

Youth Empowerment Programme (YEP) 15–18 years

The YEP residential Service is delivered in partnership with the Southern Health and Social Care Trust Children and Young People's Disability Teams. The residential series is made up of ten 3-day residential throughout the year.

The aim of the programme is to focus on daily life skills that can be practiced over the residential and transferred to the home. These skills are focused on 4 key areas:

Personal Development

Learning to be independent and participating in a programme away from home.

Independent Living Skills

These will include key skills such as establishing morning routines, cooking, budgeting, relationships, personal care and home safety.

Social Development

To encourage peer support and increase social skills involving outings and

The residentials are offered to up to 12 participants. Referrals are made through the Southern Health and Social Care Trust Children and Young People's Disability Teams.

attendance to a range of community and social events.

Building self-confidence and self-esteem

The development of independent skills, having the confidence to offer an opinion when planning activities or shopping and feeling positive about reaching goals set.

For more information

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incredABLE individuals are empowered to make choices, discover talents, realise passions, and participate in community on their own terms. incredABLE deliver projects and services in the Southern Health and Social Care Trust Area.