

Information brochure



HET BALANSKE

*Centre for care and leisure activities for
individuals with disabilities and their family*

Welcome to Het Balanske!



Het Balanske is a centre for care and leisure activities aimed at children, youth, and adults with disabilities and their family members.

Our centre offers a whole range of leisure activities, such as music, crafts, sports, play afternoons for children and parents, holidays and excursions, playgrounds and activities for adults. A unique feature is the snoezel environment where people with disabilities can experience sensory stimulation in order to relax. We also offer individual leisure-time counseling.

Het Balanske is engaged in raising awareness and forming other organisations, schools, youth workers and professionals in the sector.

We want to augment the quality of life for these children, youth and adults, in order to colour their social world and make it more interesting, so their development opportunities will increase.

We are delighted to have been welcoming families warmly and heartily for over thirty years in our centre for care and leisure activities.

In this brochure, you can find all the activities we offer. You may find the most up-to-date pricing and other information on our website: www.balanske.be
For inquiries about the social fees, you may contact the head of the department.



Snoezelen sensory therapy.



Snoezelen is stimulating and activating the senses (in a non-verbal way), in order to encourage the communication between parents and their children, or between participants and counselors.

On the one hand, snoezelen provides an atmosphere that stimulates good relaxation for body and mind. On the other hand, snoezelen encourages sensory stimulation.

For whom?

The snoezelen environment is aimed at families and groups (facilities, organisations, schools for children with special needs) with children, youth and adults with an intellectual disability or cumulative disability, autism spectrum disorder, dementia, a mental disorder or a developmental disorder.

Our snoezel environment consists of seven different rooms which you may explore fully.



Relaxing on a heated water bed, seeing bubbles bubbling up in light sources, or daydreaming in a hammock, you can do it all. Enjoy yourself in the ball pit, on the bouncy castle, in the playroom, or play some music yourself in the music room. Everyone gets the opportunity to explore this environment on their own pace, free from the expectations of others.

Duration: one snoezelen session takes 90 minutes (or a 2-hour session at noon).

Our snoezelen environment is open every day of the week and during the weekend from 9 a.m. until 5 p.m. (The last session starts at 5 p.m.).

Pricing: 8 euros per person (counselors of social groups, teachers, and children under 2 years old can do snoezelen for free)

Book [online](#) (after [registration](#))



Holiday activities



The most fun holidays? Experience them at the holiday activities of Het Balanske! Our team of animators is ready to welcome you each school holiday.

The activities for children and youth with disabilities are open from 4 years old and up. Each week, we launch a new theme of the week for which the animators put on a show and prepare a varied activity schedule. A coordinator, two or three head animators and a large group of animators are present to ensure everything works out as planned.

The children are divided into three groups based on age and ability. 'Koala's' is the play group for children under 12, 'kangoeroes' is the group for children over 12 years old. Then there is the 'panda' group. Children in this group get one-on-one counseling regardless of their age. They mostly play separately, but try to join a play group as well.

During the summer holidays, you can sign up for multiple weeks. We try to confirm a stay for each child for at least one week out of eight. Besides the usual week, we also offer two weeks of sports, a week for teenagers and a week for children with an autism spectrum disorder.

Pricing: One week of holiday activities (5 days) costs 150 euros. If more than one child from the same family signs up, you get a 20% discount for each additional registration. A social fee is given upon request.

When: during all school holidays

For more information, please contact [Lotte Uytterhoeven](#) or [Mieke Ponet](#).

Check [online](#).



Preschool activities - Lillebie



At Lillebie, children with disabilities - from 2,5 to 7 years old - can enjoy different leisure activities: making music, arts and crafts, puppet show, ball games, reading books, snoezelen, playing outside, moving...

This way, we try to stimulate the general development of the young participants, but the main goal remains giving them an enjoyable morning. Whether they enjoy playing together or by themselves, everything is possible. There is room to explore different materials by themselves.

In short: Lillebie is carefree playing in a safe environment and being stimulated by the volunteer counselors. Play fun guaranteed!
You can join any time.

