



Preparation for Adulthood (PFA)  
Healthy Lives Programme Report 2023

Abi Taylor  
Annie Taylor  
Sarah Thomas

[info@paccshropshire.org.uk](mailto:info@paccshropshire.org.uk)

## Contents

<b>1.0. Introduction and programme summary</b>	Page 3
<b>2.0. Background</b>	Page 4
2.1. Background Resources	Page 4
<b>3.0. Designing the Programme</b>	Page 5
<b>4.0. Recruitment of Participants</b>	Page 7
<b>5.0. Characteristics of Participants</b>	Page 8
5.1. Age of Participants	Page 8
5.2. Age of PFA Participants	Page 8
5.3. Age of Family Activity Participants	Page 9
5.4. Sex of PFA Participants	Page 9
5.5. Diagnosis of PFA Participants	Page 9
5.6. Education Provision of PFA Participants	Page 10
5.7. Geographical Location of PFA Participants	Page 10
5.8. Number of Activities allocated PFA	Page 11
5.9. Number of Family Activities allocated- PFA	Page 11
5.10. Number of Family Activities allocated 0-13	Page 11
5.11. Geographical location of Family Participants	Page 12
5.12. All In/ Actio membership of Participants	Page 12
<b>6.0. What didn't work well</b>	Page 13
<b>7.0. Programme Delivery</b>	Page 13
7.1. Breakdown of activity spaces – sessions	Page 13
7.2. Breakdown of activity spaces- hours	Page 13
7.3. Number of Participants	Page 13
7.4. Activity Spaces	Page 14
<b>8.0. Programme Timetable- PFA</b>	Page 15
<b>9.0. Programme Timetable- Family</b>	Page 21
<b>10.0. Feedback and Impact</b>	Page 22
10.1. Booking Process	Page 22
10.2. Overall Experience	Page 22
10.3. Individual Activities	Page 25
10.4. Family Activities	Page 26
10.5. Difference to Young People	Page 29
10.6. Difference to Parent Carers	Page 29
10.7. Would young people like a programme next year?	Page 29
10.8. Improving the programme	Page 30
10.9. Other Feedback	Page 30
<b>11.0. Programme Costs</b>	Page 32
<b>12.0. Learning and Next Steps</b>	Page 33
<b>Appendices</b>	
Appendix i. PFA Promo	Page 35
Appendix ii. Family Activity Promo	Page 36
Appendix iii. Programme Promo	Page 37
Appendix iv. Social Worker Promo	Page 38
Appendix V. Programme Summary Promo	Page 39
Appendix Vi. Feedback- What young people want to do	Page 40
<b>Photo Highlights</b>	Page 41

## 1.0 Introduction and Programme Summary

The Healthy Lives Programme is targeted for 14-25 Year old's in Shropshire with SEND, predominately those with Learning Disabilities and / or Autism who need a higher level of support. The programme is delivered during the Summer holiday period, which feedback from families has been highlighted as a time of significant challenge, when the routine of school is lost, young people often don't see friends and are less likely to be active in the community.

The Healthy Lives programme aims to provide opportunities for young people from the group outlined above, to be introduced to new activities which support their physical and mental health. Evidence highlights that this group has limited existing opportunities to support their wellbeing in this way, resulting in health inequalities and poorer life outcomes. The programme builds confidence and enables families to see what is possible and available. Feedback from participating families, shared later in this report shows how the programme has improved young people's mental health and increased activity levels.

The Programme also supports activity providers to develop their relationship with young people from the Learning Disability and/or Autism community and their families, building their confidence to offer activities to this group and establishing links that last beyond the programme.

This was the second year of the PACC Healthy Lives Programme, and we have built on the experience and learning from the delivery of the programme in 2022. Links with new activity providers have been made and the number of young people participating in the programme has increased. An improved offer for young people with more complex needs, where increased levels of support are required has been developed, along with a family activity offer, which enabled younger children to participate in the programme.

In 2023 the PACC Healthy Lives Programme;

- Engaged 74 young people in the PFA activity programme.
- With a further 25 young people with SEND (5-13 years) and siblings participating in the Family Sessions.
- 13 young people who participated in the PFA programme were new to Healthy Lives in 2023.
- 467 (11914 hours) activity spaces were made available.
- 386 (10481 hours) activity spaces were allocated.

