



# *Online Provisions*

*Supporting you through Covid-19 and lockdown*



Company registered number: 9504809

# Freedom & Independence...



We are a charity who works with young people and young adults that live with special educational needs and disability in Staffordshire. We develop programmes which give our members the opportunity to socialise, build independence, try new experiences and gain life skills.

Due to the current circumstances surrounding Covid-19 we have adapted our programmes to fit the new 'normal'. We offer our members tools and activities through Zoom and our social media channels weekly.

If you believe you or your child would benefit from this please don't hesitate to get in contact with us.

We are asking for a donation for each session attended to help Liberty charity survive these uncertain financial times.



## Contact Us

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# Why join us?

- Fun themed weekly activities and challenges
- Access emotional support from qualified youth workers
- Carry on learning and developing independant life skills whilst at home
- A safe space to talk
- We offer a life line to both parent/carers and their children to stay involved with their friends and feel connected and less isolated.

## Future Plans:

As lockdown eases, Liberty are looking at how they can safely support members return to their community by providing one to one meet ups and small group work activities in line with the government guidelines which will look at addressing anxiety, social distancing and emotional well-being.



# Join if you please...



## Mother and Daughter Yoga

Our online weekly yoga sessions are led by instructor, Jane Hathaway. These sessions are adapted to make it accessible for those with additional needs. You will understand how yoga can influence you physiologically, physically and emotionally.

## Exercise

With most of us stuck inside, keeping active is vital for our physical and mental wellbeing. Liberty arranges inclusive sports activity through our social media channels each week for everyone to get involved in.

## Shine and Sign Choir

This exciting choir offers a chance to sing and sign using Makaton. The group meet online weekly to practice their songs. This is a fabulous programme, teaching the children new skills and educates the children about disability and valuable life lessons.

# Under 18's...



## Girls Group

This is a chance for young ladies aged 11 upwards to come together and learn new skills and develop new friendships. The young ladies help to shape the projects by doing this they learn valuable independent life lessons.

## Liberteens

Liberteens provides a safe space for anybody under 19 to socialise and stay connected throughout these times. We aim to empower each individual to increase their self-esteem and offer a chance to discover and develop their skills.

## Youth Club

Cannock and Tamworth youth club are ran by qualified youth workers. Our online youth club offers fun activities, independent living and life skills workshops as well as informal curriculum based activities. Anybody under 19 welcome.

# Over 18's...



## Ladies Lounge and Boyz Club

These clubs allow our over 18's members to meet up and share time with friends. Zoom video chats help our members feel connected and bonded which can have a positive impact on their emotional well-being.

## Liberty on Board

An employment programme where we carry out targeted group work and set learning objectives. This involves power points with voice overs to set their goals for the day they then send in their work and we celebrate at the end of the day.

## Jamboree

Jamboree takes part on Saturday's, made up of small groups for our over 18 members carrying out activities, a variety of games and quizzes through Zoom.

## Volunteer Training

Volunteer training is for all our older members who are training to be Volunteers, mentors and interns – this is an online training session ran by Liberty.

**Please dont hesitate to contact us for more information, we would love to speak to you.**