



## 12 MONTH ACTIVITY PROGRAMME

 **Deafness**  
Resource Centre

Registered Charity in England No. 1128148  
Company Reg. in England No. 6807282

**APRIL 2025 to  
MARCH 2026**

# CONSENT DISCLAIMER

The ICAN project aims to provide sessions for children and young people that are both informative and fun.

The new look ICAN project will cover issues that are very important but may be of a sensitive nature such as keeping yourself safe, mental health, sexual health and transitioning from child to adult.

All sessions will be delivered ensuring the content is age appropriate. There will be the option for you to opt out your child from certain sessions if you feel they are not suitable.

If you wish to discuss the content of any of our sessions please email [ICAN@deafnessresourcecentre.org](mailto:ICAN@deafnessresourcecentre.org) or chat with Tanya, Joa or Fiona at The Deafness Resource Centre

Many thanks,  
**The Children & Family team**

## APRIL 2025

| ACTIVITY      | DATE & TIME                            | LOCATION                      |
|---------------|--|-------------------------------|
| CLIMBING WALL | 23RD APRIL 2025<br>8YRS+, 5.15PM - 7PM | YMCA ST HELENS<br>MEET AT DRC |

## MAY 2025

### Money Heroes

Fun and interactive sessions where your child can learn all about money, how to use it, save it and spend it.

| ACTIVITY                     | DATE & TIME  | LOCATION                                      |
|------------------------------|--|---|
| MONEY HEROES & CHILL SESSION | WK1: 7TH MAY 2025<br>5 TO 10 YEARS: 5PM - 6PM<br>11 TO 16 YEARS: 5.30-7PM  | DEAFNESS RESOURCE CENTRE                      |
| MONEY HEROES & CHILL SESSION | WK2: 21ST MAY 2025<br>5 TO 10 YEARS: 5PM - 6PM<br>11 TO 16 YEARS: 5.30-7PM | 32-40 DENTONS GREEN LANE, ST HELENS, WA10 2QB |
| CLIMBING WALL                | 28TH MAY 2025<br>8YRS+, 5.15PM - 7PM                                       | YMCA ST HELENS<br>MEET AT DRC                 |

## JUNE 2025

| ACTIVITY                     | DATE & TIME   | LOCATION                                      |
|------------------------------|---|---|
| MONEY HEROES & CHILL SESSION | WK3: 4TH JUNE 2025<br>5 TO 10 YEARS: 5PM - 6PM<br>11 TO 16 YEARS: 5.30-7PM  | DEAFNESS RESOURCE CENTRE                      |
| MONEY HEROES & CHILL SESSION | WK4: 18TH JUNE 2025<br>5 TO 10 YEARS: 5PM - 6PM<br>11 TO 16 YEARS: 5.30-7PM | 32-40 DENTONS GREEN LANE, ST HELENS, WA10 2QB |
| CLIMBING WALL                | 25 <sup>TH</sup> JUNE 2025<br>8YRS+, 5.15PM - 7PM                           | YMCA ST HELENS<br>MEET AT DRC                 |

## JULY 2025

### Your Future project

Explore what activities you enjoy, how expanding your interests, skills and interests can influence future job opportunities.

| ACTIVITY                                   | DATE & TIME  | LOCATION  |
|--|--|---|
| YOUR FUTURE PROJECT<br>HOBBIES & INTERESTS | 9TH JULY 2025<br>5.30PM TO 7PM<br>FOR 11-17 YEARS  | DEAFNESS<br>RESOURCE<br>CENTRE                      |
| YOUR FUTURE PROJECT<br>HOBBIES & INTERESTS | 23RD JULY 2025<br>5.30PM TO 7PM<br>FOR 11-17 YEARS | 32-40 DENTONS GREEN<br>LANE, ST HELENS,<br>WA10 2QB |
| CLIMBING WALL                              | 30TH JULY 2025<br>8YRS+, 5.15PM - 7PM              | YMCA ST HELENS<br>MEET AT DRC                       |

## JULY/AUGUST 2025

### Family Cooking on a Budget

Learn how to cook meals that are delicious and on a budget to feed the whole family. The opportunity to cook with your children and learn new skills together.

| ACTIVITY                      | DATE & TIME                   | LOCATION  |
|-------------------------------|-------------------------------|---|
| FAMILY COOKING<br>ON A BUDGET | 30TH JULY 2025<br>2PM - 4PM   | DEAFNESS<br>RESOURCE<br>CENTRE                      |
| FAMILY COOKING<br>ON A BUDGET | 13TH AUGUST 2025<br>2PM - 4PM | 32-40 DENTONS GREEN<br>LANE, ST HELENS,<br>WA10 2QB |
| YOUTH<br>RESIDENTIAL TRIP     | 22ND - 24TH<br>AUGUST 2025    | CULMINGTON MANOR,<br>SHROPSHIRE                     |

