























**Programme of (mostly) online activities for young people aged 14 – 30
with disabilities, autism or extra support needs in Birmingham**

**** New dates for May 2021 ****

Timetable of sessions – NEW SESSIONS starting 10th May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>10am – 11 am</u></p> <p>BCAT</p> <p>Recycled art</p> <p>Cost: £5</p> 	<p><u>10am – 11 am</u></p> <p>Dance 4 U</p> <p>Dance</p> <p>Cost: £6</p> 	<p><u>10am – 11 am</u></p> <p>Involve Wellness</p> <p>Fitness & social</p> <p>Cost: £6</p> 	<p><u>10am – 11 am</u></p> <p>Impact4Life</p> <p>Fitness activity & healthy lifestyle tips</p> <p>Cost: £8</p> 	<p><u>6pm – 7.30pm</u></p> <p>Street Katz Theatre & Film</p> <p>In person @ Highbury Theatre outside space</p> <p>Drama with Jane</p> <p>Cost: £7.50</p> 
<p><u>11am – 12pm</u></p> <p>ATHAC</p> <p>'Arty Mondays' drawing</p> <p>Cost: £5</p> 	<p><u>2pm – 3pm</u></p> <p>BCAT & Hip Hop HEALS</p> <p>Hip-hop creative writing</p> <p>Cost: £5</p> 	<p><u>2pm – 3pm</u></p> <p>Creative Active Lives</p> <p>Yoga relaxation</p> <p>Cost: £6</p> 	<p><u>2pm – 3pm</u></p> <p>BCAT</p> <p>World of Music</p> <p>Cost: £5</p> 	<p><u>6pm – 7.30pm</u></p> <p>Street Katz Theatre & Film</p> <p>In person @ Highbury Theatre inside space</p> <p>Digital Animation with Nick</p> <p>Cost: £7.50</p> 

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

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.

The cost for each session is on the timetable above.

Most of the sessions are running virtually on Zoom except for the Friday evening sessions which are in person.

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:

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.

You will be asked to book for 4 sessions in advance. Once you have booked your place, the session leader will let you know how to join the 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

BCAT – Recycled Art



Who

Rebecca is an Arts in Health Facilitator at Birmingham Centre for Arts Therapies. Rebecca is also a qualified teacher who loves working with people to engage in creative activities and make art using everyday materials.



What






A 1-hour Art session using recycled, everyday materials. We will invite you to use your imagination and creativity during sessions to create 2D and 3D artwork.

Recycled art is a specific type of creative work made from discarded materials. Materials may include:



- Cardboard boxes
- Kitchen roll holders
- Plastic bottles/bottle tops
- Straws
- Egg Boxes
- String

Please collect any recycled, everyday materials to bring to your sessions!

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		✓	Relaxed

Outcomes for people

Helping people to feel good about themselves		✓
Chance to get creative		✓

Cost: £5 per session, block book for the four sessions at the beginning

To book email: rebeccafellows@bcat.info or call Richard on 07570962806

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 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 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		✓

Cost: £5 per session (plus small booking fee on Eventbrite)

Contact Carol: info@athac.co.uk or 07977 880132 or book via this link:

<https://www.eventbrite.co.uk/e/athac-arty-monday-tickets-151131360969>

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		✓

Cost: £6 per session, block book for the four sessions at the beginning

Contact Emily to book: emilydance4u@gmail.com or 07788 969193



BCAT – Hip hop



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		✓

Cost: £5 per session, block book for the four sessions at the beginning

To book email: rebeccafellows@bcat.info or call Richard on 07570962806 (contact Kiz directly for more info on the session hiphophealsuk@gmail.com)

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:

- Boxercise
- 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		✓

Cost: £6 per session, block book for the four sessions at the beginning

Contact Nora to book your place:

nora@envolvewell.co.uk or 07707 931439

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 Manisha who teaches different yoga styles from restorative yoga to moving with the breath (Vinyassa).



What






Relaxing yoga sessions for all abilities. The sessions will combine breathing practices, slow mindful movements and relaxation at the end. The sessions are designed so you can move in a way that feels good and you will be encouraged and shown how to adapt it for you.

At the end of each session, you will hopefully feel more relaxed!



Best suited for...

- It will be relaxed, open and accessible for all abilities
- Please let us know if you have any mobility issues that you want us to take in to account – all the movements can be adapted so everyone can take part

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		✓	All about taking part in your own way

Outcomes for people

Helping people to feel good about themselves		✓
Mindfulness and relaxation		✓

Cost: £6 per session, block book for the four sessions at the beginning

Contact Rachel to book your place:

rachel@creativeactivelives.org.uk or 07790 443007

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		✓

Cost: £8 per session, block book for the four sessions at the beginning

Contact Shamala to book your place:

info@impact4life.org.uk or 07492 099896

BCAT – World of Music



Who

Liz, a music therapist with Birmingham Centre for Arts Therapies. Liz has been involved with music for many years - singing, playing piano, and teaching, and loves sharing the joy of music with everyone from the age of 0 to 100 and beyond.








What

We will be journeying together to different lands and discovering some of the traditional music. There will be singing, drumming, listening and storytelling - so please get ready for some exciting adventures. Pack your bag with your voices and instruments and let's get going!



Best suited for...

- Anyone who wants to give music a go – you don't need to be able to play an instrument or to have done anything musical before

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		✓	There will be singing and music making but it's kept relaxed
	Quiet			
	Formal			
	Informal		✓	Very relaxed sessions

Outcomes for people

Helping people to feel good about themselves		✓
Chance to get creative		✓

Cost: £5 per session, block book for the four sessions at the beginning

To book email: reccafellows@bcat.info or call Richard on 07570962806

Street Katz Theatre and Film – Drama with Jane

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.



What

Outdoor in person session in a small group. Fun drama and performance sessions based around the theme 'Round the World'. 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
- This session is outdoors – bring a coat in case it gets chilly!

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	The space is wheelchair accessible and all movement can be adapted
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		✓

Cost: £7.50 per session, block book for four sessions at the beginning

Contact Jane to book: janemason@sky.com or 07767 860177

Street Katz Theatre and Film – Animation with Nick

Who

- Nick is a creative freelancer who is great with all things computers including filming, editing and making animated characters.



What

Learn how to use popular animation apps to produce a fun and engaging animation. We will cover the creation of simple characters and scenes using basic shapes and powerful drawing tools, to sketch out and bring to life your own great animated story!






This session will be in person with a small group at Highbury Theatre in Sutton Coldfield.





Best suited for...

- Some basic IT skills would be helpful
- People who are happy to sit and focus for the hour's session
- No equipment needed - we will provide Amazon Kindle Fire HD8 tablets with a range of easy-to-use animation apps. We'll provide a digital stylus to draw with too.

Accessibility Information

Question	Answer	Icon	Yes	Comment
How accessible is the activity?	Fully accessible to everyone including people who use a wheelchair		✓	The space is wheelchair accessible
What type of atmosphere is it?	Noisy			
	Quiet		✓	
	Formal		✓	It will be sitting down using tablets but still relaxed
	Informal			

Outcomes for people

Offering mental stimulation		✓
Learn a new skill		✓

Cost: £7.50 per session, block book for four sessions at the beginning

Contact Nick to book: cavedawes@blueyonder.co.uk or 07711 686287

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.

The new sessions start soon so make sure you don't miss out!