

aebal

L e i s u r e

MENTAL HEALTH
MATTERS



WHAT WE DO!

aebal specialise in small group support, social outcomes and friendships.

Our wide range of sessions aim to bring people together through mainstream community activities and real life experiences.

Our focus is on building confidence through social connections and a sense of belonging.

aebal's mission is to inject some much needed fun, humour and personality into social care!

Our service is accessed by adults and young people with mental health conditions, autism and mild to moderate learning disabilities.



OUR ACTIVITIES

All of our support comes in the form of community based activities. Including...

Sports and Leisure // Nature and Wildlife // Art and Music // Exploring Places of Interest // Cinema // Karaoke // Gym and Fitness // Cooking // Walking Groups // Evening Meal Socials // Saturday Road Trips // and loads more stuff!

Support
With
Personality

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