## SEPTEMBER 2025

### Your Future Project

Develop your CV & plan for your future. learn how to use your transferable skills for future job opportunities. Learn from Deaf & CODA adults to gain career insights.

| ACTIVITY                                     | DATE & TIME   | LOCATION                       |
|--|---|--------------------------------|
| YOUR FUTURE PROJECT<br>CAREERS & CV WORKSHOP | 10TH SEPTEMBER 2025<br>5.30PM- 7.00PM<br>FOR 13 YEARS + | DEAFNESS<br>RESOURCE<br>CENTRE |
| CLIMBING WALL                                | 24TH SEPTEMBER 2025<br>8YRS+, 5.15PM - 7PM              | YMCA ST HELENS<br>MEET AT DRC  |

## OCTOBER 2025

### Still Life Art Workshop

Express yourself by creating a master piece, join our 2 week still life master class developed by an a Master's degree artist.

| ACTIVITY  | DATE & TIME   | LOCATION  |
|---|---|---|
| YOUR FUTURE PROJECT<br>BUILD YOUR CV & CAREERS<br>CHILL SESSION | 1ST OCTOBER 2025<br>5.30PM - 7PM<br>FOR 14 YEARS +  | DEAFNESS<br>RESOURCE<br>CENTRE                      |
| STILL LIFE<br>ART WORKSHOP                                      | 15TH OCTOBER 2025<br>4.30PM - 6PM<br>AGE 5-10 YEARS | 32-40 DENTONS GREEN<br>LANE, ST HELENS,<br>WA10 2QB |
| CLIMBING WALL   | 29TH OCTOBER 2025<br>8YRS+, 5.15PM - 7PM            | YMCA ST HELENS<br>MEET AT DRC                       |

## NOVEMBER 2025

| ACTIVITY                   | DATE & TIME                        | LOCATION                       |
|----------------------------|------------------------------------|--------------------------------|
| STILL LIFE<br>ART WORKSHOP | 12TH NOVEMBER 2025<br>5.30PM - 7PM | DEAFNESS<br>RESOURCE<br>CENTRE |

# JANUARY 2026

## New Year New You

Explore how to be the best version of yourself, look at how exercise and diet can help your physical and mental wellbeing. Learn how to increase your confidence, self-respect and how to take care of yourself as you grow older.

| ACTIVITY                                     | DATE & TIME   | LOCATION  |
|--|---|---|
| NEW YEAR NEW YOU<br>DIET & EXERCISE WORKSHOP | 14TH JANUARY 2026<br>5 TO 10 YEARS: 5PM - 6.30PM<br>11 TO 16 YEARS: 5.30 - 7.00PM | DEAFNESS<br>RESOURCE<br>CENTRE<br>32-40 DENTONS GREEN<br>LANE, ST HELENS,<br>WA10 2QB |
| NEW YEAR NEW YOU<br>DIET & EXERCISE WORKSHOP | 28TH JANUARY 2026<br>5 TO 10 YEARS: 5PM - 6.30PM<br>11 TO 16 YEARS: 5PM - 7.00PM  |   |

# FEBRUARY 2026

| ACTIVITY   | DATE & TIME  | LOCATION  |
|--|--|---|
| NEW YEAR NEW YOU PROJECT<br>CONFIDENCE & RESPECT<br>WORKSHOP | 11TH FEBRUARY 2026<br>5 TO 10 YEARS: 5PM - 6.30PM<br>11 TO 16 YEARS: 5.30 - 7.00PM | DEAFNESS<br>RESOURCE<br>CENTRE<br>32-40 DENTONS<br>GREEN LANE, ST<br>HELENS, WA10 2QB |
| NEW YEAR NEW YOU PROJECT<br>CONFIDENCE & RESPECT<br>WORKSHOP | 25TH FEBRUARY 2026<br>5 TO 10 YEARS: 5PM - 6.30PM<br>11 TO 16 YEARS: 5.30 - 7.00PM |   |

# MARCH 2026

## Getting There

Independent travel training aims to help children and young people travel independently and without fear so they can get to school or college, work and for social and leisure activities.

| ACTIVITY                            | DATE & TIME     | LOCATION  |
|-------------------------------------|-----------------|---|
| GETTING THERE<br>TRANSPORT TRAINING | TO BE CONFIRMED | DEAFNESS<br>RESOURCE<br>CENTRE<br>32-40 DENTONS GREEN<br>LANE, ST HELENS,<br>WA10 2QB |
| GETTING THERE<br>TRANSPORT TRAINING | TO BE CONFIRMED |   |

## CONTACT US FOR MORE INFORMATION



ICAN@DEAFNESSRESOURCECENTRE.ORG



01744 23887



32 - 40 DENTONS GREEN LANE,  
ST HELENS, MERSEYSIDE, WA10 2AQ



## SCAN HERE TO BOOK PLACES

OR VISIT: [HTTPS://FORMS.GLE/ED5LBAK4MQATGKGS8](https://forms.gle/ED5LBAK4MQATGKGS8)



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