

Children's Groups

Our friendly groups support children with learning difficulties/disabilities and autism to build confidence, develop social skills and reach their potential.

Sessions are best suited to children who can remain in one room for 45 minutes at a time. Each session costs £3, payable weekly.

A drink and snack is included.

Turn the page for more information on each group.



FIND OUT MORE

To request an application form, arrange a visit or find out more about our children's groups, please contact Carol at
childrensprojects@sheffieldmencap.org.uk
or 01142 767 757



SHINE OUT ON SATURDAY

Saturday 10am – 12pm
Ages 6 – 17

Build confidence and learn new skills in dance, drama and music. Create and perform a group show.



COMMUNICATE

Saturday 10am – 12pm
Ages 6 – 12

Improve social interaction and communication through fun, engaging activities such as role-play, games and craft.



SOUNDBITES

Saturday 10am – 12pm
Ages 12 – 17

Develop communication and technology skills. Create and record podcasts, interviews, radio broadcasts, stories and sounds.



TGIF

Friday 6:30 – 8:30pm
Ages 6 – 17

A friendly social group where you can relax, play games, try activities including cooking or crafts and make new friends. Siblings are welcome.



FITNESS

Thursday 5pm – 6pm
Ages 6 – 17

Get fit and have fun!

Group exercise classes suitable for all fitness levels and abilities.



SHINE

A course to improve your diet and health as a family.

SHORT BREAKS

A respite service run with Sheffield Council.

Get in touch for a referral to SHINE or Short Breaks.