

# Young Adult Club

**Young Adult Club is an exciting club for young adults with additional needs or disabilities aged 18 to 25 years held on Tuesdays 6.30pm – 9pm. Young adults choose what they would like to learn and take part in at the club.**

**Activities have included independent living skills:**

- cooking,
- budgeting,
- life skills

**and much more.**

**As well as a safe space for chilling out and making new friends in a supportive environment, there is music, air hockey, pool, a coffee shop and more.**



## Families United Network

Supporting children and young adults with additional needs and disabilities.

**Unit 5, Britannia Estate  
Leagrave Road, Luton, LU3 1RJ**

For more information look on our website:

**[www.familiesunitednetwork.org.uk](http://www.familiesunitednetwork.org.uk)**

or contact the office on:

**01582 420800**

**Charity Reg No: 1091474**