

FREETIME ACTIVITIES

ASSOCIATION

Our purpose 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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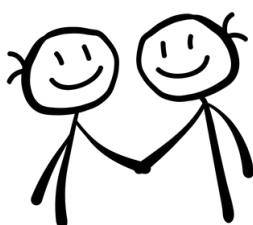
www.malary.fi

NICE THINGS TO DO IN THE EVENINGS AND 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 a hobby in a small group. We always have two instructors in a group and a 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

Hobby groups

The aims are to promote the social skills of the participants. Groups use different methods and tools to support communication.

NUORTEN TULEVAISUUS

In the group we talk about issues related to adulthood and independence and social media. Through the group we get acquainted with digital devices, social media, finances and social skills. The group is aimed at young adults. We also practice producing interesting content, improve media skills and learn how to interact with others on social media. In this group we provide tablets that can be used for the duration of the class, but you can also bring your own device to the group.

YOUTH EVENINGS - A PLACE JUST FOR YOU

Looking for a relaxed space to hang out and meet new people? Our Youth Evenings are open to all young people and young adults who need a bit of extra support — even if you're not involved in our other activities. There's no strict age limit, but most participants are between 16 and 30 years old. The atmosphere is casual, inclusive, and welcoming. And the best part? It's completely free. Come as you are — we'd love to see you there!

MIMMIT GROUP – FOR GIRLS AGED 12 AND UP

The Mimmit Group is a safe and supportive space for young people aged 12 and up who identify as girls. It's a place to talk, share, and take part in fun activities together. We'll explore topics around growing up as a girl and becoming a woman, and do things that interest our group — from creative projects to relaxed hangouts. You might make new friends and find peer support along the way.

- First meeting: Getting to know each other
- Second meeting: Choosing the season's themes together

Come as you are — everyone is welcome!

PLAY TOGETHER – EXPLORING THE JOY OF PLAY

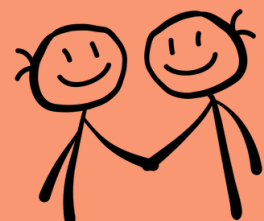
Our Play Groups offer a safe and supportive environment for children to discover and enjoy play. We practice play skills and explore different ways to play — together and independently. These groups are designed for children who may find it challenging to join in play with peers or play on their own. “Getting to Know Play” is primarily for pre-school-aged children. “Play Group” is for primary school-aged children. Through play, children build confidence, social skills, and friendships — all in a warm and encouraging setting.

Prices:

180 € - 205 €/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.

COOKING

The Cooking 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. There are three groups based on age and skill level. The group for beginners and elementary school aged children and the group for youth gather once a week. The group for advanced youth gathers every other Saturday.

YOUTH EXCURSIONS

Once a month Mälary organizes a Youth Excursion in which the participants explore the Helsinki metropolitan area with an instructor, getting to know the variety of art and events on offer. In addition to safe movement in the city, the group also practices the use of public transport in different places. The costs 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. The group is meant for youth 13 years old or older.

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.

BOOK CLUB – FOR YOUNG READERS AGED 12-16

Love stories, fantasy worlds, or thrilling adventures? Join our Book Club for relaxed discussions and creative fun inspired by the books we read.

Between meetings, you'll read your own book or one we choose together. At each session, we dive into the themes of the stories — and bring them to life through crafts, snacks, and imagination.

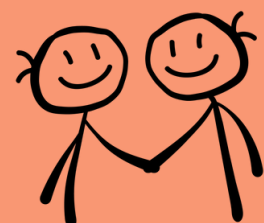
Ever tried butterbeer from the wizarding world of Harry Potter? This is a cozy and welcoming space, especially for neurodivergent youth.

Prices:

185€ - 215 €/season

Further information:

toiminnanhuone@mälary.fi
050 421 0318



KUNNON HUONE

Kunnon Huone organizes exercise and sport groups. In addition to physical skills, the groups also help improve other hobby skills, such as following instructions and working in a group. The groups are guided by professionals who specialize in guiding children with special needs.

GYM

In the gym you practice endurance, strength, mobility, coordination and balance safely with different equipment.

We plan the program individually for each group according to the level of the participants. If you need constant guidance and assistance in the dressing room, toilet and/or gym, please bring your own assistant. Our gym is suitable for wheelchair users.

SWIMMING

You can come to the swimming group to learn the basics of swimming or to strengthen your own swimming skill. Groups are divided according to age and skill level. If you need constant guidance and assistance in the dressing room, washroom and/or pool, take an assistant with you.

BALL GAMES

The group plays various ball games in a relaxed manner and learns common game rules and how to work as a team. The ball game group is suitable for children and young people who do not have mobility aids.

RUNNING SCHOOL

The goal of the running school is to develop endurance fitness through running. The class involves walking, running and practicing various exercises that support running. You can join even if you have no previous experience in running. The running school takes place in the late Spring.

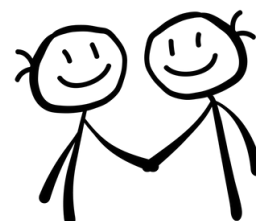
Prices:

170 € - 230 €/season

Further information:

kunnonhuone@malary.fi

tel. 050 522 1488



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/>