



Amwell View School

Headteacher: Mr Neil Ward BA. Ed. (Hons), M. Ed

Community Activities for Young Adults with Learning Difficulties and Disabilities

There are a range of community-based activities and day services available for young people aged 16 and over; many young people access these during weekends, school holidays and, once they've left school, during non-college time. Most organisations charge for their services; some families pay for these privately, but many access activities through a social care package from the 0-25 Together Service. Support may be provided through:

- **Direct Payments** - funding given to families to arrange support and activities that best meet their young person's needs.
- **Commissioned Services** - services arranged and funded directly by Hertfordshire County Council (HCC).

There are eligibility criteria to access services from the 0-25 Together Service. Young people will need to request an assessment if they are new to the service. To make a referral for under 18 year olds, families need to contact Protected Referrals through the HCC Customer Service Centre on 0300 123 4043. For over 18s, there is an online referral form:

[Request an adult social care assessment \(opens in new tab\)](#)

Alternatively, school can support with completing a referral form; please contact Coral Thomas (Senior Parent Support Adviser) if you would like to discuss:

Direct telephone: 01920 293176

Email: Coral.Thomas@amwell.herts.sch.uk

The document below contains information on a range of community-based activities in and around Hertfordshire. Information was correct at the time of writing.

The Hertfordshire Local Offer website also contains information about support for young people with special educational needs and disabilities:

[Hertfordshire Local Offer \(opens in new tab\)](#)

Key

 Has a base

 Out and about

 Physical disability accessible

Day Services and Community Provision

Activity	Location	What They Offer	Website Link
Hertfordshire Day Services  	Hertfordshire. Including: Bishop's Stortford Cheshunt Hoddesdon Ware	• Day services run by HCC • A range of activities run within their centres • Good for young people who need a base • Centres for young people with physical and learning disabilities	<u>Hertfordshire Day Services</u>
Care by Lily 16+ 	Hertfordshire (Also considers surrounding areas)	• Community-based activities including sports, days out and work experience • Typically Monday-Friday, 9am-4pm • Small groups • Possibility of transport support	<u>https://carebylily.uk/</u>
Inclusion Project 18+ 	Hertfordshire Enfield	• Access different activities within the community • For young people over 18 • Group sessions within the community • Usually a 3:1 ratio of support • Pick up/drop off service	<u>Inclusion Project</u>

The Hang Out 16+ 	Braughing (near Ware)	• Day provision, evenings and occasional weekends • Use the base in Braughing and access the community • Monday-Friday, 10am-3pm	The Hang Out
St Elizabeth's Adult Community Learning  	Much Hadham	• Health and wellbeing or therapy pathways • Also offer vocational activities e.g. art and gardening	St Elizabeth's Adult Community Learning
Grove Cottage – Mencap Bishop's Stortford 	Bishop's Stortford	• 2-3 hour clubs and activities including music, gardening and get active • Mostly for 18+, but 'get active' for 16+	Mencap Grove Cottage
Hertsmere Mencap 	Borehamwood	• Clubs for adults with learning disabilities • Includes arts and crafts, bingo and dance • £5 per session • 1.5 hour sessions • Youth club for 16-26 year olds	Hertsmere Mencap
St Albans Mencap/Trinity Community Project 	St Albans Hatfield	• Trinity Day Service – Monday to Thursday, 9.30-2.00 • Offer a range of daytime clubs including art and cooking separate to the day service	St Albans Mencap

		• Life Enhancers service – 1:1 community support	
Live a Little 16+ 	Roydon	• Centre and community-based activities • On-site kitchen for cooking activities • Open Monday to Friday for 6 hour sessions • Transport provided within a 15 mile radius	Live a Little
Hand in Hands 	Hertfordshire	• Support service to enable young people to live as independently as possible at home • Bespoke care packages to support people to access activities	Hand in Hands
Oasis Academy 16+ 	Hertford	• Centre-based day service • Monday-Friday, 10am-3pm • Offer a structured day of activities including independence skills, arts and crafts and community visits • Unable to provide personal care	Oasis Academy
Oasis 2 Academy 	Cottered	• Centre-based day service • Structured day of activities including fitness sessions, arts and crafts and independence skills • Some people attend with their own care workers • Unable to provide personal care	Oasis 2 Academy

Woodhall Opportunities Project 16+  	Welwyn Garden City	• Centre-based day service for people with learning disabilities and physical disabilities • Activities include horticulture, cooking, and music	Woodhall Opportunities Project
Cory and Jon 18+ 	Hertfordshire	• Community-based activities • Groups of up to 4 adults • Transport service offered	Cory and Jon
Heywood House  	Luton	• Day centre for young people with profound and complex learning difficulties • 5 days a week, 9.30am-4pm • Therapies including physiotherapy and hydrotherapy	Heywood House
Sense  	Barnet Luton	• Day service for people who are deafblind, have complex needs or have multi-sensory impairment	Sense
Essex Cares Limited 18+  	Across Essex including Harlow and Saffron Walden	• Day service with activities based around individual goals/interests • Can cater for people who need 1:1 or 2:1 support • Clinical team offering a range of therapies	ECL
Inspire  	East Herts	• Independence skills including work experience • Community-based activities and day trips	Inspire Day Service - Facebook

Dance and Performing Arts

Activity	Location	What They Offer	Website Link
Electric Umbrella	Hemel Hempstead Watford	• Online music sessions • In-person music-making sessions • Choir	Electric Umbrella
Silverbirch Dance Company 	Oxhey (West Hertfordshire)	• Dance workshops • UV Inclusive Clubbing nights	Silverbirch Dance Company
Herts Inclusive Theatre	Various locations across Hertfordshire	• Dance, drama and music workshops	Herts Inclusive Theatre
Imagination Dance	Various locations across Hertfordshire	• Dance classes, including a sensory-based movement session and a 16+ group	Imagination Arts

Horticulture

Activity	Location	What They Offer	Website Link
Mudlarks 16+	Hertford	• Community allotment • Monday-Friday, 9.30am-3.30pm • Offer a summer programme at the allotments or their forest school	Mudlarks
Triangle Community Gardens	Hitchin	• Growing Ability – half day therapeutic gardening sessions for people with learning disabilities • Branching Out – summer programme	Triangle Gardens
Waste Not Want Not	Stevenage	• Plant nursery • Relaxed environment to explore gardening, horticulture and craft • Need to attend with a parent or carer • No charge to attend	Waste Not Want Not - Facebook Page
Sunnyside Rural Trust	Hemel Hempstead Northchurch Berkhamsted	• Rural skills including gardening, animal care and bee keeping • Café and farm shop for customer service skills	Sunnyside Rural Trust
Earthworks 18+	St Albans	• Gardening and horticulture within their eco-gardens • Also offer woodwork and crafts	Earthworks St Albans
Home Farm Trust	Ugley - Bishop's Stortford	• Day service – half day and full day workshops • Workshops include pottery, cooking, woodwork, gardening	Home Farm Trust

Animal Care

Activity	Location	What They Offer	Website Link
Church Farm	Ardeley	• Work-based farm activities • Includes egg collecting, sowing seeds, feeding the animals and helping in the shop • Monday-Friday, 10am-3pm	<u>Church Farm Ardeley</u>
Appleby Cottage	Cheshunt	• Smallholding • Animal care, woodwork, land-based activities	<u>Appleby Cottage – Instagram</u>