



# adult

Our services for young people and adults aim to empower them and their families to address the life-long challenges associated with multiple support needs. We offer adults with complex conditions and disabilities a safe place to access fun activities and social opportunities. Our adult groups are open to those age 16 and above.

## MONDAY MAYHEM

Mondays 10.30-12.30pm  
weekly from 15th April

Adults participate in a range of supported activities run by experienced SensationALL staff and volunteers. The activities are aimed at promoting social interaction, basic vocational skills and having fun! They include arts and crafts, music and movement, baking and snack making, social games supporting the development of life skills.

£15 per adult (with carer) per session

## MIDWEEK MAYHEM

Wednesday 11-12pm  
April 17th  
May 1st, 15th & 29th  
June 12th, & 26th

Led by experienced SensationALL staff these activities are tailored to accommodate those with more complex, diverse needs. With a strong sensory and experiential focus that incorporates sensory stories, the activities are aimed at promoting social interaction and having fun.

£10 per adult (with carer) per session

## LIFE SKILLS

Dates arranged on demand

For young people and adults with MSN it can be difficult to manage the requirements of daily living as planning, preparing and following instructions can be challenging. This programme is aimed at individuals who have the potential to develop their independence and vocational skills in useful tasks such as making a cup of tea, simple cooking, creating an art project or gardening.

£10 per adult per session

## MUSICALL

**DROP IN  
SESSION**

Wednesday 6.30-7.30pm  
weekly from 17th April

This music therapy session is an inclusive group for individuals of all ages with support needs and their families. The emphasis is on having fun with musical instruments whilst being social. Sessions are usually themed and often include silent discos, karaoke, dancing and Makaton sign language.

£4 per adult (with carer) per session