



Every Wednesday

6:30 pm to 8:30 pm

Heaton Norris  
Community Centre

Sandra 07736 367728



**SHINE** is a social and wellbeing group with a difference, we offer diverse young disabled people the chance to make new friends and learn new skills as they transition into adulthood.

This group is a safe space to meet and talk about the things that are important to you.

Trained facilitators, work on what is important to our group with a chance to relax and have some fun!

Each week offers different activities for young people to learn new skills and develop their own interests.

- Arts and crafts
- Movement
- Discussions
- Day trips out
- Meet new friends
- Learn new skills
- For all abilities



**SCAN ME**

**For more info:**

[makeadifferencegm@gmail.com](mailto:makeadifferencegm@gmail.com)

[heatonshncc@gmail.com](mailto:heatonshncc@gmail.com)