A key element of the programme continues to be the supported booking and the matching processes, which enables PACC to ensure that the support needs of the individual young people are well understood, and participant are grouped to give the best chance of a positive experience for everyone. A single point of contact is provided for both families and providers and time is invested in ensuring that everyone understands the details of the programme.

Once again feedback from families has been very positive, evidencing how the opportunities offered are valued by these young people and their families. We have seen young people grow in confidence, build friendships, and learn new skills, improving their physical and mental health. Young people and families have been introduced to new activities which they will continue after the Programme delivery has ended. The Programme has successfully made use of community-based activities and resources, connecting providers with an underserved community. The use of the Derwen College Swimming Pool was particularly welcomed by families and provided an activity close to hand for Oswestry families, who often have to travel significant distances to access activities.

Using Nerdy Café's in Shrewsbury as a base for the Preparation for Adulthood sessions delivered by Taylor Support and the 'Be a Rock Star' sessions delivered by Rock Music School worked well, embedding activities in the community and providing a typical experience for young people coming together in a non-specialist social environment. Discussions are now taking place about Nerdy Café hosting an all-age Learning Disability hub going forward.

PACC would like to thank all those who participated in and supported the Healthy Lives Programme 2023, in particular Sport England, Shropshire Council and Shropshire Integrated Care Board whose combined funding enabled the Programme to be delivered.

PACC looks forward to discussing the next steps and learning lessons with partners, providers parent carers, young people and key players. We hope to continue to develop Healthy Lives Programme and secure funding for year 3.

## 2.0 Background

Individuals from from the Learning Disability and / or Autistic community are more likely to be less physically active, overweight and to experience poor mental health. The reasons for this are complex and include;

- Biology and genetics may increase vulnerability to weight and mental health problems.
- Individuals may experience a higher incidence of negative life events.
- Access to fewer resources, opportunities and coping skills
- The impact of other people's attitudes and social isolation

Challenges can start in childhood and so it is essential that opportunities to support improved physical and mental health are available for children and young people with Learning Disabilities and / or Autism. The role of parent carers in this is central and raising awareness of these issues and how they can be addressed amongst the parent carer community is also essential.

### 2.1 Background Resources

- Mencap – Friendships 'Research and Statistics' <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/friendships-research-and-statistics>
- Mencap - Mental Health <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/health/mental-health>
- Public Health England - Obesity and weight management for people with learning disabilities: guidance <https://www.gov.uk/government/publications/obesity-weight-management-and-people-with-learning-disabilities/obesity-and-weight-management-for-people-with-learning-disabilities-guidance>
- Activity Alliance - My Active Future: Including every child (March 2020) <https://www.activityalliance.org.uk/how-we-help/research/5658-my-active-future-including-every-child-march-2020>
- Department for Health & Social Care - Physical activity guidelines: disabled children and disabled young people <https://www.gov.uk/government/publications/physical-activity-guidelines-disabled-children-and-disabled-young-people>

- Department for Health & Social Care - Physical activity for general health benefits in disabled children and disabled young people: rapid evidence review  
<https://www.gov.uk/government/publications/physical-activity-in-disabled-children-and-disabled-young-people-evidence-review/physical-activity-for-general-health-benefits-in-disabled-children-and-disabled-young-people-rapid-evidence-review>
- Young Minds - Autism and Mental Health 'A Guide for Young people'  
<https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/>
- National Autistic Society – Loneliness <https://www.autism.org.uk/advice-and-guidance/topics/loneliness#:~:text=Research%20suggests%20that%20autistic%20people,society%2C%20making%20them%20feel%20excluded.>
- National Autistic Society – Eating 'A Guide for All Audiences'  
<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences>

### 3.0 Designing the Programme

The core principles for designing year two of the programme remained the same as year one;

- To provide a varied programme of activity through out the summer holidays suitable for SEND young people who are 14 -25 years, particularly for those who are learning disabled and/or autistic and attend specialist education settings.
- To offer activities which support this group to be more physically active and socially connected, supporting the improvement of physical and mental health outcomes.
- To provide parent carers with a Short Break opportunity during the holiday period.
- To provide a supported booking process with a single point of contact for discussions with parent carers.

