

MAKE A DIFFERENCE SHINE YOUTH GROUP



A group for young disabled people aged 14+

Wednesday's
6.30pm - 8.30pm

Jain Centre, 667-669
Stockport Road, M12
4QE

Cost: £5 per person

**“We are a social group with a difference:
Offering young disabled people the chance to make new friends, learn new skills and transition to adulthood**

The SHINE group runs every Wednesday with lots on offer including arts and crafts, inclusive sport activities and fun ways to enhance life skills such as budgeting and meal planning!



Wellbeing is important to us!



With a safe space to meet and talk about the things that are important to you, SHINE promotes the health and wellbeing of young people. With trained facilitators, we work on what is important to our group with a chance to relax and have some fun!

Steps to Independence



Each week offers activities for young people to learn new skills and develop new interests. With food on offer every week, everyone has a chance to plan meals, cook and budget for each session.



Interested in finding out more???

Contact our group leader, Henry to register for future sessions.

Email:
makeadifferenceegm@gmail.com

Call / Texts / Whats App:
07794 775 238

