



Meaningful & Fun Opportunities & Activities.

No matter what your age or your need there's something for you
and your family to get involved with at Midland Mencap.

Short Breaks for Disabled Children

Are you looking for short breaks opportunities?

Accessible and fun, our Short Break sessions take place at weekends and during all school holidays providing social and recreational experiences for children and young people aged 5-19yrs with complex needs.

✉ cyp@midlandmencap.org.uk



Community Short Breaks

Are you the parent or carer of a child or young person with mild to moderate learning disabilities aged 5 - 19?

Our Community Short Breaks are designed with young people at its heart and variety as its pulse! From after school clubs to accredited courses to outdoor activity programmes, we offer it all! Midland Mencap's extensive Youth Service helps young people make friends, have fun and develop their social and emotional wellbeing.

✉ cyp@midlandmencap.org.uk

Community Hub

Midland Mencap provides access to a wide range of meaningful social, leisure, sport and vocational opportunities across Birmingham and Walsall.

Our person centred approach helps us to find out what you like, your interests and then to support you to create a personalised programme. This could be to help increase your self-confidence, develop communication and social skills, make new friends, learn new skills or increase independence but most importantly to have FUN!

✉ communityhub@midlandmencap.org.uk



Our activities run in the daytime, during the evening and at weekends, and include:

- Discos and social events
 - Fun trips out
 - Music, dance & drama
 - Singing and karaoke
 - Loads of sports (football, hockey, archery basketball, swimming and many more!)
 - Coffee mornings & breakfast clubs
 - Advice & information
 - Cooking groups
 - Arts & craft's
 - Creative writing
 - Gardening
 - Hobbies
- Plus much much more!!



For more information visit <http://midlandmencap.org.uk/opportunities-activities/>