Listening and responding to feedback from parent carers and young people in year 2 we aimed to;

- To bring new providers into the programme to offer a wider range of experiences and activities and increasing the length of sessions.
- To extend the offer for young people with complex and profound and multiple disabilities, who need a higher level of support.
- To create a family offer to support younger children into the PFA activity programme.
- To work more Post 16 providers to increase awareness and understanding of the local Post 16 offer.

Providers new to the programme were;

- Cathie Sabin Community Tennis Centre
- Nerdy Coffee Shop
- Condoover College
- TSTC Disability Trampolining
- Taylor Support Ltd
- The Hive
- Lyneal Canal Trust
- Shrewsbury Canoe Club
- Rock Music School

- Arthog Outreach
- Sabrina Boat
- Wolf Yoga
- All4 Foundation
- Cavalier Centre

In total PACC worked with 19 Community providers to design and deliver the programme. The Programme continued its links with Day Opportunity Centres, (Albert Road, Mayfair Centre, Aquamira and Aspirations all participated in the programme), along with Shrewsbury Sports Village, Kiddley Divey and Derwen College once again providing activity sessions. The request that each provider offered a maximum of two sessions was maintained, so that no one provider felt overwhelmed. Two Actio / All in providers, Dinkey Donkeys and Drummonds Outdoors were also funded to extend their offer to young people 18 – 25 years. This bringing together of a range of community based providers into one co-ordinated offer is at the heart of Healthy Lives, increasing sustainability and maximising the use of resources.

During the May 2023 half term PACC piloted some sessions with new providers specifically for families led activity session. These developed into weekly short (1 – 2 hrs) sessions of cycling, tennis and swimming being included in the main programme. These enabled families to include siblings over the age of 5, in activities and to enjoy time with other families. It also built confidence in the programme and providers supporting future participation. PACC also worked more experienced PLMD providers (Condoover and TSTC Trampolining) to increase the offer for young people with more complex needs. The PACC team supported a number of the activities, providing a familiar and consistent presence while providers got to know the young people and parent carers. The celebration Prom on the Sabrina boat was hosted by PACC.

Following feedback from last year's programme, this year we ensured that all parent carers completed a needs form for their young person. If we felt that enough information was not given to inform providers about a young person's needs, parent carers were contacted to collect more information prior to them attending any activity. In addition, when sending needs forms to providers, providers were told to contact PACC if they needed any more information on the needs of participants. PACC also ran a meet and greet bowling evening providing an opportunity for parent carers and young people new to the programme to meet, ask questions and to support the matching and allocation process.

The end of programme Celebration event continues to be an important part of the programme, strengthening the sense of belonging amongst all who participate and recognising the growth and achievements of the young people. This year activities have also continued beyond the summer holiday period with Cathie Sabin Community Tennis Centre, Rock Music School and Arthog all offering sessions in October half term, leading up to the 2023 Celebration event.

#### 4.0 Recruitment of participants

PACC committed from the outset to try and provide a high level of flexible personal support for parent carers to enrol their young people on the programme. This included:

- Allocating a dedicated named individual for recruitment.
- Providing a list of FAQs about the programme.
- Explaining the level of support available on the sessions. It was not possible to provide 1:1 support but parent /carers or personal assistants (PAs) were welcome to attend with the young person.
- Responding to emails and phone calls in the evenings and at weekends.
- Listening carefully to parent carers concerns and advising on the most appropriate sessions.

To recruit to the programme, PACC circulated a promotional flier (Appendix i, ii, iii) to:

- Parent carers on PACC social media groups (2900 followers)
- Parent carers on associated social media groups eg., Shropshire Down Syndrome Group; Friends of Severdale (FOS); Shropshire Council Children's Social Care Team; Shropshire Council Preparation For Adulthood Team
- Shared through PACC's PFA Navigators

In addition, PACC sent a personalised email to every family registered on the Actio database of young people aged 14-25 (N=310) (These numbers cannot be aggregated as many of the families belong to several or all of the above groups).

PACC also sent a promotional flier to Social workers (Appendix iv), a number of social workers contacted for more information on the programme. 2 young people registered; however, activities were not felt to meet needs of those young people with complex needs who required above 2:1 support.

