

# My Activities and Engagement Opportunities



This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about getting involved in groups, activities, clubs and engagement opportunities, including socialising and volunteering.



Activities and engagement opportunities can help you to:



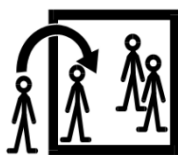
- Make friends.



- Communicate with people.



- Learn new skills.



- Be included in the community where you live.

## What should I think about to help me to choose activities?



- Which activities or clubs would you like to try?



- Would you like to make new friends?



- Are there any clubs or activities that will help you learn new skills?



- Which skills would you like to learn?



- Are there any clubs or activities that could help you get ready for a job in the future?



- How would you travel there?



- Does it cost money to do the activities?



- If it does cost money, how will you pay for it?



- Could you ask for a personal budget or direct payment?

## Where can I look for activities?



There are lots of different activities you can do in Nottinghamshire and Nottingham City.



The best place to look for activities and clubs is on the Local Offers.

## What is the Local Offer?



The Local Offer is a great place to find information about local events and updates from local organisations and groups.



By law, Local Authorities (councils) must have a SEND Local Offer.



The SEND Local Offer includes information about:



- Local activities.



- Advice and support.



- Accessibility.



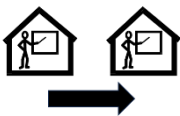
- Education, training and work.



- Childcare for disabled children.



- Transport and travel.



- Transitioning (moving) between schools.



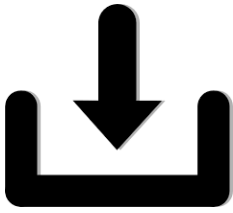
- Health care.



The SEND Local Offer is broken down into easy-to-use sections and can be filtered by age range, activity or advice topic.



The SEND Local Offers are accessible with text size and colour options.



You can use the SEND Local Offer to make lists and download contact information for local activities and groups.



If you make a free account, you can save your lists to come back to later.



If you want to apply for the Short Breaks Offer from either the County or City Council, you will access it via the SEND Local Offer.



The Local Offers have all the answers you need!



The Nottingham City Local Offer and the Nottinghamshire County Council Local Offer is on [Your Notts Directory](#)



You can find out more about friends, relationships and community on the [National Development Team for Inclusion \(NDTi\) Website](#).

## Youth Services



Youth Services are for children and young people between the ages of 10-25 who have a special educational need and/or disability.



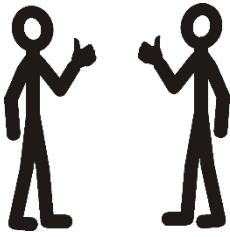
The Youth Service works all around the county.



Sessions cost £1.



There are also Link Youth Groups for young people with disabilities.



The groups give you a chance to make friends in your local area outside of school.



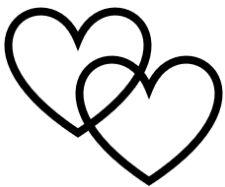
There are lots of different activities chosen by young people, including:



- Social and leisure activities.



- Learning skills like cooking.



You can also get sexual health advice.



Sometimes people can do one-to-one work if this might be able to help you.



You can see more information on the [Youth Services](#) page on the Nottinghamshire County Council website.

## Short Breaks



There is a video about Short Breaks you can [watch on our webpage](#).



As part of the Local Offer, both the Nottingham City and Nottinghamshire County Councils offer Short Breaks for disabled children and young people.



A Short Break can be any time between an hour and a few days.



They are designed to make sure that children and young people with Special Educational Needs and/or disabilities have

access to fun, stimulating and educational activities.

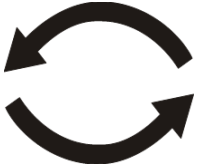


You can have the break at home, or at a different place such as a museum or a short breaks facility.

## What is good about Short Breaks?



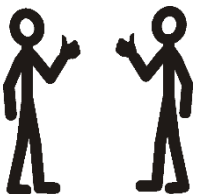
Short Breaks can give you:



- A change of scene.



