



12 Rules of Life

- 1. BE YOURSELF
- 2. BE KIND
- 3. BE HONEST
- 4. IGNORE THEM
- 5. LET IT GO
- 6. GIVE IT TIME
- 7. DON'T COMPARE
- 8. NEVER GIVE UP
- 9. STOP THINKING TOO MUCH
- 10. STOP BEING NEGATIVE



Autonomie

Independence through education and support

**SAIL (Social and Independent Living) project
Empowering young people with additional needs**

SAIL

What do we do?

SAIL (Social and Independent Living) project provides young people aged 16-30 with physical disabilities, mild to moderate learning disabilities, and allied conditions access to an interactive and fun learning experience.

This community-based programme helps young people build self-confidence and develop self-awareness and provides emotional and practical support during transition between adolescence and adulthood.

SAIL offers participants structured opportunities to develop or improve basic independent living skills and empowers them to live more independent and confident lives within their own communities.

Themes and activities include:

- Life choices – How these can impact on all aspects of living
- Keeping safe – Living in local communities
- Living a more independent life – Basic cookery skills, Housekeeping, Budgets and Responsibilities
- Personal awareness – Self-Awareness, Personal Safety, and Personal presentation
- Looking after Mental health – Coping Skills, Triggers and Distractions

Interested?

This 3-year programme launched in May 2021 and is suitable for young people with physical disabilities and allied additional needs aged between 16-30 years old.

SAIL is delivered across 7 local council areas and each 6-month long programme is FREE of charge to attend.



Council areas SAIL programme is available:

- Ards and North Down
- Antrim and Newtownabbey
- Armagh, Banbridge and Craigavons
- Belfast City
- Lisburn and Castlereagh
- Mid and East Antrim
- Newry, Mourne and Down

Young People can access:

- Independent Living
- Social Opportunities
- Young People's Voice Youth Forum
- Volunteering

This community-based project seeks to develop:

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



FIND OUT MORE

www.autonomie.org.uk

Family Voice Hub

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KEEP IN TOUCH



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Patron: **Oliver Jeffers**

Autonomie is an award-winning charity registered with Fundraising Regulator



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