After registering an interest Parents were sent a copy of the programme timetable of activities asking them to list their young person's choices (A maximum of 12 PFA activities and 5 Family activities). The PACC team meet to discuss and agree allocations and carefully considered the needs of the young people and if these could be met at the selected activities. Parents were then emailed an individual timetable personalised for their young person.

Initially, 66 parents carers registered an interest in the programme and of these 54 young people signed up. It was often challenging to overcome parent carers anxieties about the sessions and if their young people would cope. There were many reasons given as to why young people could not take up the programme:

- Lack of transport to different venues as parents had to work.
- Needs of the young person were too complex and their personal care needs could not be met.
- Insufficient level of support available (1:1 support could not be provided but individuals could attend with a parent carer/Personal assistant)
- Limited social skills and unable to cope even in small groups.
- Young people being from out of County and therefore not eligible.
- Sessions and facilities not suitable for young person.
- Young person did not want to go as they did not know anyone, and the settings were unfamiliar.
- Lack of understanding what the programme was all about.

- Many families are and were in crisis and the programme could not help at this time.
- Young person had an existing busy activity plan and days of programme activities were not suitable.
- Wanting more outdoor activities.

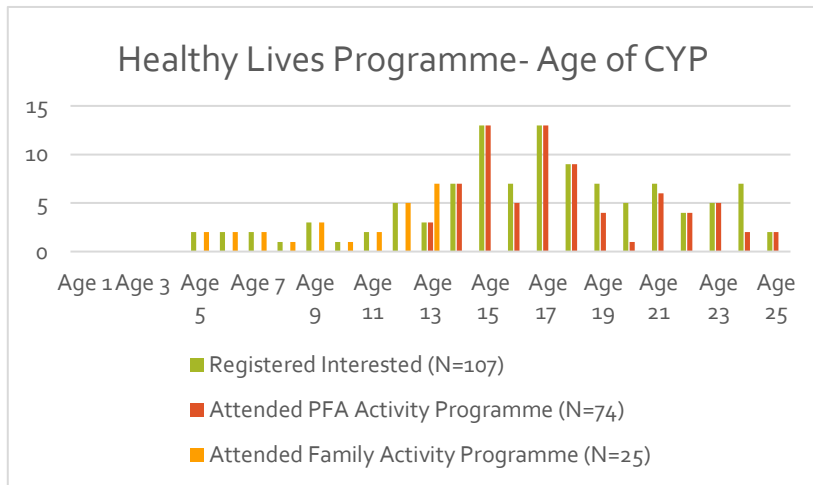
After recirculating the details, making additional promotional materials and spending more 1:1 time talking and following up issues with individual parents, a total of 74 young people signed up to the PFA programme.

### 5.0 Characteristics of Participants

The target group for the programme was young people preparing for adulthood 14-25 with SEND, predominately those with learning disabilities and/or autism. There is a recognised gap in provision for those with more complex needs and who need a higher level of support - therefore we expanded the offer on this year's programme to offer more to this group. Those participating in the programme were all likely to require more ongoing support from Adult Social Care services as they move into adulthood, so understanding and experiencing what the support offer looked like for them in the future was important.

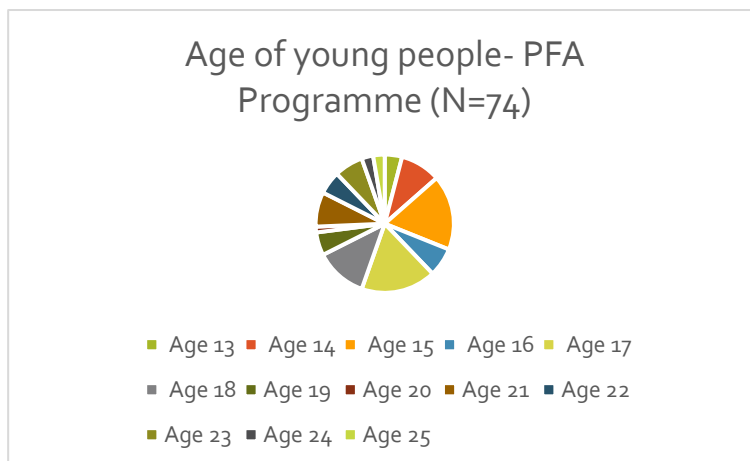
#### 5.1. Age of participants.

