

**more**   
**than words**

# Live Your Best Life!

How we can support you to achieve your goals.



# What we do...

Everything we do is designed to support you to dream big and achieve your aspirations.



- We get to know you well to find out what support you need to achieve your goals and about your plans for the future.



- We support you to express yourself and develop your confidence through drama, dance, singing, poetry, music, art, puppets and much more.



- We provide lots of 'person-centred' activities. These are the activities that interest you the most and help you to develop your individual skills.



- Our healthy living activities are designed to support you to become more active, and maintain a healthy weight and lifestyle.



- We support you to develop skills that will help you to cope with life's challenges and live more independently in the future.



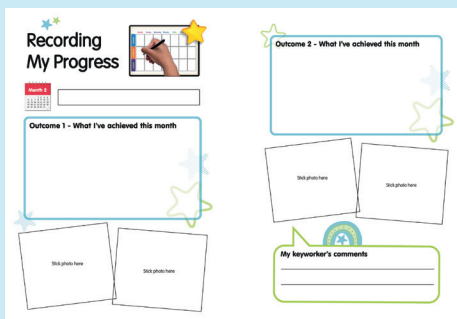
- We support you to get more involved in your local community by taking part in events and volunteering.



- We can support you to achieve qualifications in the creative arts and in lots of other subjects.



- We can also support you to improve your employability skills, get real work experience and find a paid job, if that's what you want.



- We will support you to evidence your progress in achieving your goals in your own Outcomes Journal.



- If you need more support to communicate, we can provide creative accessible tools to help you to do this.

# Our aim...

**Our aim is to support you to get the most out of life, and be happy and healthy.**

We will support and encourage you to:



- be more confident;



- be more independent;



- improve your communication skills;



- learn new things;



- work towards achieving qualifications;



- achieve your goals;



- make new friends and connections,



- perform for the community and your family and friends, and



- have fun!

# Great opportunities...

**We provide lots of great opportunities for the people who use our services and their families.**



- You get to showcase your talents to your friends and family by performing on stage in our building and at community events.



- Through our performances, you are helping to raise awareness of issues affected by disabled people and their families.



- We arrange lots of social events, including a monthly disco called 'Boogie Nights'. They are a great way to meet new people, develop friendships and have lots of fun.



- You can have your say on how we develop our services by being part of our Student Forum. Parents and carers can also have their say through our Parents Forum.



- We plan lots of get-togethers and celebrations, where you, your family and PAs can meet up with your friends and get to know other families. We call this the 'More Than Words Community'.



- You can help make positive changes in your community by getting involved in projects we run jointly with other organisations, such as fundraising and community litter picks.

# What students say...

Here's what some of the people who use our services had to say:



"I was so proud to achieve my Arts Award Discover. I love performing and going to the social events with my friends. Staff are friendly and caring." **CE**



"I'm so pleased I chose More Than Words. I struggle with anxiety and at MTW I've found ways to cope better and enjoy my life more." **MJ**



"Friends are like family at More Than Words. I've gained more confidence over the years, which has helped me at work and in my life. I'm proud to help lead projects and speak up for others. I love the feeling of performing on stage." **RH**

# What parents say...

Here's what parents of people who use our services had to say:



“More Than Words has built a strong, inclusive community where us families, our loved ones and friends all feel like we belong. I have such a good relationship with the team at More Than Words, and if I call them they do their utmost to help me. I can only describe it like a reassuring hug coming down the phone!” **JS**



“My son is largely non-verbal and their unique way of making everything accessible really benefits him. He often needs encouragement to participate in things and is very motivated by music, humour and lively activities, so More Than Words is definitely the place for him. He's found new friends and re-connected with old ones.” **BB**

# Contact us...

For more information, or to arrange a **FREE** taster session with us:



Phone:

**01942 735426**

(Monday to Friday, 9am to 4pm)



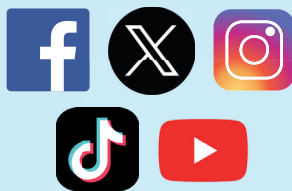
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