



**Autonomie**

Independence through education and support

Empowering young people  
with additional needs to develop  
the skills to live independently  
and achieve their potential

# Freedom to Choose Programme

**At Autonomie, we are committed to helping young people with additional needs overcome many of the challenges they face as they move into adult life.**

Freedom2Choose helps these young people reach their potential and lead fuller and more independent lives.

## **Who is the programme for?**

Young people with physical disabilities and allied additional needs aged between 14 and 25 in the Greater Belfast area.

## **Interested?**

For latest programme information and to find out how you or a young person you know can get involved, please call us on **028 9591 8051**, alternatively email us at **hello@autonomie.org.uk**

Members are asked to make a small contribution each week (usually £3.00).

### **What does the programme offer?**

Freedom2Choose offers structured opportunities for practical learning, social and recreational activities and access to what's on offer in the community!

### **Opportunities to do what every young person should be doing:**

#### **Learning and development**

Each 13-week long programme is themed and focuses on personal development. Themes can include 'Good Mental Health', 'Independence' and 'Keeping Safe'. Young people choose when they take part and what activities they want to join in!

#### **Social activities**

Members can enjoy cinema/ restaurant visits and cultural and drama events.

#### **Day trips**

Visit places of interest and local attractions, e.g. Exploris Aquarium, Belfast Zoo and Carrickfergus Castle.

#### **Recreational opportunities**

Young people are free to use the recreational facilities at Lilac House to chill or choose an activity of their choice.

#### **When does it happen?**

2-4 hours per week (usually on a Saturday) at our South Belfast centre Lilac House (Linked Independent Living and Advice Centre) and at venues in the community.





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## FIND OUT MORE

[www.autonomie.org.uk](http://www.autonomie.org.uk)

### Lilac House

(Linked Independent  
Living and Advice Centre)

4 Sandhurst Road  
Belfast BT7 1PW

T. 028 95918051

E. [hello@autonomie.org.uk](mailto:hello@autonomie.org.uk)

### Freedom2Choose

is supported by our  
partners including the  
Education Authority

## KEEP IN TOUCH



@autonomieinfo



Patron: **Oliver Jeffers**

Charity Reg. No. **NIC100421**