

Join in the fun and make friends with InterAct's Short Breaks activities and opportunities

InterAct's Young people short break clubs and activities

- Young people can try new things, socialise and make friends
- Parents can have a break from their caring responsibilities

WHAT WE DO: We support young people to get out and about in the community, make friends build new skills, try new activities, have fun and give family members a break. Our Activity Programme is always bursting with fun and exciting things to do, whether it's a trip to the cinema, ice skating, a day trip to Chessington, an overnight break at an outdoor activity centre, baking cakes or having a Barbecue at our Youth Club.

WHEN: Throughout the year - School holidays, after school, evenings and weekends

WHERE: Mid, South, North Essex with group activities taking place in Braintree, Chelmsford, Colchester and Tendring

WHO: Young People ages 10 – 18 with learning disabilities / additional needs

WITH: Our friendly and experienced qualified staff team and trained peer volunteers providing enjoyable fun activities and support in a safe environment.

"It has allowed me to meet new people and make new friends as well as give me the responsibility of handling my own money. It has given me confidence and I look forward to my Wednesday night every week." Young person

"It is the only place other than home that people understand Timmy and if he didn't go to InterAct, other than limited hours at college, he would be at home 24/7. It's lovely for me to see him smile when I pick him up from an activity and know he has been safe and understood." Parent

"He feels well-liked and included and can socialise with both genders. He is more chatty and feels he has more friends, leading to greater confidence and self-esteem." Parent

"InterAct taught me how to be a true friend to others" Young Person

"Just letting you know that my son hasn't stopped talking about his day out with InterAct yesterday. He said he had the best time". Parent

WHAT ARE YOU WAITING FOR?

Give us [call: 01245 608206](tel:01245608206) or [email: youngpeopleteam@interact.org.uk](mailto:youngpeopleteam@interact.org.uk) to find out how easy it is to join or to enjoy a 'Taster Day'

Newcomers always welcome

Useful Links:

<https://shortbreaks.essex.gov.uk>

<http://www.essexlocaloffer.org.uk/>