

My Teens and Twenties Matter

My Teens and Twenties Matter is a project for young people with learning and other disabilities **aged 14 – 25 years old**. Young people without disabilities are welcome to join in activities as buddies to give help where needed. (This can be really good work experience for Health and Social Care and other learners). All young people in the project are encouraged to get involved in decision making and take part in planning and organising what happens to promote their independence.

If you would like more information or to speak to someone please contact:

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People Matters (Leeds) CIC is a member led social enterprise and not for profit organisation Reg no: 4437728



IN PARTNERSHIP
WITH



Fun, friendship and being independent

– For young people of all abilities.



Would you like to meet people your own age?



To make new friends

To try something different



To be more independent



To have some fun



To volunteer or gain work experience

To have an adventure



My Teens and Twenties Matter brings together young people with learning and other disabilities between the ages of 14 – 25. We always try to have at least one group for over 18s.

Groups have about 10 young people. There are 2 leaders and volunteers too. They meet weekly to do what they choose. The young people also get together to plan and organise.

We go to ordinary places and don't use special transport or buildings. Young people who don't have learning disabilities are also welcomed to join in, help out and enjoy themselves.

Part of being in a group is about developing yourself and being more independent. This could involve

- Developing skills to pay for yourself when you are out.
- Travelling independently or with a friend.
- Doing volunteering or fundraising.
- Going on day trips or even a residential.

Young people are encouraged to learn something new, gain an award, give something back to the project and make plans for their future.

Many young people leave school or college when they are members. Part of the project is to involve families and plan for adult life after education. Finding out about benefits, support and possibly work or leaving home, whatever is right for each person.