

HOBBIES

ASSOCIATION

The purpose of the Mahdollisuus lapselle ry is to promote the quality of life of children and young people with special needs and to support their opportunities to develop according to their abilities. The aim is to support children and young people and their parents inclusion in society.

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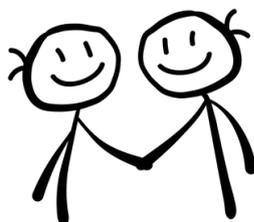
www.malary.fi

NICE THINGS TO DO IN THE EVENINGS AND ON THE WEEKENDS

We offer a variety of activities in Konala, Helsinki for children and young people with special needs and their families. Weekly hobby groups welcome all children and young people who benefit from hobby in a small group. We always have two instructors in a group and maximum of eight participants.

Groups are organized by professionals. They make sure that the activity is tailored to suit everyone. All groups practice skills to spend meaningful free time. Social skills are strengthened in our activities alongside other skills learned in the group. When skills training is taken into account in group planning and guidance, group members learn while having fun. It is therefore important that the hobby is participatory and that groups are formed with expertise.

In this leaflet you get information about our groups for you. The last page contains information on where you can get support for your child's hobby.



ILMAISUN HUONE

Ilmaisun Huone is a hobby development project that started in Spring 2020 and will continue until December 2022.

Hobby groups

The aims are to promote the interaction abilities and skills of children and young people. The groups use different methods of interaction and tools to support communication. In action, children and young people learn social skills, both in a group and operating in public environments. The aim is to increase vocabulary and encourage a child or young person to interact and be an independent actor. Through the activities, one gets acquainted with the services of society and how to operate in them.

Social media group

A group for people over the age of 13 who practice producing interesting content, using Finnish, self-expression and interactivity without forgetting safety. Let's learn self-seeming ways to express and communicate in some. In this group we have tablets that can be used. You can take your own device in the group.

Dance

Strengthen self-expression and self-confidence through creative work and getting to know the movements of one's own body. The dance group takes into account everyone's own starting points, and no previous experience is required. The group is targeted at young people and young adults.

Playing

We play a variety of board and role-playing games where you practice teamwork, following rules, and interacting with others in your own groups of elementary school and youth by having fun together.

Creative activity

Strengthens self-expression, interactivity and self-knowledge through creative methods. In a group, you can realize yourself in a variety of different ways. Sometimes we may go outside to explore various activities or take photos of nature. Aimed at young people who primarily communicate through alternative methods.

Into society

The group considers issues related to adulthood and independence. Through the group, getting acquainted with hobbies becomes familiar, doing business with KELA, working online and participating in events. The group is aimed at young adults.

Playing

The group creates a safe and equal environment for play. The group practices play skills as well as different ways of playing. If necessary, you can participate in the group with an assistant. The group is for children under school age or just starting school who have difficulty participating in play with friends or playing alone.

Prices:

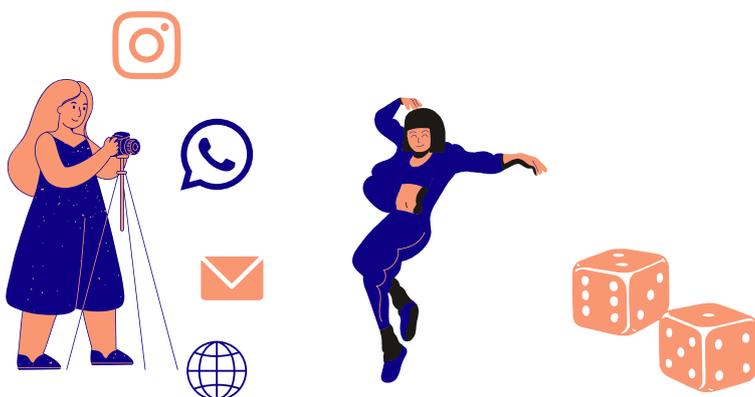
150 € - 170 €/season

More information:

ilmaisunhuone@malary.fi

or

050 544 4611



TOIMINNAN HUONE

In Toiminnan Huone hobby groups, children and young people can practice basic skills of independent living such as cooking, moving around in nature and in the city. In addition, one can come to build legos or reflect oneself growing up as a woman or a man. In small groups, each child and young person receives personal guidance and in groups, social skills are also learned.

A Group of Chefs

The Chef Group practices different basic cooking skills, doing things together, following instructions, taking turns and measuring units in a safe and meaningful environment. The group prepares different dishes together with the whole group and finally eats tasty meal together around the table. All the tools and ingredients needed to make meal can be found in own kitchen. During the season, we will get to know different food cultures and cooking methods.

City group

Every other Saturday, the City Group hikes around the Helsinki metropolitan area, getting to know the variety of art and events on offer. The city group explores new places and searches meaningful things to do. In addition to safe movement in the city, the group also practices the use of public transport in different places. Pays for trips as well as entrance fees to destinations are taken care of by the association. The main goal is to have fun in the group and gain new experiences.

Mimmit Group

The Mimmit Group studies one's own life and self-image, as well as femininity and related issues with confidence. The Mimmit Group is to young women over the age of 14

Kundit group

The Kundit group examines one's own self-image, masculinity and other issues related to adulthood together by discussing with other young people and mentors.



Lego group

The Lego group practices own implementing visions by structuring and following instructions independently as well as in a group. The Lego Group designs, plays and builds according to both the instructions and their own creative vision. At the same time, in addition to finger dexterity, practice modeling, problem solving and working together according to the model

Discovering Urban Nature

The group gets to together every other week. The Urban Nature group moves in urban nature and gets to know the nearby natural sites. Sometimes we craft nature-related things. The group starts and ends at Konala.

