



Ambition Aspire Achieve

Registered Charity No. 1167816

Life-Skills Project

For young adults aged 17 - 25 with additional needs

Every Monday and Wednesday

Are you a parent/carer of a young adult with additional needs?

Do they access support through a personal budget?



We are now running weekly sessions for young adults with additional needs at the Terence Brown Arc in the Park, Hermit Road Recreation Ground, Bethell Avenue, Canning Town E16 4JT

Activities include:

Confidence Building • Cookery Lessons • Money Management • Day Trips and Experiences • Sports and Exercise Sessions • Growing and Gardening • Becoming More Independent • Access to Supported Work Experience • Ongoing advice and support



To find out more please contact Paula Blake at:
paula@theaaazone.com or 0207 511 4253.

Or alternatively pop into Arc in the Park for a chat to find out more about how we can help and the support we provide.