

Personal Development & Skills

Talkback

DEVELOPING A WORLD OF POSSIBILITIES



Independent Living

Travel Training

Sports & Good Health

Friends, Relationships & Community

Employability

“To help everyone with a learning disability or autism embrace new opportunities, lead the fulfilling lives they want and actively contribute to their local community.”

Personal Development & Skills

Our Skills-Based Sessions

Our approach is centred around building on what you 'can do'. We work in partnership to set goals, celebrate progression and explore new opportunities, on your way to achieving greater independence.

Sessions include:

- Employment and Work Skills
- Healthy Lifestyles, including healthy eating and physical activity
- Online Safety/Cyber Resilience
- Travel Training
- Relationships

Our Activity-Based Sessions

Our Activity Groups offer sessions that develop social and communication skills, assist with building meaningful friendships and enable continued personal development in an area of your choosing.

Sessions include:

- Drama
- Sports
- Music
- Cooking
- Arts



Our Personal Development and Skills Programme offers sessions aimed at developing the individual's life journey. We deliver a range of skills-based sessions to enable greater independence, along with activity-based sessions which enhance confidence, facilitate new friendships and develop practical and emotional skills.

The programme covers key Personal Development areas, including employment, travel training, sports and well-being, relationships, personal safety, creative and performing arts, and practical DIY skills.

For more information please get in touch with
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