Prices:

150 € - 170 €/season

Further information:

toiminnanhuone@malary.fi
050 421 0318

KUNNON HUONE

The training utilizes your own body, which strengthens your motor and physical skills. Kunnon Huone also teaches how to spend leisure time. The groups are led by professionals who specialize in guiding children with special needs.

Gym

The gym safely practices endurance, strength, mobility, coordination and balance with a variety of equipment and tools. We plan the program on a group-by-group basis according to the level of participants. If you need constant guidance and assistance in the locker room, toilet and / or gym, bring your own assistant.

Swimming

In swimming, things are practiced according to the skill level and interest of the participants. You can come to get used to being in the water, learn the basics of swimming, hone different swimming techniques and most of all have fun. If you need constant guidance and assistance in the changing room, laundry room and / or pool, bring an assistant with you. The facilitator can also be your own parent or another person who can assist you.

Ball games

The group plays various ball games in a relaxed way and learns common rules of the game and how to consider others.

Gaming

Group offers the opportunity to play together and meet other young people who are interested in digital gaming as well as gaming culture in general. Through games, we learn how to follow the rules, creativity and cooperation skills.

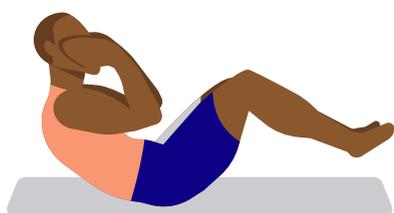
Prices:

130 € - 210 €/season

Further information:

kunnonhuone@malary.fi

tel. 050 522 1488



Personal training

Personal training is for those who benefit from a session together with an instructor. In the gym, endurance, strength, mobility, coordination and balance.

We design the program according to the level, interest and needs of the participant. The Lessons are built into units in which, in addition to guidance, you practice working in public spaces, preparing for exercises and going home. Similarly, repetitive exercises create a safe routine for the client.

More information on individual guidance:

rolf@malary.fi

Tel. 050 522 1488

You can also come for individual guidance to our other services. They aim to strengthen skills that help you spend interesting free time such as cooking, social media skills, or new drawing techniques that allow you to realize yourself.

toiminnanhuone@malary.fi or

ilmaisunhuone@malary.fi

PUBLIC SERVICES THAT HELP TO PARTICIPATE

Personal assistance

Personal assistance is intended to support the independent life and inclusion of a child or young person in society. A person with a severe disability can receive personal help for leisure activities. The municipality must provide personal assistance to the eligible child or young person to ensure everyday activities, as well as for hobbies, social participation and maintaining social interaction.

Transport services

The transport service is a key service that helps people with disabilities to perform on their own. The municipality must provide reasonable transport services for the severely disabled person with associated escort services immediately before the trip, during the trip and immediately after the trip. There is a charge for this. Transport, which is part of everyday life and is linked to social participation and recreation, is a fundamental right of a person with a severe disability. The provision of the service does not depend on a person's wealth, age or diagnosis.

Interpreter

KELA provides interpretation services to people with disabilities. The service is intended for a person with a hearing impairment, hearing or speech impairment and who needs interpretation due to his or her disability. The interpreting service can be used for post-graduate studies, business, social participation, hobbies or recreation. Interpreters assist in communication and understanding. An interpreter does not act as a person's general assistant. The application form and instructions can be found on KELA's website. The application is accompanied by a statement explaining why you need interpretation and how you communicate. The opinion can be requested, for example, from a social worker, doctor or speech therapist.

Valtti program of the Finnish Paralympic Committee (VAU)

The Finnish Paralympic Committee is a national sports and exercise organization for people with physical, visual and developmental disabilities, as well as people who have received a transplant and are on dialysis. They have a program called Valtti, which aims to find sports for children with special needs. Children and young people between the ages of 6 and 23 with special needs can apply for the program. The idea is to find a suitable hobby that "Valtti" helps to find. Valtti acts as an exercise buddy and a supporter. The Paralympic Committee also has other grants, etc., especially to support sports and exercise.

<https://www.paralympia.fi/palvelut/apurahat-ja-tuet>

With the help of the SOS Children's Village Dreams come true hobby support

The SOS Children's Village's Dreams come true operating model enables a pleasant pastime for children aged 7–17 in families in financially challenging life situations who would not otherwise be able to do activities. Hobby support from donations helps to reduce the cost to the family of a child's hobby.

Support from Hope ry

The association distributes concrete clothing and goods donations to low-income and crisis-stricken families, as well as hobby support and leisure experiences for children and young people. You can apply for support for a child's hobby activities through Hope ry. The association collects sports equipment used as donations.

The Support Association awards grants to young people and adults with developmental disabilities

The Finnish Association for the Mentally Handicapped is a human rights and non-governmental organization that defends the rights of people with intellectual disabilities and their relatives. One way is a grant from the Support Association, which supports the inclusion of people with intellectual disabilities. Grants can be applied for for hobbies. The grant is open to people with developmental disabilities who have reached the age of 16.

Tukilinja grant

Tukilinja awards a grant for hobby activities. All people with long-term disabilities can apply for support. The hobby equipment provided by the support line is generally of a good amateur standard. If you need professional-grade equipment, they have their own targeted grant. The support line accepts applications throughout the year.

More information can be found in our Tervetuloa harrastamaan -guide - <https://www.malary.fi/harrastetoiminta/>