Location: usually at Het Balanske, sometimes on site

When: Saturday morning (once a month) from 10 a.m. until 12 p.m.

Pricing: 10 euros

For more information, please contact [Fien Meesters](#) or check [online](#).



Family



Can we go on holidays with our child with disabilities? For family work, the answer is clear: YES OF COURSE!

Making plans for a fun summer holiday with the family comes with a lot of wishes, but also a lot of questions. On our family holidays, a counselor team is always traveling with you to organise group activities tailored to children and their parents. The most important thing on family holidays is this: families must have a lot of fun. And they do!

Each day, engaged animators are excited to host the incredible tailor-made activities.

**Family
holiday**

Parents can join in on the fun their children are having, or they can do the things they usually don't have much time for: reading a good book, having a drink in the sun, making a promenade, or going out by themselves or in group!

Location: in Belgium or abroad

When: during the summer holidays

For more information, please contact [Sophie Massy](#) or check [online](#).





Families for families

Family takes centre stage in the Families for families activities.

As one group of parents of children with disabilities, we organise activities for the whole family. We focus on informal contact and family activities, such as a family trip.

During trips, animators accompany the family so that the person with extra needs as well as siblings and parents can enjoy themselves and relax.

Location: Het Balanske or elsewhere

When: on an evening or in the weekends

Pricing: depending on the activity

For more information, please contact [Sophie Massy](#) or check [online](#).

With 'speel-eo-doe', we offer fun playing afternoons.

These activities are tailor-made to children and youth from 4 years old and up. We arrange a fun activity, go on an outing, or invite someone to give a workshop. Sometimes we play board games or host an easter egg hunt walk.

When the activity takes place at Het Balanske, we make use of the snoezel environment during the last half hour. Once a year, we join a family trip.

Speel- eo- doe!



Location: Het Balanske or elsewhere

When: Saturday afternoon

Pricing: 10 euros (or more for outings)

For more info, please contact [Mieke Ponet](#) or check [online](#)

The parental training unit invites experts to explain certain themes clearly to parents. Parents gain a lot of useful information from these interesting moments. The training unit selects the training courses based on interests or questions.

Location: Het Balanske
When: mostly on Saturday afternoons
More info via [Sophie Massy](#) and [online](#)



Studio Brus



Studio Brus is for siblings and friends of children/young adults with disabilities.

Do you enjoy making new friends? Or are you looking for peers to share your experiences as a 'brus' (sibling) with or to do fun activities with? That's possible!

We regularly organise super cool sibling activities. For each activity, it's up to you to decide whether to participate.

Location: Het Balanske or elsewhere
When: on Fridays, Saturdays or Sundays
Price: €10 (or more in case of excursions)
More info via [Mieke Ponet](#) and [online](#)

Balanske Tent Weekend

Camps

Every two years, we organise Het Balanske Tenten Weekend (Het Balanske Tent Weekend).

This weekend is for tough girls and cool guys who are brave enough to go camping for a weekend (two nights). It is also possible to stay one night. Together, we'll enjoy a fantastic outdoor survival programme with a fun campfire evening. Is the weather not cooperating? We can also use the adapted rooms that we rent.

Location: on location

When: during a weekend in spring

More info via [Mieke Ponet](#) **and** [online](#)



Every year during spring break (February), we organise a super fun camp on location

Together, they experience many exciting adventures and spend the night here too, without mom or dad, brother or sister! The highlights of this camp are the subtropical swimming pool and singing together in the Finnish Kota.

Location: Queen Fabiola Home Maasmechelen

When: during spring break (February)

More info via [Mieke Ponet](#) **and** [online](#).



More info [online](#)



Dance workshop

Dancing is fun. It's a form of expression. Participants can express themselves spontaneously, guided by the rhythm of the music. Under the guidance of the dance teacher, the group tries to create their own dance, according to a well-defined method.

You'll learn to listen to music and distinguish the different lines in the music. You'll learn to sense the atmosphere, express your feelings and look for suitable movements yourself. The dance teachers are supported by volunteer supervisors.