*Age ranged from 5 to 13 for the Family Programme and 14 to 25 for PFA Programme.*



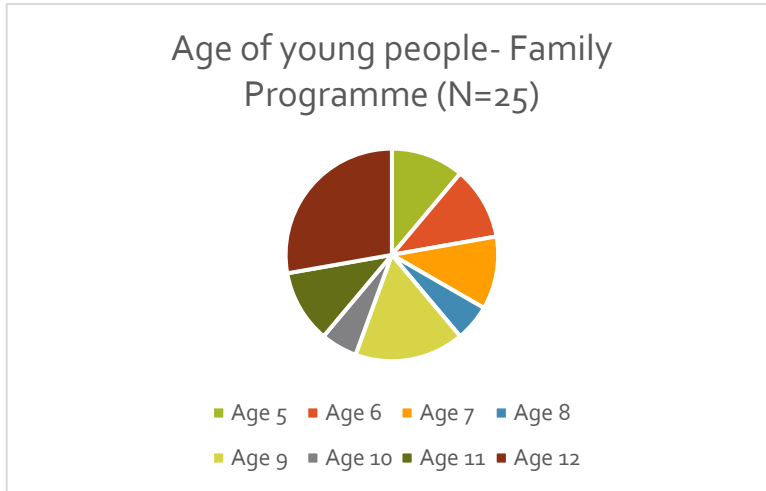
#### 5.2. Age of PFA Programme Participants

*15 years old and 17 years old were the most frequent on the programme.*

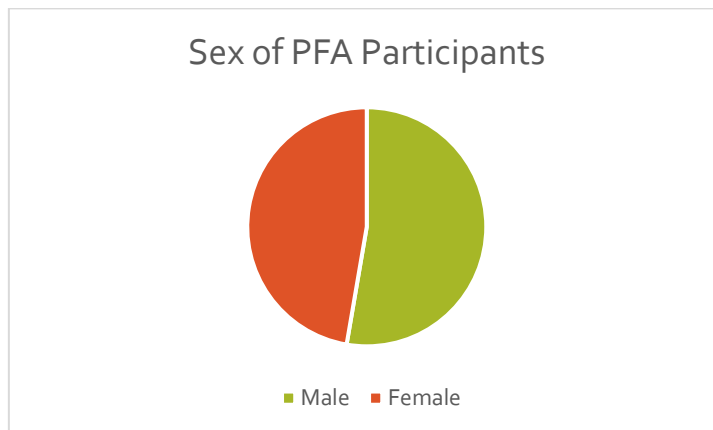




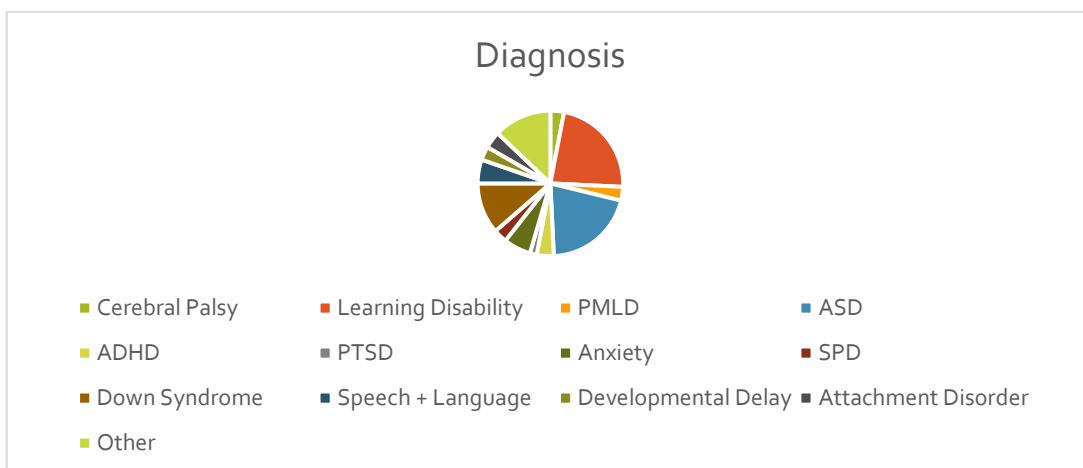
5.3. Age of Family Activity Participants  
*Age 12 was the most frequent age.*



