

Take a  
break  
and let  
your  
child fly!



**Heart n Soul** offers short breaks for disabled young people (aged 10-25 years) and their families.

### Do Your Own Thing Training sessions

Training sessions where young people can take part in **music, dance, DJing, drama** or **digital arts**:

- ★ Each child will have a tailor-made package to suit their individual needs.
- ★ They will learn new activities in a safe and welcoming atmosphere and be taught by experienced tutors.

**Dates: Saturday 10 & 17 April 2010**, 10am-1pm. **Free**, but please call Heart n Soul in advance to book your places. The sessions will take place at Midi Music, Watson's Street, Deptford (opposite the Albany)

### Get involved!


We will be holding an open meeting to hear what you want from your short break. Come along and get involved. Everyone is welcome. Please call Heart n Soul to book your place. Let us know if you have any access requirements.

**Dates: Saturday 13 March** from 10am-1pm, at **The Albany**, Douglas Way, Deptford, London

### The Squidz Club

Friendly, fun club event for young people, their families and friends featuring music, art, games, DJing and VJing.

#### Date:

**Friday 23 April 2010**, 7-11pm, all tickets **£5** at **The Albany**, Douglas Way, Deptford, London SE8 4AG. To book  call: 020 8692 4446



**IMPORTANT** Heart n Soul offers this project once per school term

For more information:



**Call:** 020 8694 1632



**Email:** [info@heartnsoul.co.uk](mailto:info@heartnsoul.co.uk)



**Web:** [www.heartnsoul.co.uk /shortbreaks](http://www.heartnsoul.co.uk/shortbreaks)

