

FUN Youth Club

**Youth Club is held on a
Monday night
(term time only)
6.30pm – 8.30pm
for young people aged
10 to 17 years
with additional needs or
disabilities.**

**We have a range of activities
on offer every week, including**

- computer games,
- arts & crafts

to name just a few.

**This is a great opportunity for
young people to make and
maintain friendships, improve
confidence and increase
self-esteem.**



Families United Network

Supporting children and young adults with additional needs and disabilities.

**Unit 5, Britannia Estate
Leagrave Road, Luton, LU3 1RJ**

For more information look on our website:

www.familiesunitednetwork.org.uk

or contact the office on:

01582 420800

Charity Reg No: 1091474

Young Adult Club

Young Adult Club is an exciting club for young adults with additional needs or disabilities aged 18 to 25 years held on Tuesdays 6.30pm – 9pm.

Young adults choose what they would like to learn and take part in at the club.

Activities have included independent living skills:

- cooking,
- budgeting,
- life skills

and much more.

As well as a safe space for chilling out and making new friends in a supportive environment, there is music, air hockey, pool, a coffee shop and more.



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Saturday Club

Saturday Clubs can be accessed by young people aged 10 to 17 years with additional needs or disabilities. Full support is provided to allow the young people to attend the club without their family carers. This provides opportunities for them to spend time with their peers whilst their parents and siblings take a break from their usual caring responsibilities. Young people can participate in activities with the help of a one to one support worker where needed. The club allows young people to try new activities that would otherwise be difficult to access. Regular off-site activities into the community encourage integration, independence, confidence and the opportunity to practice important life skills. The club offers lots to do and take part in, such as swimming, bowling, arts and crafts, softplay, music and much much more.



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FUN Opportunity Play

FUN Opportunity Play sessions are for children aged from birth to 5 years who have been diagnosed with an additional need or disability, or who have been referred to specialist services for assessment.

The aim of the group is to offer the children and their parents support, information and guidance at the very early stages of referral or diagnosis.

FUN Opportunity Play sessions offer families:

- **A safe and non-judgemental play environment for the child and their siblings**
- **Support and information from other families in similar circumstances**
- **Access to advice and information from visiting professionals such as therapists, nurses and health visitors to help parents with advice and support**

FUN Opportunity Play sessions are held on Tuesdays 9.30am – 11.30am term time only. Refreshments available



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Keech Swim Sessions

Swimming is a fantastic activity for children and young people with disabilities – and great fun for all the family!

FUN provides fortnightly swimming sessions at Keech Hospice in their adapted hydrotherapy swimming pool. Keech swimming pool is designed to cater for the needs of people with additional needs and disabilities of all ages.

It has hoists, ramps and specially designed changing rooms.

The pool has water fountains, sensory lighting and a sound system. The water temperature is maintained at a higher level than public pools and the air temperature is controlled to avoid the “shiver” effect and coldness when getting out.

There is also a six seated spa with soft lighting and fibre optics. Children must to accompanied by an adult.



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Holiday Club

FUN holiday clubs run every school holiday offering children and young people with additional needs or disabilities, a safe and non-judgemental environment to play, learn and interact with others. Full disabled changing facilities with overhead hoist and full sized changing table are available.

FUN offers a huge range of different activities onsite including:

- Sensory room (with overhead hoist)
- Music & media room
- Computers and multi-media
- Table games – pool/snooker table, air hockey, table football
- Separate play areas offering – Books & stories, Lego play, train/vehicle play, dressing up/theatre area, home corner, sensory play area, wildlife/soft animal area, arts & crafts
- Large activity hall offering ball pool, bouncy castle and much more
- Full disabled changing facilities with overhead hoist.
- Coffee shop/café



The Holiday Club is designed so that the whole family can attend together, including parents and siblings.

Sessions run from 10am – 4pm throughout the school holidays.



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Disability Awareness Training

Families United Network offers Disability Awareness Training providing a general introduction to disability, with a strong emphasis on real life experiences and solutions. All of our training is delivered by parents of disabled children and young people who can offer first hand experience of what it is like to access education, health and other services whilst living with a disability; both from the perspective of the disabled person themselves and their family members and carers.

Training is for professionals and support staff working with young people living with additional needs or disabilities; employers and other public and private service providers.

Course Content:

- What is disability?
- How does a disability impact on a person's life?
- The Equality Act 2010 and 'reasonable adjustments'
- Overview of common disabilities
- Strategies for successful inclusion
- Terminology
- Communicating successfully with disabled people and those who care for them.
- Signposting to other services

The training can improve your skills and understanding when working with or alongside someone living with a disability.



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