Location: Het Balanske
Price: €90/year or €150/year in combination with omnisport (+ €15 member G-sport Flanders)

When: biweekly on Saturdays from 10 a.m. to 11 a.m. and from 11 a.m. to 12 p.m., during the school year
Teachers: Mieke and Francesca
More info via [Lotte Uytterhoeven](#) and [online](#)





Omni-
sport

Children and young adults with disabilities also require exercise and sports. Omnisport offers that opportunity for them.

It can be hard to choose between the many fun sports. Fortunately, at omnisport, you don't have to. You can discover different types of sports and games. Each session revolves around a different theme. For example, we do ball sports, athletics, jumping, etc.

All kinds of skills are taught in a playful way. At the end of the year, we finish with a real tailor-made Spartacus Run.

Omnisport can also be combined with Kick-Fun (after the omnisport class) or with dancing (on other Saturdays). The sports teacher is supported by volunteer supervisors.



Price: €90/year or €150 in combination with Kick-Fun or dancing (+ €15 member G-sport Flanders) Location: sports hall behind Het Balanske

When: biweekly on Saturday mornings from 10 a.m. to 11 a.m. (omnisport) and from 11 a.m. to 12 p.m. (Kick-Fun)

Period: during the school year

More info via [Lotte Uytterhoeven](#) or online

Kick- Fun



Kick-Fun is the advanced version of our omnisport classes. We offer the classes to children, young adults and adults. The sports range from basketball and football to running and rugby.

Fighting techniques such as judo and a ninja trail are also part of the sporty challenges! The goal is to learn different techniques, with focus on challenge and competition.

At the end of the year, we finish with a real tailor-made Spartacus Run.

The participants are guided in the techniques and the game. We aim to make the participants a real team. Team spirit is paramount!

Kick-Fun can also be combined with omnisport (before the Kick-Fun class) or with dancing (the other Saturdays). The sports teacher is supported by volunteer supervisors.

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Location: sports hall behind Het Balanske
When: biweekly on Saturday mornings from 10 a.m. to 11 a.m. (omnisport) and from 11 a.m. to 12 p.m. (Kick-Fun)

Period: during the school year

More info via [Lotte Uytterhoeven](#) and [online](#)



United by Wheels



United by Wheels (or UBW) offers sports activities for people with physical disabilities. People with a congenital or acquired disability, who do not find what they are looking for within regular initiatives, are welcome at UBW! We also invite people without disabilities to participate together.

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The members of United by Wheels practice basketball, hockey and badminton – all from a wheelchair.

Our athletes receive expert guidance during the training sessions. Our experienced coaches specialise in working with players with physical disabilities. They help you improve your skills and get the best out of yourself.

UBW's goal is to create an inclusive environment where everyone is welcome, regardless of level or experience.

Location: Sport'O'Droom, Kerkomsesteenweg 49, 3370 Boutersem

Price: €105/year (+ €15 member G-sport Flanders)

When: on Sundays, from 2 p.m. to 4 p.m.

Period: during the school year

More info via [Mieke Ponet](#) and [online](#)



G-basket ball

G-basketball is 'adapted' basketball for people with intellectual disabilities from the age of 14. The emphasis is on recreation and less on competition. The goal of the sessions is to teach basketball skills.

Other game skills are also included: dealing with wins and losses, cooperation, etc

Of course, we occasionally play a match. Every year, we also participate in the Special Olympics and various tournaments, where we give it our all! The basketball coach is supported by volunteer supervisors.

Price: €150/year (+ €15 member G-sport Flanders)

Location: Sport'O'Droom,
Kerkomsesteenweg 49, 3370 Boutersem

When: every Wednesday from 6.30 p.m.
to 7.30 p.m., during the school year

More info via [Lotte Uytterhoeven](#) and
[online](#)



Tandem cycling



During spring and summer, we hop on the tandem bike (or adapted bike) together with a group of people with visual, mental or physical disabilities from the age of 14.

The bike rides usually take place on Saturday mornings, between 9 a.m. and 12 p.m. We usually cycle about 30 km, after which we take a breather with a drink. Once during the season, we head out for a whole day. We also go on a cycling weekend in September.

