



Autonomie

Independence through education and support

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

What Next? Programme

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

What Next? offers practical support to help these young people reach their potential and lead fuller and more independent lives.

Practical learning that's fun! Join our What Next? community project!

Interested?

The programme is suitable for young people with physical disabilities and allied additional needs aged between 16 and 25 in the Greater Belfast area.

This 16-week long programme is FREE of charge with enrolment twice per year.

Young people can access:

Independent Living

Young people have a chance to gain a greater understanding of their strengths and limitations, improve existing and develop new skills.

Members (who feel ready) even have a chance to experience a short-term stay at Lilac House!

Themes and activities can include:

- Convenient Cookery
- Money Management
- Transportation
- Keeping Safe

Social opportunities

Activities can include cinema/ restaurants visits, cultural and drama events - activities that they may not routinely do!

Volunteering

Structured opportunities
3 - 4 hours per week.

Peer support and mentoring

Members can support and befriend another young person.

Youth Forum

Hands-on and gives young people a voice! Members help develop and plan activities.

Counselling course

Young people, parents, carers and siblings can gain a CPCAB Level 2 Award in Counselling Skills. An accredited programme delivered at Lilac House by qualified facilitators and offers participants a chance to learn basic counselling skills such as listening and responding skills.



Promoting positive mental health

Mental health disorders prevalence rate amongst young people with physical disabilities is at a greater level than the general population. Promoting positive mental health amongst these young people is core to our work.

Parents, carers and siblings can access:

Counselling service

Confidential one-to-one or group counselling from a registered CPCAB counsellor free of charge.

Support groups

To share experiences, ideas and access emotional support for stress management.

Training and advice

Practical advice, signposting and training including wellbeing sessions to support positive mental health.





At our South Belfast centre Lilac House (Linked Independent Living and Advice Centre) the community project seeks to develop:

- Self-confidence**
- Independence**
- Communication skills**
- Social skills**
- Positive mental health**
- 'Natural' peer interaction**
- 'Active' participation**
- Opportunities for new friendships**



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FIND OUT MORE

www.autonomie.org.uk

Lilac House

(Linked Independent
Living and Advice Centre)
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E. hello@autonomie.org.uk

KEEP IN TOUCH



@autonomieinfo

Patron: **Oliver Jeffers**

Charity Reg. No. **NIC100421**

What Next?

is supported by the
Big Lottery Fund's
Empowering Young
People' programme.



**NATIONAL
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