



# A SPECIALIST SKILLS HUB

For adults and young people  
with learning disabilities

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## About Us »

Brighter Futures Project, a day center for young adults with learning disabilities in Woolwich, London. Our mission is to provide a safe and supportive environment where young adults with learning disabilities can grow, learn, and achieve their full potential. We understand the unique challenges faced by young adults with learning disabilities and offer a range of activities designed to support their physical, mental, and emotional well-being.

## Location 📍

We are located in the borough of Greenwich, a quiet but easily accessible location in Woolwich. Nearest station is DLR Royal Arsenal, British Rail or Underground - Royal Arsenal Elizabeth Line.

# Life Skills Training

At Brighter Futures, we understand the importance of life skills training in supporting independent living and improving self-esteem. Our life skills training program includes cooking, personal care, and budgeting, and is designed to help our clients develop the skills they need to succeed.

**Examples of our vocational courses are:**

Cooking Sessions (focusing on food preparation, storage, following simple recipes and more).



Road Safety Training (including using public transport, use of traffic lights).

Money Management.



Shopping trips (learning to use a shopping list and sticking to a budget).

we believe that physical activity is essential for overall health and well-being. That's why we offer a variety of physical activities such as exercise classes, dance, and tennis, to name a few. Our activities are suitable for all abilities.



Bespoke courses with work experience placements and much more...

Gardening with our gardening partners - we grow and harvest fresh food and use it in our



## Meaningful and Creative Activities

Our aim is to provide a service that enables our users by engaging them in meaningful activity. At Brighter futures we intend to engage our service users on a daily basis with a range of activities that are not only stimulating and enjoyable but also developmental so that they can also achieve their own personal outcomes and objectives.

Creativity is important for emotional well-being and self-expression, and we offer a range of creative activities to stimulate imagination, creativity, and emotional well-being. Our programs include art, music, drama, and storytelling, and are designed to be fun, engaging, and therapeutic.



# Photo Collage



A close-up photograph of a woman wearing a pink hijab and a dark jacket. She is holding a small white pot containing a green leafy plant. The background is slightly blurred, showing what appears to be a paved surface. The image is partially overlaid by a large orange rounded rectangle on the left side, which contains text.

## Social Interactions

Social interaction, friendship, and community engagement are essential for mental and emotional well-being, and we offer a range of social activities to promote these important aspects of life. Our programs include clubs, trips, and community outings, and are designed to be fun, inclusive, and supportive.

# Therapeutic Activities



We understand the importance of mental and emotional well-being, and we offer a range of therapeutic activities to help our clients improve their mental health and emotional well-being. Our programs include, mindfulness sessions, sensory yoga, and access to our fully equipped sensory room.



# Personalised Plan



Any activity plan we design is personalised to each service user, as we look at their preferences, likes, dislikes, their strength and weaknesses and ultimately what they hope to achieve. Each plan is reviewed on a termly basis to ensure the plans are meeting the objectives and goal set for each person.















# Some of Our Activities

-  Arts & Craft
-  Computing skills
-  Reading Shared attention
-  Library Life skills
-  Off site learning skills
-  Sexual health
-  Work experience / skills
-  SALT Sessions
-  Drama skills
-  Action - Games  
(e.g. Bingo)
-  Cooking classes
-  Sewing Sessions
-  Sensory Sessions
-  Musical therapy / Sessions
-  Group Discussion
-  Yoga and Relaxation
-  Disco Nights &  
Dance Sessions
-  Gardening
-  Money Managements  
Classes
-  Gym Sessions
-  Sports - Tennis Classes



There will also be opportunities for the day trips  
(this will be at an additional cost)

- |  |  |  |
|--|--|--|
|  Cinema /<br>Theatre trip |  Bowling                              |  Kayaking             |
|  Disco /<br>Karaoke     |  Bob sleighing/<br>Indoor Ski trips |  Museum<br>Visits   |
|  Boat trips             |  OT Sessions                        |  Parent<br>sessions |
|  Grocery<br>shopping    |  Travel Training                    |  Circus             |



At Brighter Futures, we believe that young adults with learning disabilities have the potential to achieve great things, and we are committed to providing the support and resources they need to succeed. Our range of activities is designed to support physical, mental, and emotional well-being, and our goal is to help our clients reach their full potential.

# Contact Us



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Our skills hub is open from

**Monday to Friday**

**9.30am - 3.30pm**