We pay close attention to safety. For example, we ensure the use of high visibility vests and bicycle helmets, and we have individual supervisors and road captains. Of course, having fun comes first, while we enjoy beautiful views as well as a chat or a refreshment during or afterwards.

Location: departure at Het Balanske
Price: €10/ride or €14/ride including rental bike

When: during the summer months (April – October), about 1x per month / 8x per season

More info via Lotte Uytterhoeven:
lotte@balanske.be and [online](#)



Workshops

Music experience in Het Balanske aims to let people with disabilities experience music in a pleasant and educational way.

The idea is to use music as a medium. Its inviting power can stimulate concentration, responsiveness, individual growth, individual perception and experience in a pleasant way. Within the music workshop, it is possible to learn to play musical instruments such as piano and guitar. You can also get acquainted with musical instruments like percussion, organ, recorder, xylophone, etc.

Location: Het Balanske

Price: 255 euros per year

When: at a fixed time during the week or on Saturdays, during the school year

Music teacher: Hilde Van Belle

More info: muziek@balanske.be and [online](#)

Music workshop



Balanske Band



The Balanske Band is an enthusiastic group of young people from the music workshop of Het Balanske.

The Balanske Band is an enthusiastic group of young people from the music workshop of Het Balanske. The focus of the band is to have fun and gain satisfaction from making music together. The guests can develop their musical talents and interests together at a suitable pace and in full respect for everyone's individuality. They make music together under the guidance of enthusiastic volunteers, who expertly provide instrumental reinforcement and individual support. The Balanske Band is supervised by the music teacher.

Location: Het Balanske

Price: 120 euros per year

When: every two weeks on Thursday evenings from 7.30 PM to 8.15 PM during the school year

More info? Contact [Hilde Van Belle](#) or [online](#).



Cyber- snoezel

Children and young people with disabilities can come to the 'cybersnoezel' service for customized computer and multimedia sessions.

We engage in mouse, touch and other skills training and activities to discover multimedia through play. We also play computer and tablet games and learn how to chat or email. In doing so, we focus on interactive and adaptive gaming where we also use gross motor skills to play. Thanks to the expertise of our supervisors and new technologies, we can adapt to different levels.

The lessons are customized to the participant's needs.

Location: computer room Het Balanske

Price: 100 euros per year

When: on Saturday mornings, half an hour by appointment, during the school year

More info? Contact [Sophie Massy](#) or [online](#).

Making samples, mixing records, beat matching, scratching.... Nothing will be a mystery to you when you join our DJ session.

While using different kinds of software, apps, and music games, you will get to know the real DJ world during a small group session. The DJ sessions are given by supervisors with knowledge of music and multimedia. DJing can take different forms with us, and just like with 'cybersnoezel', we respond to the interactive at different levels.

Location: computer room Het Balanske

Price: 10 euros per session

When: on Sunday mornings, for 1 hour, once a month

More info? Contact [Sophie Massy](#) or [online](#)



DJ- Jam

Would you like to be creative? Then you are welcome to join our crea-workshop.

Making things yourself, watching them take shape step by step, and witnessing the beautiful result gives you a sense of fulfillment, it makes you proud! Our volunteers work with great care for each child.

The crea is open to children (from 7 years old), adolescents and (young) adults. We work in separate groups.

Location: Het Balanske

When: every 2nd Saturday of the month from 2 to 4 PM, during the school year

Price: 10 euros per session

More info? Contact [Lotte Uytterhoeven](#) or [online](#)



Learning to play.



Learning to Play is an activity where children with autism spectrum disorder practice their play skills under individual supervision.

They also learn to interact with toys in a meaningful way. Through play, these children are encouraged to acquire social skills such as making eye contact, waiting for their turn, empathy, learning to lose, etc.

Parents play a crucial role in their child's play development. Through useful tips and new ideas, parents are involved in the learning process. Playing together with the child can thus become a fun and enjoyable family activity.

