

more than words

Who are we?

We are a not-for-profit community interest company, specialising in inclusive drama, music, sports and healthy living activities for young people and adults with disabilities and/or autism.

We use dramatherapy techniques to support individuals to express themselves, communicate, develop self-confidence and self-esteem, and the skills they need to maximise their independence and achieve their goals in life. We do this by focusing on what individuals can do and would like to be able to do in the future, and we use symbols, pictures, photographs and whatever works best to help them to communicate, make sense of the world and their routines.

How to contact us:

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Live the life you love, love the life you live!



Our services

Drama, music, singing and dance

We create, perform and film our own theatre shows to help others to understand issues faced by people with disabilities and/or autism. We can perform in schools and businesses - please get in touch if you are interested.

Inclusive sports and healthy lifestyles

We offer the opportunity for our students to get involved in accessible exercise, inclusive sports, menu planning and meal preparation, and learning more about the benefits of healthy living.

Work experience and volunteering

We offer all our students the opportunity to get involved in work experience and volunteering in the local community. If you are a business interested in working with us, please get in touch.

Community and education

This is all about getting out and about and becoming more independent. It includes travel training, money management and accessing retail and leisure facilities.

Events and after-hours activities

We regularly perform at community events and run lots of out-of-hours activities at our base, including a weekly drumming circle facilitated by Bom-Ta-Bom, and a monthly disco (Boogie Nights). Coming soon: activities for children in the evenings and at weekends.

Free taster days are available for our services.
1:1 and 2:1 support can be provided, if required.
We have a mobile hoist and changing bed on site.
Please contact us if you need more information.