- A chance to try new and different things.



- Time to have fun and make new friends.



- A chance to do things by yourself or with your family.



- A chance to develop skills and improve your independence.



Short Breaks can also give your parents or carers a chance to have a break from caring and some time to do other things like spending time with other family members.

## How can I get a Short Break?



Nottingham City Council offer at least 2 hours of activities every week to SEND children living in Nottingham City.



If you want more hours than this, you must do an [online application](#).

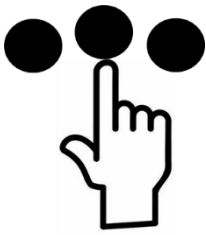


If you live in Nottinghamshire County, you must meet certain criteria and [apply to get short breaks](#).

## Volunteering



Having a disability shouldn't stop you from volunteering if this is something you want to do.



There are loads of different ways for people to volunteer.



By law, organisations must make reasonable adjustments to make volunteer roles accessible.

## How do I find the right volunteer role for me?



- Think about what you think is interesting or exciting. This could be something new or something that you already like.



- Think about the skills and time you can give. There are loads of different opportunities so deciding what you are willing to give can help you narrow down your options.



- Get in touch with your local volunteer centre.



[Your Notts Directory - Services](#) has contact details for volunteer centres and opportunities in Nottinghamshire.



You can also go on the [National Council for Voluntary Organisations \(NCVO\) website](#) and use their volunteer centre finder.

## The Nottinghamshire Pioneers Youth Forum



The Nottinghamshire Pioneers Youth Forum is a group of young people aged 11-25 who represent the voice of young people on disability issues.



[You can see more information online on Your Notts Directory](#)

## Where can I get help?



Ask Us Nottinghamshire can help you to find groups, clubs and activities.



You can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



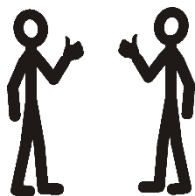
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.

If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



- Phone: 0800 121 7772

## **Links in this document**

### **Contact Ask Us Nottinghamshire**

[askusnotts.org.uk/contact](https://askusnotts.org.uk/contact)

### **The Nottingham City Local Offer and the Nottinghamshire County Council Local Offer – Your Notts Directory**

<https://www.yournottsdirectory.org.uk/send-local-offer>

### **National Development Team for Inclusion website**

[ndti.org.uk/collection/preparing-for-adulthood-friends-relationships-and-community/](https://ndti.org.uk/collection/preparing-for-adulthood-friends-relationships-and-community/)

### **Youth Services- Nottinghamshire County Council website**

[nottinghamshire.gov.uk/education/youth-services](https://nottinghamshire.gov.uk/education/youth-services)

### **Ask Us Nottinghamshire- Activities and Engagement Opportunities, including the video about Short Breaks**

[askusnotts.org.uk/young-people/activities-and-engagement-opportunities](https://askusnotts.org.uk/young-people/activities-and-engagement-opportunities)

## **Nottingham City Council Short Breaks information and application**

nottinghamcity.gov.uk/information-for-residents/children-and-families/support-for-families-and-parents/short-breaks-for-parentscarers-of-disabled-children/

## **Your Notts Directory - volunteer opportunities**

<https://www.yournottsdirectory.org.uk/directory/categories/work-and-volunteering>

## **National Council for Voluntary Organisations (NCVO) website**

[ncvo.org.uk/get-involved/volunteering/volunteering-opportunities/#/](https://ncvo.org.uk/get-involved/volunteering/volunteering-opportunities/#/)

## **Nottinghamshire Pioneers Youth Forum**

<https://www.yournottsdirectory.org.uk/directory/services/the-nottinghamshire-pioneers-youth-forum>

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For the plain English web page version of this information, go to:

[Activities and Engagement Opportunities - Ask Us Nottinghamshire](#)

<https://askusnotts.org.uk/young-people/activities-and-engagement-opportunities>

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