Location: Het Balanske

When: every two weeks on Saturday or Sunday mornings, or on Wednesday afternoons, by appointment, during the school year

Price: 100 euros per year

More info? Contact [Mieke Ponet](#) or [online](#).

Youth and adults - Club SOS



Club
S.O.S.

Club S.O.S. (short for 'Samen Op Stap', meaning 'Together On The Road') organizes a fun offer for people over 18 with disabilities in and around Leuven.

The club has plenty of plans: going to a concert, the cinema or bowling, organizing a party or quest, engaging in sports, cooking, getting a drink or playing group games. The members also meet during the conversation café in Doc's Bar Leuven. Every year in May, they also have a lot of fun during a weekend getaway and during the summer holidays, they go on holiday together.

Price: per activity

When: Every two months, there is a conversation café at Doc's Bar in Leuven. Every 3rd Saturday of the month, there is an activity on location

Period: During the school year

More info? Contact [Fien Meesters](#) (activities) or [Sophie Massy](#) (weekends and holidays) or [online](#)

A BBQ in June is also part of the activities!



Support

Leisure program supervision

Would you like to join a sports club, a craft group or a drama club? Would you like to join a youth movement nearby, but you do not know if it is possible? In short, would you like some individual support to fill your leisure time? Then leisure program supervision is for you!

We want to help people with disabilities look for a suitable form of leisure activity. On the one hand, we seek out organizations that focus on people with disabilities. On the other hand, we also try to encourage other organizations to open up their activities to people with disabilities. It all depends on what you want and like.

We want to help find an organization or club that truly suits you, is easy to reach and fits your needs and capabilities. We mediate discussions with a club or association about your questions. If you wish, someone from Het Balanske can accompany you on your first visit.

Our modus operandi:

1. Intake: together with the person with a disability, we explore new adapted leisure activities. We clarify the question during an initial conversation.
2. The program supervisor needs a few weeks to do all the research into the wishes and needs of the client.
3. Consultation: the program supervisor tells you about all their research and possibilities for you to start a new hobby.

Location: by mutual agreement

When: at any time

Price: free, thanks to the VAPH

More info? Contact Sophie Massy or Asja Heusdens: sophie@balanske.be / asja@balanske.be or [online](#)

Babysit at home

As a parent of a child with a disability, would you like to go out for an evening, do you have to attend a wedding or have a hairdresser's appointment... and don't have childcare for your child? We will provide a babysitter on voluntary basis. The application must be submitted 14 days in advance.

When: when you need it. Do request this at least 14 days in advance.

Price: 5 euros per hour started, with a minimum rate of 10 euros.

Do you have questions about the babysitter at home? Ask [Fien Meesters](#) or search [online](#).

Professional babysitter at home service 'UiThuis'

UiThuis is the professional babysitter at home service of Het Balanske. As a parent of a child with extra care needs, you sometimes need a breather for yourself or for you as a couple.

Need some time sporadically or on a regular basis? Would you like to have a night out or go out with the other family members? And would you like to be supported in this with care for your child with extra care needs? Then our professional babysitter at home service is for you! Our trained and experienced babysitters will take care of your child so you can take some time off.

For whom?

For parents of children, adolescents and adults with (suspected) disabilities. The babysitter service is also there for people with multiple disabilities or autism spectrum disorder.

Note: You can only apply to the childcare service if your child does not have a PAB (personal assistance) or PVB (person-following) budget and if your child does not reside in an MFC (multi functional center).

What's the cost?

The babysitting service only costs 2,5 euros per hour, thanks to the support of the Flemish Agency for Persons with Disabilities (VAPH). We work in blocks of at least 4 consecutive hours of childcare. You'll also have to pay for:

- Travel costs of the sitter between his/her home and your home
- Any external activities (a museum or zoo visit, ... And the transportation to it)
- Any extra spending away from home (eating ice cream, going out on a terrace, ...)

When and where?

Our babysitters will watch your child at your home or do a fun activity tailored to your child's needs outdoors. This can be during weekdays and Saturdays, during the day and evenings, on a one-off basis or on a regular basis. Babysitting is not possible on Sundays or public holidays.



