

2025/26



Children's Programmes

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

We provide a range of meaningful and inclusive opportunities for children 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 children from age 5 even up to 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. Or



Registered with
**FUNDRAISING
REGULATOR**



incredABLE Children

Programmes and services for children
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 Children's Disability Teams/ASD CAMHS Connect Services.

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.

12 to 17



Delivery

Specialised overnight care/ activity programme tailored for children and young people with complex disabilities and/or significant behavioural support needs who have limited or no access to other respite services.

Activities offer a balanced mix of sensory, creative, social, physical and practical experiences that cater to various developmental needs.

Objectives

To encourage social, emotional and personal growth through supportive, structured activities, creating a positive, enjoyable experience for children while also delivering valuable short break opportunities for parents/carers.

Criteria

Three children per session

Applicants must be aged between 12 and 17 years

Applicants must reside within the South Trust Area and be known to SHSCT Children's Disability Service

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

Location

Stay incredABLE venues
(Armagh City/The Mournes)



www.incredABLE.org.uk

14 to 17



Delivery

Series of ten residential weekends (Friday–Sunday) over a ten-month cycle, engaging teenagers in learning essential life skills one weekend at a time.

Key programme areas include establishing daily routines, planning meals/cooking, budgeting/money management, home/personal safety, self-care, and promoting choice and control.

Objectives

To develop essential skills/independence, increase confidence and self-esteem, peer/group collaboration, reduce dependency and anxiety around transition.

Criteria

Ten young people per weekend

Applicants must be aged between 14 and 17 years

Applicants must reside within the South Trust Area and be known to SHSCT Children's Disability Service

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

Location

Stay incredABLE venues (Armagh City/The Mournes/Drumbee Schoolhouse)

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.incredable.org

7 to 17



**TRANSPORT
PROVIDED**

**depending on
service/distance*

Delivery

Designed to meet the bespoke needs of children and their parents/carers.

A flexible or routine service that operates 7 days per week, delivering 1-to-1 or 2-to-1 support via specialised care/trained staff depending on requirement/budget.

Objectives

An opportunity for families to choose the types of community-based activities they wish to access, that is entirely person-centred and tailored to each child.

Activities may include attending hobbies such as swimming, horse riding etc, or regular activities like shopping, cinema, parks and walks or event attendance.

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 children's overnights in response to need and subject to staff availability.

Location

Community based.

Autism Services



CONTRACTED SERVICES

These are contracted services delivered in partnership with the Southern Health & Social Care Trust Children's Disability Teams/ASD CAMHS Connect Services.

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.

7 GROUP 1 **to 11**



**TRANSPORT
PROVIDED**
from agreed central
pick-up points

12 GROUP 2 **to 17**

Delivery

Monthly Saturday social activity from 10am to 4pm, designed to address challenges faced by children and young people with autism who may feel isolated and/or excluded from their communities/society.

Typical activities include recreational and leisure pursuits, visits to social and educational venues, gaming, seasonal activities/one off events, as well as any other activities which the children and young people express interest in.

Objectives

To reduce isolation, develop social skills, enhance understanding/awareness of previously unfamiliar issues, foster co-production, build independent living skills and offering increased breaks for parents/carers.

Criteria

Twelve children/young people per session

Applicants must be aged between 7 to 17 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Autism Service

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

Location

No fixed base, activity dependent

12 to 17



Delivery

Ten week cycles of activities, lasting two hours per session. Designed to address social barriers faced by children and young people with autism who may feel typical leisure/social activities sessions don't meet their needs.

Activities include games, water-sports, drama, dance, crafts and other facilitated programmes children and young people express an interest in.

Objectives

To reduce isolation, develop social skills, enhance understanding/awareness of previously unfamiliar issues, foster co-production, build independent living skills and offer increased breaks for parents/carers.

Criteria

Twelve children/young people per ten week cycle

Applicants must be aged between 12 to 17 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Autism Service

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

Location

Various including Armagh, Dungannon, Newry

12 to 17



Delivery

Ten week cycles of six hourly sessions, Sundays from 12pm – 6pm.

5 weeks of Dungeons & Dragons & 5 weeks of Community Connections.

The service aims to provide young people who have a diagnosis of autism with the tools they need to shape their future in sustainable and empowering communities where they can thrive.

Community connections is a participatory process that involves young people equipping themselves with the knowledge, tools and confidence they need to access local services such as public transport or independent shopping.

Delivery methods include resource identification, needs assessment and mapping tools for positive community development.

Objectives

To reduce isolation, develop social skills, enhance understanding/ awareness of previously unfamiliar issues, foster co-production, build independent living skill and offer increased breaks for parents/carers.

Criteria

Twelve children/young people per session

Applicants must be aged between 12 to 17 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Autism Service

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

Location

No fixed base, activity dependent

Social and Recreational Opportunities



CONTRACTED SERVICES

These are contracted services delivered in partnership with the Southern Health & Social Care Trust Children's Disability Teams/ASD CAMHS Connect Services.