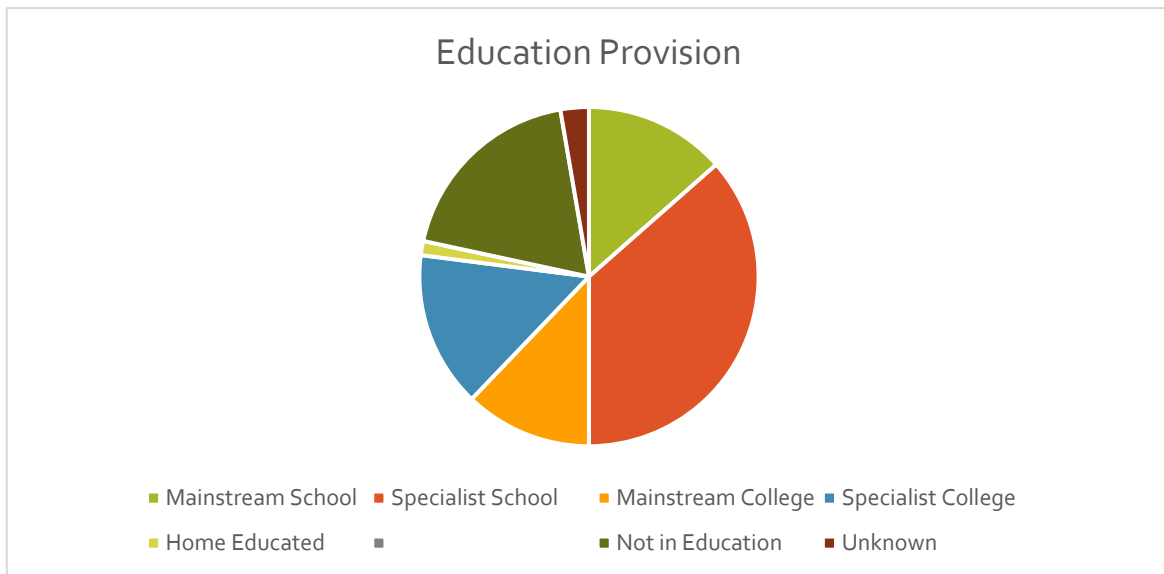
5.4. Sex of participants on PFA Programme  
*47% of participants were female, 53 of participants were male.*



5.5. Diagnosis of PFA Participants



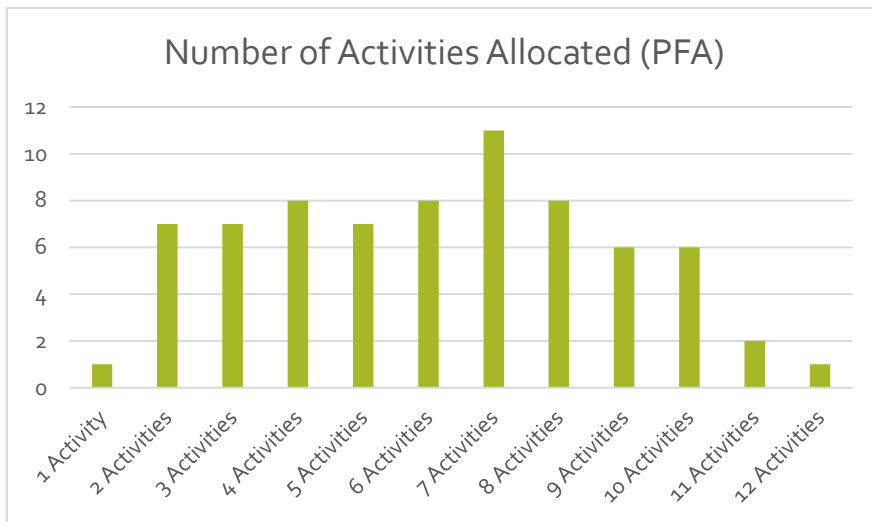
### 5.6. Education Provision of Young People on the PFA Programme