More info about UiThuis: call Leila Arnalsteen:
016 63 90 21 or search [online](#)

Training

Het Balanske offers group training sessions. We offer workshops focusing on having a disability and snoezelen (controlled multisensory environment therapy). These workshops are of interest to both primary school children (including kindergartners) and secondary school students, as well as professionals and (youth) organizations.

Kindergarten,
primary and
secondary
education

Kindergarten education – playful training

For kindergartners, we have a fun training around restrictions and snoezelen. In a playful and active way, they will learn something. We'll start by telling a compelling story. Afterwards, they are given the opportunity to experience what it is like to have a disability through read-in assignments that fit their environment. Then they'll explore the snoezel space.

Duration: 1 hour 30 minutes (possibly with a small break of 15 minutes)

Ages from 4 years to 6 years (i.e., approximately 2nd kindergarten through 1st grade).

Price: 8 euros per kindergartner/pupil

Elementary Education – Involved Training

Using involved games and immersion exercises, participants learn more about disabilities and how it feels to live with a disability. During this training session, we explain the concept of Snoezelen further and the pupils themselves can experience what Snoezelen is.

Duration: 2 hours

Price: 8 euros per pupil

Secondary Education – Standard Training

During this training, participants learn more about disabilities and society's view on disability. We will discuss the idea of inclusivity more thoroughly. In addition to this, pupils get a tour of the Snoezel room and learn more about the Snoezel method.

Duration: 2 hours

Price: 8 euros per pupil

Secondary Education – Extensive Training

During this training, participants learn more about disabilities and society's view on disabilities. We will also discuss the idea of inclusivity more thoroughly. We let pupils experience what it is like to live with a disability using immersion exercises and involved games. In addition to this, pupils get a tour of the Snoezel room and learn more about the Snoezel method.

Duration: 3 hours

Price: 10 euros per pupil



**For
youth work
and
associations**

Autism and adapting games

Kids and adolescents with autism are also just kids who love playing, having fun and getting to know new people. But what is essential to know about autism for your youth work? During this two hour long training, you learn more about autism and its characteristics, as well as the opportunities and qualities to be found in it. You will get concrete tips to make your youth work autism-friendly and to adapt games.

The training works best in groups of about 15 people.

Duration: 2 hours

Price: €200 (mileage not included)

Tip: ask Komaf for financial compensation in the form of a voucher (worth €150).

How to make youth work inclusive?

Are you dreaming of youth work with and without adolescents with a disability, but you are not quite sure how to do it? During this training, we will help you get started to make your youth work more inclusive. Besides general background information, we give concrete tips and tricks which you can actually implement afterwards. During this training, you will not be listening while sitting still. You can experience and discover yourself, you are allowed to think and act yourself! This training consists of four themes: types of disabilities, adapting games, structure and supervision attitude.

Price for 4 hours: €225; price for 2.5 hours: €150 (mileage not included)

Tip: ask Komaf for financial compensation in the form of a voucher (worth €150).



Difficult behavior

Troublesome and difficult behavior on your playground? That is very normal for kids and adolescents who are still developing. How can we better understand difficult behavior? You will return to your youth work and support your counselors with a backpack full of background information and concrete tips. Be even more confident while working with kids and adolescents with a disability. This training can be requested for groups of youth workers, head counselors, persons responsible for the playground, ...

Duration: 2 hours

Location: Het Balanske or at your location.
Maximum of 20 participants.

Snoezel training

During this training, you get to know the theoretical and practical aspects of Snoezelen.

We explain the difference between a Snoezel room, a quiet room and a time out room. After this training, you are ready to come Snoezel the right way or you will be inspired to create a quiet room or Snoezel room yourself. With this training, we want to broaden your view on and knowledge about Snoezelen.



For whom? The training is meant for parents, siblings, family of people who need extra care, teachers in special education, supervisors, etc.

Duration: 2 hours

When? At arranged moments when available or in group on request (teachers, supervisors)

Price: €25 per person (for groups of max. 10 people)



Snoezel tour

Do you want to come explore our Snoezel? Then we would love to invite you!

