






















FREE 4-week programme of virtual online activities for young people aged 14-30 with disabilities, autism or extra support needs in Birmingham. Starting 8th February 2021 - book by 29th January to save your place!

Timetable of sessions – starting 8th February 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
10am – 11 am	Street Katz Theatre & Film Drama 	Dance 4 U Dance 	Creative Active Lives Get creative with clay 	Impact4Life Fitness activity & healthy lifestyle tips 	Northside Welcome Centre Yoga-chi & relaxation 
2pm – 3pm	ATHAC Drawing art sessions 	Birmingham Centre for Art Therapies Hip-hop creative writing 	Warm Earth Introduction to gardening 	<i>(blank)</i>	Involve Wellness Fitness & social session 

Art & Design	Music	Technology	Sports or physical	Horticulture or garden	Education or learning	Food & drink	Performance	Health & wellbeing	Faith or spiritual
									

About this information:

This guide is to give you information about the activities running as part of our 'Jump Start 2021' programme. The programme is for young people in Birmingham aged 14-30 who have disabilities, autism or extra support needs. All the activities are FREE to do, and they are running online on Zoom.

The sessions will run for 4-weeks, starting on the week of 8th February 2021. Everyone will be asked to come to all four of the weekly sessions.

You will find information on the accessibility of each session below. All the sessions are suitable for people with disabilities including people with a learning disability or who use a wheelchair. The session leaders will work with you to help make sure the session is suitable for your needs.

How to book your place:

All places need to be pre-booked before 29th January 2021. Make sure you book early so you don't miss out! Please contact the session leader to book your space, their contact information is on the listings below. The session leaders will be happy to answer any questions you have. Once you have booked your place, the session leader will send you the link to join the 4-week block of sessions.

If you have questions:

If you would like any more information about the programme itself, please contact Zoe on zoe.miller@communitycatalysts.co.uk or 07776 596395

Street Katz Theatre and Film

Who

- Jane is a former head teacher and has been running drama sessions for young people with disabilities in Sutton Coldfield for many years. Jane loves seeing people have loads of fun acting, dancing and singing.
- Nick is a creative freelancer who is great with all things computers including filming, editing and making animated characters.



What

Fun drama and performance sessions based around the theme 'A City of a 1,000 Smiles'. The sessions will include:

- Games – both verbal and non-verbal
- Acting and moving to music
- Sharing your ideas to help create a performance piece



Best suited for...

- All abilities – people new to drama and those who already enjoy it
- Some basic verbal communication skills would be helpful



Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	The movements can be adapted to suit anyone
What type of atmosphere is it?	Noisy		✓	It can get quite lively!
	Quiet			
	Formal			
	Informal		✓	All about having fun

Outcomes for people

Offering mental stimulation		✓
Helping people to feel good about themselves		✓
Helping people connect with others		✓

Contact Jane to book on:

janemason@sky.com or 07767 860177

ATHAC



Who

- ATHAC deliver a range of art and creative sessions led by experienced artists who work inclusively.
- Carol has been supporting families of disabled young people and adults for over 18 years. She has supported adults to access a range of art and cultural activities and works to widen access to the arts for people of all abilities.



What






Drawing and illustration sessions, where you can use your imagination and creative skills. A chance to try out something new if you haven't done much art before and a great way for everyone to get creative!

The only items you will need are a pencil and paper.




Best suited for...

- Anyone with an interest in art or who wants to try a new creative activity
- We will be using our hands

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	Anyone can join in
What type of atmosphere is it?	Noisy			
	Quiet		✓	
	Formal			
	Informal		✓	We keep the sessions chilled and relaxed

Outcomes for people

Helping people to feel good about themselves		✓
Helping people connect with others		✓
Chance to get creative		✓

Contact Carol to book on:

info@athac.co.uk or 07977 880132

Dance 4 U

Who

Emily – a trained dance psychotherapist – she is passionate about helping people express emotions, build confidence and have a great time!

What

1-hour dance sessions, each with:

- **Welcome & warm up** - Copy actions/ mirror actions
- **Explore the theme** – Share your ideas and help us get dancing
- **Learn a dance** – Follow Emily and show us your moves!






We will have a different theme for each session and you will be invited to bring along any props you have to help inspire us. The themes will be:

Space, animals, musicals... and a theme of your choice!




Best suited for...

- All abilities are welcome, it doesn't matter if you've never done dance before
- It is helpful for people to have eye-sight to be able to follow visual cues

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	The movements can be adapted to suit anyone
What type of atmosphere is it?	Noisy		✓	We use music
	Quiet		✓	We have quiet time at the end to cool down
	Formal			
	Informal		✓	All about having fun!

Outcomes for people

Improving people's physical health or fitness		✓
Helping people to feel good about themselves		✓
Helping people connect with others		✓

Contact Emily to book:

emilydance4u@gmail.com or 07788 969193



Birmingham Centre for Art Therapies



Who

The workshop will be a joint production from Birmingham Centre for Arts Therapies (BCAT) and Kiz Bangerh, from Hip Hop HEALS. BCAT are a registered charity that offer arts therapies. Hip Hop Heals are a CIC who run therapeutic Hip Hop workshops using poetry and music therapy techniques.



What

Creative Hip Hop writing sessions where we will use words and music to:

- Use rap for inspiration for song writing
- Explore your own creativity using lyrics by positive rappers

You will receive a Creativity Booster pack. You can use this in our sessions and at home afterwards. Our packs were designed by a youth panel and promote creative wellbeing.

Best suited for...

