



For aged 14-yearst+
Every Wednesday
6:30 pm to 8:30 pm
422 Stockport Road,
Longsight, Manchester
M12 4EX.

SHINE is a social and wellbeing group with a difference, we offer diverse young disabled people the chance to make new friends and learn new skills as they transition into adulthood.

This group is a safe space to meet and talk about the things that are important to you.

Trained facilitators, work on what is important to our group with a chance to relax and have some fun!

Each week offers different activities for young people to learn new skills and develop their own interests.

- Arts and crafts
- Movement
- Discussions
- Day trips out
- Meet new friends
- Learn new skills
- For all abilities



SCAN ME
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