We offer a Snoezel tour for families, supervisors of social services, or school teachers. Are you a member of an association and you want to visit the Snoezel together? Then you are also very welcome to attend the Snoezel tour.

Duration: 1 hour

Price: 8 euros per person



**Course in
youth work
camp
counselling**

Do you like kids and teens? Are you playful, creative, caring and ever enthusiastic? Would you like to help kids with and without disabilities experience the holiday of their dreams? And earn some money as well? That's possible! Become a camp counsellor for youths, for example at Het Balanske.

The course consists of three parts: The theoretical part (classes) is organised by Het Balanske, in collaboration with Youth Service Bosco Base. Make no mistake, these classes are anything but boring: during this training week, our instructors will introduce you to the secrets of being a camp counsellor. Together, we will discover the essential skills that make a camp counsellor: creating and explaining games, understanding the children's world, animating, supervising, etc. So get ready for a week full of wacky adventures, rolling on the floor in laughter, crazy games and unforgettable moments. In short: a GREAT week! After the classes, you will complete

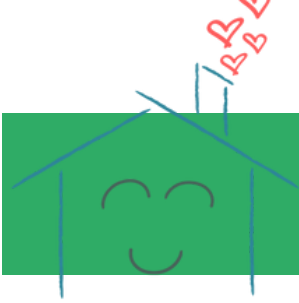
an internship at an organised playgroup of your choice. Passed your internship? As the final step, you will receive your youth work assistant certificate!

When? During the first week of the Easter holiday. Meals, accommodation, insurance and an evaluation at the end of the classes are included in this week. After the course you will receive proof of attendance with which you can request a reimbursement of part of your registration fee in many municipalities.

More info: ask [Asja Heusdens](#) or search [online](#).



Voor meer info over het vormingsaanbod:
016 63 90 21 of www.balanske.be/vormingen



Day centre De Kalebas

Day centre De Kalebas offers high-quality and meaningful day care for (young) adults aged 18 and older with mental and/or physical disabilities, possibly in combination with autism.

At De Kalebas, we find it important that participants can decide for themselves how their personal daytime activities are shaped. Therefore, we offer a flexible range of activities and workshops, both inside and outside the walls of the day centre. This way, we try to match participants' interests and talents as much as possible and stimulate their personal growth and development.

Workshops and more

We offer interesting workshops such as cooking, baking, gardening, music and creativity workshops. We also include sports and exercise in the programme and make regular use of the snooze rooms.

Our focus is also on inclusive and/or work-oriented activities, adapted to the wishes and talents of our users. Finally, the day centre provides both recreational and educational outings, activities and events throughout the year.

We provide our own transport service that can take users to and from the centre.

In our day centre, an enthusiastic team is there to provide users with an enjoyable and valuable day out.

Full-fledged accommodation

In September 2019, we opened the day centre within Het Balanske's buildings. In April 2021, we moved into our new building, located behind the Balanske building. We have a full floor at our disposal.



Questions about De Kalebas? Ask [Silke Willems](#) or check [online](#)



Daycare centre De Bal

Since 2016 a daycare centre has been attached to The Balanske. In our inclusive daycare centre De Bal, we welcome 26 babies and toddlers with and without care needs every day.

After all, not every child's development progresses as hoped or expected. Together with the parents and any important partners, we look for the best way to care for and guide these children! Each child is additionally monitored by an attention supervisor. In this way, children with extra care needs can also grow up with their peers.

Extra care

We regularly enjoy and discover Het Balanske's snoozing areas together! There is the possibility of therapy at the centre. We are recognised by the Child and Family Agency in Flanders and work on the basis of an income rate. The daily rate for our care thus depends on the family's income. The daycare is open between 7 and 18 o'clock!

Like to get acquainted?

An introductory meeting is scheduled every month, where we will introduce you to the childcare facility and how it works.



Questions about the operation of De Bal?
Ask [Elke Mertens](#) or visit us [online](#)

You are most welcome here!

You can find Het Balanske

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