

2025/26



Adults' Programmes

Programmes and services for adults with learning/intellectual disability and/or autism

We provide a range of meaningful and inclusive opportunities for adults with learning/intellectual disabilities and/or autism across the Southern Health and Social Trust Area. Our services include short breaks/respite, individualised/bespoke support; social, recreational and personal development programming as well as holiday provision in a community-based setting.

All opportunities are delivered using a holistic and person-centred approach by an extensive team of qualified incredABLE staff, fully care trained with backgrounds in a variety of health and social care disciplines.

Programmes are devised to meet the requirements of adults from the age of eighteen whose social needs cannot be met by mainstream services without reasonable adjustments or the support of specialist learning/intellectual disability or autism services.

Opportunities are delivered across multiple sites, localities and in response to demand with community integration and inclusion a core principle.

Learning and being responsive underpins everything we do, shaping it as we go. The range of our interventions may change in response to our learning over time.



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**FUNDRAISING
REGULATOR**



incredABLE Adults

Programmes and services for adults
with learning/intellectual disability
and/or autism

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Residential Short Breaks



CONTRACTED SERVICES

These are contracted services delivered in partnership with the Southern Health & Social Care Trust Adults Disability Teams.

Referrals can only be accepted via social workers/Statutory key workers directly. Please contact your Social/Key-worker directly for more information on services outlined here.



Delivery

Activity based weekends and week-long recreational breaks tailored for adults with learning/intellectual disabilities and/or autism who want to experience multiple options for leisure and relaxation within a group setting and may have limited or no access to other respite services. Activities offer a balanced mix of physical and social experiences that cater to various needs.

Objectives

Promotes health and wellbeing, access to new and exciting experiences, and the opportunity to create and maintain long lasting friendships.

Programmes are co-designed to ensure optimum choice and support, shaping a positive, enjoyable experience for incredABLE adults while also delivering valuable short break opportunities for parents/carers.

Criteria

Maximum ten adults per break

Applicants must be aged 18 years+

Applicants must reside within the South Trust Area and be known to SHSCT Adults Disability Service

Consent to referral, as appropriate, and sharing of information with relevant stakeholders is required

Location

Stay incredABLE venues
(Armagh City/The Mournes)



Bespoke and Individual Support



SELF REFERRAL

This is a self-referral service. Referrals are accepted by parents/carers / legal guardians as well as social workers/Statutory key workers directly. Please Enquire directly to incredABLE by completing the online Expression of Interest form available on our website: www.incredible.org



**TRANSPORT
PROVIDED**

*depending on
service/distance

Delivery

Designed to meet the bespoke needs of adults and their parents and carers, a flexible or routine service that operates 7 days per week, delivering 1-1 or 2-1 support via specialised care/trained staff depending on requirement/budget.

Objectives

An opportunity for adults with a learning/intellectual disability and or autism to choose the types of community-based activities they wish to avail of themselves, that is entirely person-centred and tailored to each adult.

Activities may include attending hobbies such as swimming/gym session or weekly arts/music event or regular activity like shopping, cinema, parks and walks etc.

Criteria

*Terms and conditions established upon agreement, including hourly rate and payment method.

*Additional provision may be offered within this programme, including small groups (max 3 participants) and overnights in response to need and subject to staff availability.

Location

Community based.

Day Opportunities



SELF REFERRAL

This is a self-referral service. Referrals are accepted by parents/carers / legal guardians as well as social workers/Statutory key workers directly. Please Enquire directly to incredABLE by completing the online Expression of Interest form available on our website: www.incredable.org

18+**NO TRANSPORT
PROVIDED**

family / carer
drop off & pick up
at venues

Delivery

Enterprising day time opportunities are delivered Monday to Friday 10am – 3pm at incredABLE hub venues.

This service promotes empowerment and team work through soft skills development employing print, production and packaging activities to facilitate provision within a safe and supportive environment.

Team building and inter-personal skills are nurtured through annual residential and social/recreational events throughout the year.

Objectives

Long term/regular activity promoting independence, peer mentorship/friendship, confidence and motivation.

Designed to offer a skills-based experience and meaningful activities for adults who experience barriers to life opportunities (such as employment) or have limited or no day time occupation and may be at risk of social isolation.

Criteria

Applicants must be comfortable working in a group setting and within a production-based environment.

Applicants must be aged 18+ years and agree to terms and conditions, which include daily rate and payment method.

Location

Armagh, Banbridge, Lurgan,
Richhill, Tamnamore

Personal and Social Development



SELF REFERRAL

This is a self-referral service. Referrals are accepted by parents/carers / legal guardians as well as social workers/Statutory key workers directly. Please Enquire directly to incredABLE by completing the online Expression of Interest form available on our website: www.incredable.org

18 to 24

NO TRANSPORT PROVIDED

family / carer
drop off & pick up
at venues

Delivery

Heroes Plus is an exciting nine month youth development and mentoring programme focusing on personal progress and growth, delivered by skilled and qualified youth workers using innovative and transformative learning across five core Peace Plus areas:

Good Relations

Personal Development

Citizenship

Employability

Positive Progression

Delivery includes 6 to 7 hours contact time per week for 18 to 24 year-olds with a diagnosis of learning/intellectual disability and/or autism, across two Southern Trust Localities.

