delicious, balanced meal is provided during each session and health education activities, along with enjoyable outings such as sailing, cinema trips and visits to cultural attractions like the Tate Modern and much more.

## WHEN WILL SESSIONS AND ACTIVITIES HAPPEN?

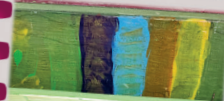
The Project will take place throughout the whole year, at the evenings and weekends during term-time and, on weekdays during the holidays. See the website for full details.

## 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?

Free



## HOW CAN I FIND OUT MORE?

If you want to get involved and would like to know more about our exciting project contact  
Jolita Anupreviciute Tel: 0208 748 5168 Email: [Jolita.Anupreviciute@hfmencap.org](mailto:Jolita.Anupreviciute@hfmencap.org)

**YOUTH DEVELOPMENT PROJECT 'Preparing yourself for the future'**  
**HAMMERSMITH AND FULHAM MENCAP**

Also, you can contact us via our website [hfmencap.org](http://hfmencap.org) or book via [Plinth.org.uk](http://Plinth.org.uk)