

Current Activities

Monday

Keep Fit
Alternative Therapies for Carers
Healthy Living Workshops/Discussions

Wednesday

Esol
Dress Design and Sewing
Creche and transport available

Thursday

Benefit advice, when required through
Bristol City Council

Saturday Playscheme

Held at Felix Road Adventure Playground

Educational Trips/Outings

Family Trips

Organised throughout the year

**Beauty therapies available throughout the week
at reduced rates**

Future Activities

Relaxation therapies . Reflexology .
Confidence Building . Basic maths .
Basic Computers . Global celebrations .
Flower arranging . Healthy cooking &
nutrition . Counselling . Mental health
wellbeing sessions . Trips and outings.

For more information: 0117 955 4070

For further information please go to:

www.khaas.co.uk



Meeting the Needs of Black and Minority Ethnic
Disabled Children, Their Carers and Families



KHAAS MEANS SPECIAL IN SEVERAL COMMUNITY LANGUAGES



www.khaas.co.uk

Registered Charity No. 1109895 Company No. 5392624



Mission Statement

Khaas seeks to promote the comprehensive needs of BME disabled children, their carers and families.

Aims and Objectives

To empower and enable children and young people with disabilities/additional needs and their carers, to have access to relevant and appropriately designed community based resources to improve their quality of life.

To promote the educational needs of BME children with disabilities/additional needs and their carers and to provide advice and information on a wide range of issues e.g health and social well being, respite, sign posting to relevant services.

To provide a safe and stimulating environment in which the children and their siblings can play.

Saturday Respite Care

Khaas Saturday Respite runs throughout the year, providing respite for families, who have children with disabilities. The sessions are held at Felix Road Adventure Playground, where a variety of activities are provided. The children have access to the large outdoor play area, as well as the indoor area.

Holiday Playscheme

Khaas Holiday play scheme runs throughout the summer. The overall aim is to encourage interaction between disabled children and their siblings. This gives them an opportunity to take part in activities together and encourages them to develop their social, physical, intellectual, creative and emotional skills.

Information Workshops & Discussions

These sessions provide a chance for families to turn to each other for mutual support, to talk openly and meet other parents and carers in similar situations, who understand what they are going through. Khaas offers various sessions such as keep fit, yoga, healthy cooking, podiatry, and therapies including massage, pedicures, facials, and threading, which are provided on a regular basis, as this is highly demanded.

Health expert's are invited to discuss various topics,

such as breast cancer, hypertension, the

healthy heart,

menopause, and

depression. We

have provided

workshops on

reflexology,

aromatherapy,

blood pressure,

cholesterol and

BMI checks and

diabetes.



One to One & Group Counselling

As and when carers require this service we will help and support them in accessing the appropriate service or organisation.

Dress Design & Sewing

This is in partnership with local colleges, who provide a specialist tutor. Sewing is a very popular activity, carers are supported in designing, cutting and sewing their own outfits. We offer accredited and non-accredited short courses in sewing and dress design.

Keep Fit & Health

Khaas offers weekly sessions for the carers. We also provide healthy living workshops. These workshops educate the carers and increase their knowledge about healthy living, encouraging them to lead a healthier lifestyle. The ladies have been shown how small changes can make a big difference.

Accredited & Non Accredited Courses

Khaas offers accredited and non-accredited courses for the carers, enabling them to gain qualifications to help and support them into employment, boosting their confidence and gain valuable life skills. Some of these courses are done in partnership with local colleges.

Family Trips & Outings

Many family trips and outings are organised throughout the year. Disadvantaged families are able to socialise with other families of similar cultural background. This also gives the families an opportunity to share their problems and ideas, thus relieving them of any stresses that they are experiencing.