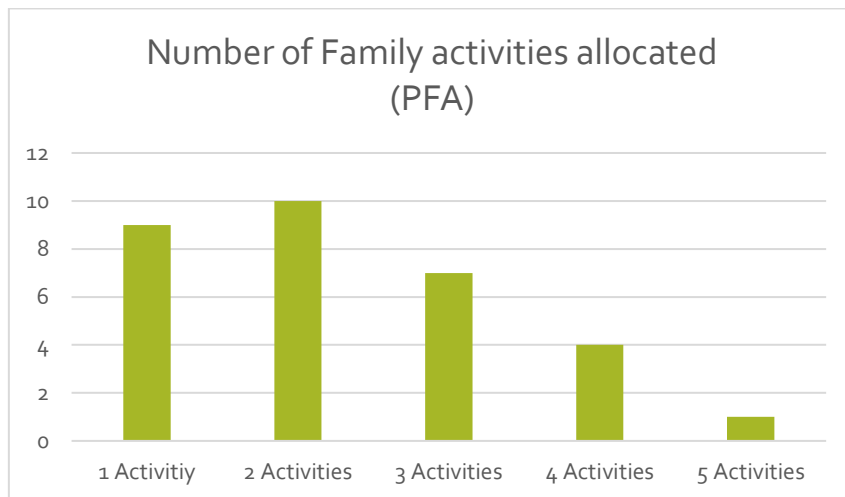
### 5.7. Geographical Location of Young People on PFA Programme



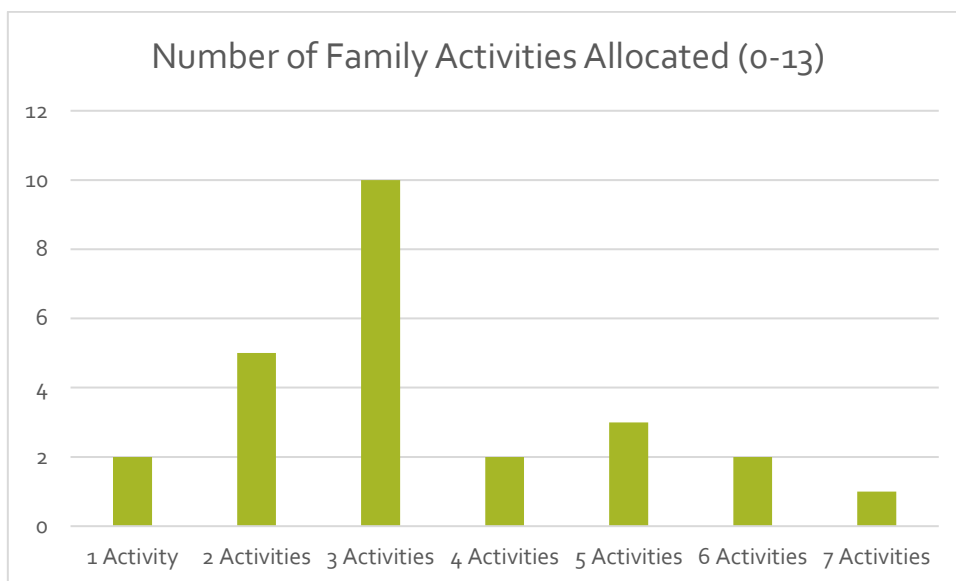
5.8. Number of activities attended by Young People on the PFA Programme



5.9. Number of Family Activities attended by Young People on the PFA Programme



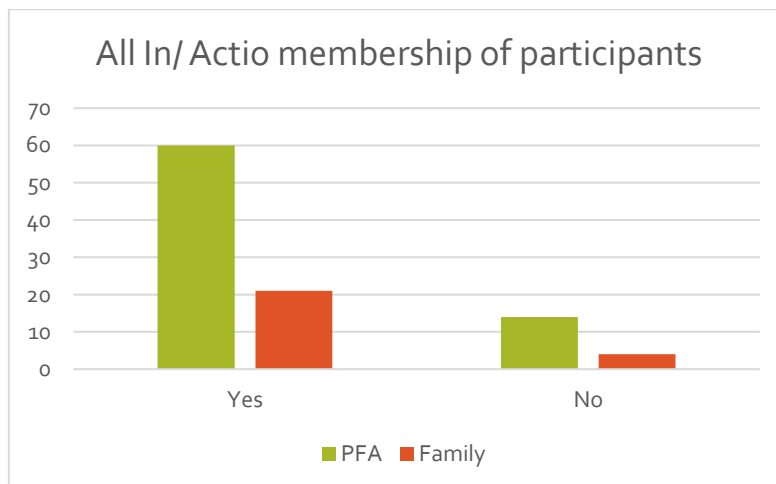
5.10. Number of Family Activities attended by 0-13 year old's on Family Programme



