**Things to Do**

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| **Free creative wellbeing activities** for **neurodivergent young people aged 13-25**  | [Creative Minds](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstarlingcio.org.uk%2Fprojects%2Fcreative-minds%2F&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150629102%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=LM%2B3emijRMt2c7m0NSR9gFCXAVvAl0kZRLO4ZrXd%2FDk%3D&reserved=0) - face-to-face **art and creativity workshops** for **Tameside, Trafford** and **Manchester** young people. | You can register a young person [here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fform.jotformeu.com%2F202453454315348&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150639057%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Fm53kA75RVVSQm%2FELPytuPn2aivRspWeRSzfK7bzUKw%3D&reserved=0) or if you are already registered, just send a quick email to katie@starlingcio.org.uk to let us know you are still interested.katie@starlingcio.org.uk[www.starlingcio.org.uk](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.starlingcio.org.uk%2F&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150649015%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3UdH4sFAdTcpsdsDnaocL0TqQl%2B4rTfYUNYP7HaO2xA%3D&reserved=0)FB: [@starlingcio](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Ffacebook.com%2FstarlingCIO%2F&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150658968%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=kGhhDSf6zlPzBtxV5yJmCbTZxfsaeEWnoa9AjDf10e4%3D&reserved=0)Instagram: [@starlingcio](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Finstagram.com%2Fstarlingcio%2F&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150658968%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JJOPmvTlYFvMZz8sf6rP0ErHv7HvGX6GP98VxHxCcgY%3D&reserved=0)Twitter: [@starlingcio](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftwitter.com%2Fstarlingcio%2F&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150668926%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=D86FkKGzAcWhhuKfYlA23XA21hUf4b2MvCa4aipZ0L0%3D&reserved=0) |
|  | [Creative Take Aways](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstarlingcio.org.uk%2Fprojects%2Fcreative-take-aways&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150629102%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=v7fkSpkrEj6t%2B6gUD%2FPM7OxhyYhYn8cTwChpEXwT9IQ%3D&reserved=0) - **online taster workshops** in a range of creative activities for young people across **Greater Manchester**(all 10 Boroughs) |
|  | [Creative Industries Insights Programme](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstarlingcio.org.uk%2Fprojects%2Fcreative-industries&data=04%7C01%7CC.Jackson%40salford.gov.uk%7C6216d2ef5d784e71983308d8bc96cbce%7C68c00060d80e40a5b83f3b8a5bc570b5%7C0%7C0%7C637466703150639057%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2BOSlGuQt6BMuOaq0ffZCF1Vex8dVhJMgIOHnBxHRhQI%3D&reserved=0) - **1-2-1 online and face-to-face employability support** for young people not in education or employment in **Greater Manchester** (all 10 Boroughs) |
|  | *'Although they have many phobias, pains and sensory issues as well as social anxieties, they wanted to come each week and felt extremely comfortable and relaxed to do so. Everyone was friendly and made them feel welcome.'*Parent of young person aged 14 *'They enjoyed the ability to have 1-2-1 support in either a separate zoom room, or being able to talk to a key support on a 1-2-1 basis. Communicating in a group can be difficult for them and this was really good and very helpful in enabling them to take part in the sessions.'***Parent of a young person aged 18** | *'Although they have many phobias, pains and sensory issues as well as social anxieties, they wanted to come each week and felt extremely comfortable and relaxed to do so. Everyone was friendly and made them feel welcome.'*Parent of young person aged 14 *'They enjoyed the ability to have 1-2-1 support in either a separate zoom room, or being able to talk to a key support on a 1-2-1 basis. Communicating in a group can be difficult for them and this was really good and very helpful in enabling them to take part in the sessions.'***Parent of a young person aged 18** |
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