Activities are customised to the ability, feelings and behaviours of the young people participating and include group work, social/outdoor/recreational activities, educational visits, qualifications/short courses, social action and residentials allowing all participants to reach their full potential within the nine-month cycle.

Objectives

To promote and inspire young people to build, maintain and manage strong positive relationships and collective identities, developing their potential and providing safe spaces for them to contribute to building an inclusive and cohesive society, becoming future community peace builders.

Criteria

Open to 18–24 year olds with a diagnosis of learning/intellectual disability and/or autism. Participants must commit to attending a minimum number of sessions/hours contact time.

Location

Various locations across the Southern Health & Social Care Trust area.







Delivery

A six to nine month programme designed to be inclusive and adaptable for young people aged 18 to 24 years, with a learning/intellectual disability and/or autism.

The DofE program/GAISCE Award can be tailored to the individual needs and circumstances of participants, with a focus on personalised programming, skills development, community engagement, expedition and residential opportunity,

Objectives

Developing each young person's personal and social development, confidence and self-esteem, through shared experiences, teamwork, and resilience. A life-changing experience and opportunity to have fun with friends while discovering new interests and talents.

A recognised mark of achievement and respected by employers, the DofE/GAISCE Award is a tool to develop essential skills for life and work, supporting generations to successfully navigate life.

Criteria

Open to 18 to 24 year-olds with a diagnosis of learning/intellectual disability and/or autism. Participants must commit to the Award programme schedule/contact time.

Location

Various locations across the Southern Health & Social Care Trust area.



NO TRANSPORT PROVIDED
family / carer
drop off & pick up
at venues

Social and Recreational Opportunities



SELF REFERRAL

This is a self-referral service. Referrals are accepted by parents/carers / legal guardians as well as social workers/Statutory key workers directly.

Please Enquire directly to incredABLE by completing the online Expression of Interest form available on our website: www.incredable.org



Delivery

Provision of two holidays and two camping trips for small groups annually.

Tailored for adults, with learning/intellectual disabilities and/or autism who want to experience the excitement of visiting new destinations and accessing new activities given the appropriate level of support.

The inclusive breaks offer a balanced mix of leisure and relaxation, physical and social experiences that cater to various needs in group.

Objectives

Promotes health and wellbeing, access to new and exciting experiences, and the opportunity to create and maintain long lasting friendships.

Holidays and camping are co-designed (where possible) to ensure optimum choice and support, shaping a positive, enjoyable experience for incredABLE adults while also delivering valuable respite opportunities for parents/carers.

Criteria

Applicants must be aged 18+ years and agree to Terms and conditions including rate and deposit/ payment method.

Terms and conditions subject to change depending on break/ trip requirements.

Location

UK / Ireland / Europe

Evening Opportunities



SELF REFERRAL

This is a self-referral service. Referrals are accepted by parents/carers / legal guardians as well as social workers/Statutory key workers directly. Please Enquire directly to incredABLE by completing the online Expression of Interest form available on our website: www.incredable.org

18 to 24

**NO TRANSPORT
PROVIDED**

families drop off/
pick up at venues

Delivery

Weekly two-hour sessions of evening social/recreational activity delivered by experienced youth workers with extensive knowledge of SEND youth work programming.

Activities are co-produced by the young people themselves giving choice and control and offer a wide range of social opportunities and activities in a supportive, nurturing and inclusive setting.

Typical activities include sports and leisure, cooking and baking, games and accessing community facilities. The programme also includes a residential/short break for youth club participants.

Objectives

Youth clubs offer the opportunity to make new friends and peer mentor while engaging in activities designed to build social, emotional and communication skills.

Young people attending are encouraged to get involved with planning activities, helping build confidence and decision making.

The programme aims to improve the quality of social life for teenagers, many of whom feel excluded due to mobility, personal care, communication or transportation needs.

Criteria

Open to 18-24 year olds with a diagnosis of learning/intellectual disability and/or autism

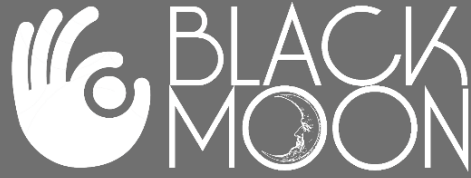
Location

Armagh, Banbridge & Dungannon



18+**NO TRANSPORT
PROVIDED**

family / carer
drop off & pick up
at venue

**Delivery**

Bi-monthly inclusive disco that delivers a unique music experience in collaboration with venue partner Armagh City Hotel.

incredABLE Black Moon DJ's provide the entertainment as revellers soak up the theme of the evening in a fully decorated Fringe Lounge alongside incredABLE's Black Moon Volunteer team.

Objectives

The inclusive clubbing experience offers a truly bespoke opportunity for adults of all ages to meet new people, connect with friends, socialise with confidence and enjoy the fun, all within a contemporary, safe and positive environment.

Criteria

Open to any adults 18+ years with a diagnosis of learning/intellectual disability and/or autism.

Attendees must be comfortable in large capacity/entertainment/licenced setting with moderate supervision (if attending independently) or agreeable to being accompanied by a parent/carers/key worker.

Location

Armagh City Hotel

2025/26

be part of our incredABLE community ...

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The Charity Commission
for Northern Ireland
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