



Bespoke Programmes for Adults with Additional Needs

We can create fabulous bespoke programmes to help you to reach your goals. This booklet is for you if you want to do something creative, get fitter, develop life-skills, or improve employability.

We have something for everyone!

GROUP SESSIONS

MUSIC

We have two bespoke music courses, SoundSMART and THS@The Jam Factory with their own leaflets (please ask for copies) – but in addition we have:

- Learning and rehearsing a variety of songs from the shows, sometimes with a piano and sometimes in Karaoke style.
- Develop your instrumental skills, rehearsing in a band. Work towards a performance with your band!

MEDIA AND FILM

- Making a documentary - learn how to use a video-camera, plan a piece of documentary film, conduct an interview etc
- Making films for example: Comedy Horror Musical; Soap Opera, Music Video.
- Making plays for example: Music-Theatre sketches; Children's Shows, Murder Mysteries.

DANCE

- Dance routines for fitness and fun
- Tap, Ballet, Jazz, Dances from the West-End Shows

CREATIVE WRITING AND LITERACY

- Literacy for Life (reading, writing, talking - for pleasure, and to increase basic skills)
- Creative Writing for Fun: options include scriptwriting, poetry/lyrics, stories, journalism.
- Life story scrapbook: a chance to develop a record of your life, from those earliest memories up to the present date, capturing your future dreams.



ART

- Film Art (art in response to films that already exist, concept art for films that could exist)
- Fashion Design - sketching ideas, recycling pre-loved clothes, create an outfit
- Making a fanzine or comic book
- Christmas crafting and other occasions - making cards, and small seasonal decorative items.
- Photography: learning how to use photography to make a record of the world

LIFE & EMPLOYMENT SKILLS

- Healthy living course including the Level 1 YMCA Level 1 Award in Lifestyle Management
- Employability skills: develop your skills and use them in a voluntary role in one or more of our many clubs, classes, or activities
- Etsy Shop - be part of the team that will take our workshop and art goods to market with an online business!

SPORT

- Sports for fun
- Sports - PLUS - Level 1 YMCA Level 1 Award in Fitness and Physical Activity

INDIVIDUAL SESSIONS

Please choose 2 x 30 minute options to make-up the full hour:

- Fitness coaching in the gym with Matt (this requires the applicant to already be part of the Better Gym)
- Life-coaching with Matt (with a focus on life-goals, and general wellbeing)
- Instrument or vocal coaching
- Developing skills with hand-tools in the workshop with Alex



The Tang Hall SMART Community Interest Company has been running clubs, classes and courses since 2014. Our staff are experienced tutors who are used to working supportively with people who have a range of additional needs.

Courses start in September 2023 and run for 35 weeks, spread across the three terms. Early expressions of interest are invited from January 2023, and applications will be accepted from March 2023.

Costs: £18 per hour per week, for group work, and £30 per hour per week for 1-1 sessions. The minimum booking would be for 3 x weekly sessions for the year.

Contact sue@tanghallsmart.com or phone 07725997342 for further information.