

Respite Clubs

Saturday Clubs and Holiday Respite Clubs can be accessed by young people aged from 9 to 17 years who have additional needs or disabilities.

Full support is provided to allow the young people to attend the club without their family carers. This provides opportunities for them to spend time with their peers whilst their parents and siblings take a break from their demanding caring responsibilities. The young people can participate in activities with the help of a one to one support worker where needed. This support allows the young people to try new activities that would otherwise be difficult for them. Each young person is able to access all of the equipment and resources that our Activity Centre offers, to promote their independence, social skills and self-confidence.



Before attending, each young person will be carefully assessed to determine what the appropriate level of staff support is for them at the club. This support will then be provided for them whilst they are at the club.

All sessions run from 10am to 4pm



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

or contact the office on:

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