

# Teens and Twenties



Are you between 14 and 25 years old? Do you want to have fun doing activities every week? Do you want to make new friends and enjoy being independent? Then carry on reading!



# About Teens and Twenties

**Teens and Twenties** is for anyone aged **14 – 25** who has a learning disability or autism and wants to have fun! Groups of young people meet every week in and around Leeds for about 2 hours. Together they enjoy activities they have planned and chosen to do as a group.

Being part of a group is about developing yourself and being more independent. It is a great way to make more friends, try new activities, and learn some useful skills while you have fun. You could learn to pay for yourself when out or to feel more confident travelling around town.

And the Teens groups also enjoy day trips in the Easter and Summer holidays. They have been to Yorkshire Wildlife Park, Lightwater Valley and York Chocolate Factory. And plenty more! Meet young people from other groups and explore places you have not been to before.

**And it doesn't stop there! We also offer Teens members some extras:**

- **Develop New Skills** - Do one of our free 6 week courses and develop new skills – team working, organising, and budgeting with money. And please do suggest courses you would like to do.
- **Be a Voice** – Be an Ambassador for your group. This means being a voice for your group and meeting up every 6 weeks to tell us your group's thoughts and ideas, and your own!
- **Volunteer** – Be a volunteer in one of the Teens groups or for People Matters. This is a great way of getting some work experience to put on your CV.
- **Be Creative** – Write about something you find interesting or which is important to you. Or take a photo at one of your Teens activities. You could see them in the Teens Magazine!

And your family matters to us too. Many young people leave school or college while a member of Teens. We can support you or your family in whatever way you would like to help you plan for adult life after education. Find out about getting work, joining a course, or other activities you could do.

# Frequently Asked Questions

We are sure you will have lots of questions. We have tried to answer some of them here!



**What activities will I do?** You and your group decide! You will meet to plan and organise. This is part of the fun. Groups have done lots of fun activities. They have been to bowling, cooking, Laser Quest, trampolining, horse riding, and for a picnic in the park. And lots more!



**How big are the groups?** The groups have no more than 15 young people in them, some groups are smaller.



**Will I get any support?** Each group has a group leader and a support worker from People Matters. They will give you any help you want or answer any questions you have. You can bring your own support worker too if you feel you need some extra support.



**What will it cost?** There is no cost to join. You will just need to pay for the activity you do each week. Your group leader will tell you how much you need to bring.



**Can I join any group?** We do try to let you join the group you want. But sometimes a group is full or you need to be a certain age to join it. But don't worry, we will talk to you about joining a different group or put you down on a waiting list for the group you want.



**How do I join?** It is very easy. You or a parent or carer just need to call the office (**0113 2346896**) and tell us. Then a member of our team will meet with you and one of your parents or carer to find out some information about you.

So what can you get from Teens and Twenties?

Make new friends, learn new skills, try new activities and visit new places. Have your voice heard, be creative and have fun!

And we offer lots of other services too. Do please do call to find out.

We hope to hear from you!



Unit 41 Barkston House, Croydon Street, LS11 9RT

0113 2346896

[www.peoplesmattersleeds.co.uk](http://www.peoplesmattersleeds.co.uk)

[info@peoplesmattersleeds.co.uk](mailto:info@peoplesmattersleeds.co.uk)

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