

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.

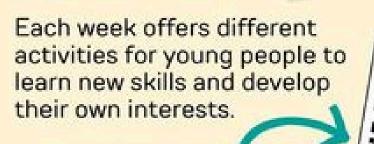
Trained facilitators. work on what is important to our group with a chance to relax and have some fun!

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











SCAN ME For more info:

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