- People who feel comfortable working in a group
- No writing experience needed, you can draw or doodle instead
- You don't have to love Hip Hop, just be open to exploring positive rap lyrics

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is your activity?	Fully accessible to everyone including people who use a wheelchair		✓	
What type of atmosphere is it?	Noisy		✓	We will use some music
	Quiet		✓	You will have time to write
	Formal			
	Informal		✓	Relaxed and creative

Outcomes for people

Offering mental stimulation		✓
Helping people to feel good about themselves		✓
Chance to get creative		✓

Contact Rebecca to book your place:

rebeccafellows@bcat.info (or Kiz for more info hiphophealsuk@gmail.com)

Creative Active Lives



Who

- Rachel runs Creative Active Lives. She arranges lots of really fun sessions doing everything from circus skills, bubble making, to exercise and creative arts sessions.
- These sessions will be run by Rachel Akers of Akers of Art.



What






Relaxing sensory creative clay sessions. At the end of the sessions, you will get to keep your clay creations!

We will arrange to deliver all the clay and materials to you in advance so you will have everything that you will need.





Best suited for...

- It will be relaxed, open and accessible for all abilities
- We will be using our hands to mould the clay so some manual mobility is useful

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is your activity?	Fully accessible to everyone including people who use a wheelchair		✓	Anyone can join in
What type of atmosphere is it?	Noisy			
	Quiet		✓	
	Formal			
	Informal		✓	We keep the sessions relaxed

Outcomes for people

Offering mental stimulation		✓
Helping people to feel good about themselves		✓
Helping people connect with others		✓
Chance to get creative		✓

Contact Rachel to book your place:

rachelconlisk@gmail.com or 07790 443007

Warm Earth

Who

Ernie & Chris who run the Warm Earth gardening project with lots of other local volunteers – they both love to help people enjoy connecting with nature and learn about gardening.

What

Relaxed and fun sessions doing some simple gardening activities:

- Have fun looking for seeds in vegetables!
- Plant your seeds (tomatoes)
- Learn how to grow and look after your plants

WARM EARTH



You won't need anything for the first session. We will arrange for a pack to be delivered to you with everything you will need for the planting ahead of our second session together.

Best suited for...

- The activities are sensory and hands-on with a mixture of learning and doing - anyone can take part and a family member or support worker is welcome to join in

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	Anyone can take part
What type of atmosphere is it?	Noisy			
	Quiet		✓	
	Formal			
	Informal		✓	It's very relaxed

Outcomes for people

Offering mental stimulation		✓
Helping people to feel good about themselves		✓
Learn a new skill		✓

Contact Chris to book on:

ch.2@talktalk.net or 07526 126780

Impact 4 Life

Who

Shamala – who is a qualified social worker and personal trainer with a passion for helping people to gain skills and to live healthy lives.

What

Fitness, wellbeing and healthy living session:






- Practical fitness session
- Discuss ways to improve your wellbeing – top tips for healthy eating, exercise and mental health
- Ending with relaxation exercise






Best suited for...

- Anyone who wants to learn more and give exercise a go – beginners welcome!
- People able to engage with 30-minute learning activity in a small group
- Some verbal communication skills are helpful

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	We can adapt the movements around any mobility issues
What type of atmosphere is it?	Noisy			
	Quiet		✓	We don't use music unless people are happy with it
	Formal		✓	Some interactive learning
	Informal		✓	We make the fitness activity fun!

Outcomes for people

Improving people's physical health or fitness		✓
Helping people to feel good about themselves		✓
Helping people to be more independent		✓

Contact Shamala to book your place:

info@impact4life.org.uk or 07492 099896



Northside Welcome Centre

Who

Satpal runs the Northside Welcome Centre which is a registered charity run for the benefit of all local people. Satpal runs lots of activities and wellbeing sessions at the centre and is a trained yoga instructor.



What

An introduction to gentle yoga, tai chi and relaxation – this will be chair based. We will use some relaxing music.



Best suited for...

- Adaptable to all different abilities – the yoga will be done seated
- People new to yoga are very welcome!
- Those who will enjoy being calm and quiet

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	The movements can be adapted to suit anyone
What type of atmosphere is it?	Noisy			
	Quiet		✓	The session will be calm and relaxing
	Formal			
	Informal		✓	

Outcomes for people

Offering mental stimulation		✓
Helping people to feel good about themselves		✓
Meeting people's spiritual or faith needs		✓

Contact Satpal to book on:

satpal_snm@yahoo.co.uk or 07963 123751

Engolve Wellness



Who

Nora – who has lots of experience delivering exercise and dance programmes for people with disabilities, health conditions, Parkinson's, autism and more.



What

1-hour fitness, movement and social sessions including:

- Boxcercise
- Stretching and relaxation
- Chance to have a chat and meet each another

Best suited for...

- The activities can be adapted to suit all abilities and beginners are welcome
- A family member or support worker can join in too – it's fun for everyone!

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	We can adapt the movements around any mobility issues
What type of atmosphere is it?	Noisy			
	Quiet		✓	Music use is optional based on the group's preference
	Formal			
	Informal		✓	There is no pressure, join in as much as you can

Outcomes for people

Improving people's physical health or fitness		✓
Offering mental stimulation		✓
Helping people to feel good about themselves		✓
Helping people to be more independent		✓

Contact Nora to book your place:

nora@envolvewell.co.uk or 07707 931439

We hope you found all the information that you need.

If you have any questions about the sessions please get in touch with the session leaders. They will be happy to help you.

Remember to book by Friday 29th January to save your place!