



for and with people  
with a learning disability

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**Creative "Arts" Activities  
and  
Short Breaks**

## Creative 'Arts' Activity and Short Breaks

Our short breaks programme for young people with a learning disability and those with autistic spectrum disorders is creative, innovative and fun!

Within arts workshops, using drama, games and art exercises we work with young people to support them in finding out what they enjoy, what they would like to change and what barriers they face.

We support people to think and learn about their lives in a broad way that builds self confidence and self esteem.

Arts weeks/breaks enable young people to... develop personal and social awareness and abilities that enable them to explore, enjoy and achieve new opportunities available as they become young adults – socialising, forming and maintaining meaningful relationships, citizenship and having fun while achieving.

**"It was great to see the young people so happy and proud of their achievements!"**

**"Absolutely fantastic week for my daughter, she has enjoyed every moment."**

Short breaks activities are run during school and college holidays .

