

New Year—New You!

It's always good to start the year with something new and beneficial. The Do Your Thing project has been talking to adults with learning disabilities and autism —finding out what they care about, what they're good at, what skills and talents they have; helping people help themselves to do *their* thing and create groups and activities based on *their* passions. Key to this approach is identifying, matching and connecting people, places, skills, assets and bringing it all together to discover new and exciting possibilities.

All activities are open to everybody aged 18+ so if you're ready to try something new and exciting please see below:

Meltham Drama Club

Mason invites you to join his drama club in Meltham

Keldre Crafts

Ally invites you to join her arts and crafts group in Keldregate, Deighton

Dirt Busters

Muzamil invites you to join him cleaning the mini-buses at Active in Huddersfield

Learn and Grow

Jamie invites you to join him at his allotment in Mirfield

Game On!

Michael invites you to join his games group at IQ Gaming in Huddersfield

Vibes Music

Tom invites you to join his music group in Mirfield

Walk and Talk

Ally invites you to join her walking group in Huddersfield

Autism Social Group

Michael invites you to join a social evening for people with Asperger's Syndrome in Huddersfield

For more details, days and times, or if you would like to discuss setting up your own activity please contact Mark: 07525 669 603
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