



# YMCA Lurgan - Independent Living Programme

## ***What is the Independent Living Programme?***

The Independent Living Programme is a year long programme for young people with learning/ physical disabilities. The project focuses on 3 key areas for the participants-

- Social development
- Independent living skills, and
- Personal Development

## ***Who is the programme aimed at?***

The young people who are on the programme will be referred to it by the SHSST, who

also fund the programme. They are aged between 13-16 years, with a maximum number of 8 young people on the programme .

## ***Programme on offer?***

The programme on offer runs weekly on Tuesday's from 5-8pm with a Saturday activity/trip once per month. During the summer months (July and August) the Tuesday and Saturday sessions are replaced with a 5 x day summer scheme).

As part of the programme, there is an expectation that there will be at least 1 overnight Residential.

## ***Staffing?***

The ILP Team is made up of the Programme coordinator and 2 x support staff