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.

7 GROUP 1 **to 11**

**NO TRANSPORT
PROVIDED**

families drop off/
pick up at venues

12 GROUP 2 **to 17**

Delivery

Two-hour Saturday sessions available between 10am – 5pm, tailored for children and young people with complex disabilities and/or significant behavioural support needs who have limited or no access to other respite services.

7-11 Group: three 2hr sessions

12-17 Group: two 3hr sessions

Typical activities include sensory play, music and movement therapy, outdoor adventures and nature exploration, arts and creativity workshops, mindfulness and relaxation sessions, interactive games etc

Objectives

This programme seeks to foster social and emotional learning through a balanced mix of sensory, creative, social, physical and practical experiences that cater to various developmental needs, while providing respite to families on Saturdays as part of a safe, inclusive and specialised programme.

Criteria

Three to six children/young people per session

Applicants must be aged between 7 to 17 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Children's Disability Team

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

Location

Richill, Dungannon



Delivery

Three hour afternoon sessions from 3pm – 6pm, tailored for children and young people with complex disabilities and/or significant behavioural support needs who have limited or no access to other respite services.

Typical activities include sensory play, music and movement therapy, outdoor adventures and nature exploration, arts and creativity workshops, mindfulness and relaxation sessions, interactive games etc

Objectives

This programme seeks to foster social and emotional learning through a balanced mix of sensory, creative, social, physical and practical experiences that cater to various developmental needs, while providing respite to families on a weekday afternoon as part of a safe, inclusive and specialised programme.

Criteria

Three children/young people per session

Applicants must be aged between 12 to 17 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Children's Disability Team

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

Location

Richill (base) or on occasion at activity location

14 to 18



Delivery

Monthly social and recreational activity days (one Saturday per month) and including a residential, the programme offers teenagers with a learning/intellectual disability and/or autism the opportunity to spend time with friends doing what they enjoy most!

Activities are co-produced by the young people themselves giving choice and control over how they spend their time and structure their day out. Whether a trip to an event or a venue-based activity, it's impossible not to have a great time on the POP programme.

Objectives

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. Providing support in these areas helps overcome such barriers, while making new friends, acquiring new skills, gaining independence and simply having fun!

Criteria

Ten young people per Saturday session

Applicants must be aged between 14 to 18 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Children's Disability Team

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

Location

SHSCT localities: Armagh/Dungannon, Craigavon/Banbridge, Newry/Mourne

Annual Summer Schemes



CONTRACTED SERVICES

These are contracted services delivered in partnership with the Southern Health & Social Care Trust Children's Disability Teams/ASD CAMHS Connect Services.

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.



NO TRANSPORT PROVIDED

families drop off/
pick up at venues

Delivery

Week-long summer schemes delivered across the three Southern Trust Area localities.

For children with a diagnosis of learning/intellectual disability and/or autism aged between 7–11 years (3 x 2 hour slots) and 12+ years (2 x 3 hour slots).

Objectives

Delivery of fun venue-based activities for children to enjoy with peers offering summer respite opportunity for parents/carers.

Criteria

Three to six children or young people per day

Applicants must be aged from 7 to 17 years

Applicants must reside within the Southern Trust area and be known to the SHSCT Children's Disability Team

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

Location

SHSCT localities: Armagh/Dungannon, Craigavon/Banbridge, Newry/Mourne

Personal and Social Development



SELF-REFERRAL

These are self-referral services. 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



NO TRANSPORT PROVIDED

families drop off/
pick up at venues

Delivery

Heroes Plus is an exciting nine-month youth development/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 and positive progression).

Delivery includes 6–7 hours contact time per week for 14–17-year-olds with a diagnosis of learning/intellectual disability and/or autism across three Southern Trust Localities. Activities are customised to the level/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 residential 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 14–17-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 SHSCT area.



Personal and Social Development



14 to 17

**NO TRANSPORT
PROVIDED**

families drop off/
pick up at venues



Delivery

A six to nine month programme designed to be inclusive and adaptable for young people aged 14–17 years, with a learning/intellectual disability and/or autism.

The Duke of Edinburgh programme/GAISCE Award can be tailored to the individual needs and circumstances of participants, with a focus on personalised programming, skills development, community engagement, expeditions and residential opportunities.

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 14–17 year olds with a diagnosis of learning/intellectual disability and/or autism.

Participants must be fully committed to Award programme schedule/contact time.

Location

Various locations across the SHSCT area.

Evening Opportunities



SELF-REFERRAL

These are self-referral services. Referrals are accepted by parents/carers/legal guardians as well as social workers/Statutory key workers directly.

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14 to 17

**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 SEN 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 to build confidence and decision making abilities.

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 14-17 year olds with a diagnosis of learning/intellectual disability and/or autism

Location

Armagh & Dungannon

2025/26

Registered with
The Charity Commission
for Northern Ireland
NIC101118



Registered with
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