



Liberate

courses

The Liberate courses are a **fun and exciting** opportunity for people with a learning disability to **explore, experience and fulfil** their own interests around both:

- * **Drama, Physical theatre and Film**
- * **Sport, Health and Fitness**

***Find out
more inside!***



Drama, Physical theatre and Film

Benefits of the arts...

- * The arts are an amazing tool to encourage communication skills, a positive self image and self expression.
- * As a means to explore ideas the arts are flexible and engaging, a great way to learn.
- * The arts promote social interaction within groups and encourage everybody to make their mark.
- * The production of performances and films give voice to all and promotes self confidence.

What can I expect to happen on the course...

The course will be led by our experienced staff team and will also bring in some of the regions top artists throughout the year.

A general day at Liberate will include:

- * Introduction to the day
- * Group warm up, drama games.
- * Drama and film skills sessions (Comedy, improvisation, mime, physical theatre)
- * Opportunities to work with visiting artists.
- * Creative sessions to build towards performing and filming your work.
- * Time to socialise with the group members and staff.

The course will be split into four terms

Term	Programme
1	Skills (8 weeks) – An exciting programme of skills will be covered including improvisation, physical theatre, contemporary dance, speech and drama, comedy and mime.
2	Performance production (12 weeks) – using some of the skills covered in term 1 the group will devise rehearse their own performance with the help of a guest director. The show will be performed at one of the regions top performance venues.
3	Skills (8 weeks) – An exciting programme of film related skills will be covered including story boarding, improvisation and devising, acting for film and television and camera and sound.
4	Film production (12 weeks) – Using the skills covered in term 3 the group will devise and shoot their own film on location somewhere in the region. The film will be premiered at a cinema near you soon!

Where and when will the course take place?...

The course will run for 40 weeks between 9.30 – 3.30 on a Wednesday. The course starts on September 15th 2010.

We are looking for the perfect venue to hold the Liberate courses. The venue will be in Newcastle and easily accessible by car and public transport. Please get in contact to find out more.

Sport Health and Fitness

Benefits of sport-based work are...

Sports and group based physical activities are an amazing way to develop social skills and encourage teamwork. Team sports motivate us to work hard while having fun they also help us to make decisions and accept responsibility. Participating in sports and physical activity results in greater strength, stamina, flexibility, co-ordination and promotes a positive self image.

Working with peers in a positive environment towards a common goal gives participants a great sense of achievement.

What can I expect to happen on the course

The course will be led by our experienced staff team and will also bring in some of the regions top fitness and sport professionals throughout the year.

A general day at Liberate will include

- * Group warm up and introduction.
- * General advice on diet and fitness
- * Skills sessions (relating to chosen sport/activity)
- * Personal plans
- * Team Sports/fitness activities
- * Social time

Programme

The Liberate course is an exciting programme of sports and physical activities. The course will be split into 4 terms each lasting 10 weeks. Participants will have the opportunity to work with top sports and fitness coaches on activities such as athletics, team sports, martial arts, trampolining, dance and fitness classes. The Liberate staff team will work to create individual health and fitness plans highlighting

specific needs and goals. The group will also be going out to experience a range of outdoor activities from track and field to orienteering and climbing. Participants will work on developing skills with professionals to work towards competing against other groups at regional sports events.

This programme will give the participant the opportunity to get fit and have fun whilst learning and developing new skills in an exciting and safe environment.

Where and when will the course take place...

The course will run for 40 weeks between 9.30 – 3.30 on a Thursday. The course starts on September 16th 2010. We are looking for the perfect venue to hold the Liberate courses. The venue will be in Newcastle and easily accessible by car and public transport. Please get in contact to find out more.

Who can get involved...

The course is for people with a learning disability aged 16 and above. We want to find people who are creative, energetic and excited about what their futures hold. The Liberate courses are person centred throughout and will work with peoples personal care plans to help them achieve their goals.

The course is fee based, most people will be able to afford this through direct payments. That means a person attending may have a direct payment to pay for their place on the course. You can find out more about this from your support worker or from your local social work team.

We are delivering the Liberate courses to provide people with an exciting and specialised opportunity to further their personal development.



Who we are

Liberdade is a **community interest company** that develops arts and health initiatives for people with learning disabilities. Founded in 2003 to support a group of people to run their own company Liberdade has now grown to deliver its work across the region and beyond. To find out more please visit: www.liberdade.co.uk

The Liberate participants will benefit from:

- * Working with the **best regional artists and sporting professionals.**
- * **Exploring their chosen field in a creative, accessible and engaging way** that is focused towards their own strengths and abilities.
- * **Sharing their achievements** in top regional venues with other exciting groups.
- * Personal plans that work with the participants broader life goals to insure **individuals progress and succeed.**

How do I get involved?...

If you are interested in a place on the Liberate programme for you or someone you know then get in touch with Rob or Kelly. We can speak to you over the phone or come and meet with you to answer all of your questions, contact us on:

0191 477 8533 or **info@liberdade.co.uk**

We anticipate that there will be a great demand for places on the Liberate programmes so please get in touch as soon as possible to avoid disappointment.



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