

What we can offer?



Who are we?

We are Leonard Cheshire – supporting individuals to live, learn and work as independently as they choose, whatever their ability. We are at the heart of local life – opening doors to opportunity, choice and support in your community.

Can Do can be your next step to get to where you want to be. It is a skills development activity-based programme for young people with additional needs. It's about giving you the opportunity to make a difference – both to your local community and yourself. Can Do will work with you to build new skills and increase your confidence.

Who do we work with?

People who have a disability, additional need and/or mental health condition aged 16 to 35

What can we offer?

We can offer just about anything digitally and with careful consideration, some activities can be face to face. The sort of things we can offer are:

- Drama sessions
- Comedy workshops, Circus skills
- Quizzes, scavenger hunt
- Music sessions – beat boxing, rapping, drumming, song writing, choir, singing
- Digital skills, - internet safety, animation, film making
- Exercise sessions – yoga, aerobics, team sport, cheerleading, jujitsu/boxing, circuits, core, dance sessions
- Interactive virtual tours eg zoos, animal sanctuary, small animals, Beamish (historical), National Trust,
- Wellbeing workshops/Relaxation techniques
- Arts & Crafts – digital, drawing/painting, photography, pebble art
- Information sessions - build confidence, volunteering, gaining skills for employment, cv writing
- Volunteering – create or do something for others, make a difference in your community

Outcomes

- experience increase self-confidence and make informed choices to live a more independent life
- increase their skills and capacity to take up volunteering, training and/or employment opportunities
- be more engaged in their communities and experience reduced social isolation and marginalisation
- local community groups and employers will feel more informed and confident to be inclusive when supporting disabled people

Delivery?

There are 2 engagement options: 1 hour Taster session (one-off) or Building Communities project (6 x 1 hour sessions). All participants receive a certificate for taking part, the BC project offers a City & Guilds certificate on completion.

Cost?

Everything on offer is free and fully funded.