### 5.11. Geographical Location of Young People on the Family Programme



### 5.12. All In/ Actio membership of Participants



## 6.0. What didn't Work Well?

- Some young people did not attend any of the sessions that they booked on, despite PACC contacting to check if they needed any support or assistance to engage their young person. All Parent Carers were provided with a point of contacts email address and phone number.
- An administrative error was made on one young person's timetable with the wrong date of an activity and instead giving details of an activity the following week, meaning they were late getting to the correct activity.
- One session at Aquamira had to be cancelled by the provider.
- Two sessions at the Sports Village later in the programme, had to be cancelled due to low numbers of uptake.
- One provider delivered a different activity to what had been agreed and advertised which disappointed some of the young people and parent carers.
- Feedback from participants highlighted that in a few cases activities were not sufficiently stimulating or aspirational.
- There was limited success in engaging more Post 16 providers in the programme.

## 7.0. Programme Delivery

### 7.1. Breakdown of spaces provided.

Breakdown by Spaces provided	
<b>Total available number of activity spaces</b>	467
<b>Allocated and attended activity spaces</b>	386
<b>Activity spaces cancelled by PC</b>	18
<b>Allocated spaces not attended</b>	44
<b>Activity spaces cancelled by PACC</b>	19

### 7.2. Breakdown of spaces provided by hours.

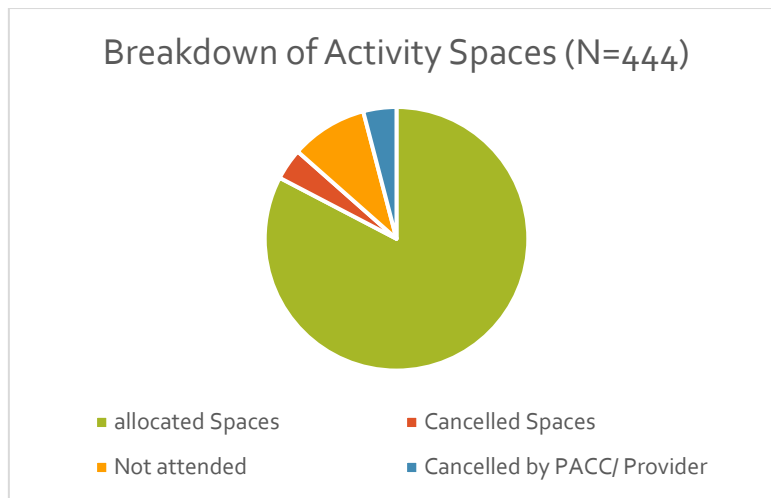
Breakdown by hours provided	
<b>Available hours</b>	11914
<b>Allocated hours</b>	10481
<b>Not attended hours</b>	172
<b>Not allocated hours</b>	1433

### 7.3. Number of Participants

Number of Participants	
<b>PFA Programme</b>	74
<b>Family Sessions</b>	25

#### 7.4. Activity Spaces

*83% of activity spaces were allocated, 9% of activity spaces were not attended and PACC were not informed of this, 4% of activity spaces were cancelled in advance by a Parent Carer, 4% of activity spaces had to be cancelled due to unforeseen circumstances/ limited uptake.*



## 8.0. Healthy Lives Programme Timetable (PFA)



Week 1	Date	Time	Activity	Description	Location & Provider	Activity Type
Tues	25-Jul	10:00-2:30	Rock Music School- 'Be a rock Star' (AM)  Supported Games session (PM)	Release your inner Rock Star with a morning session delivered by Rock! Music school (Guitars and Drums), followed by an afternoon of supported games at Nerdy Café	Nerdy Café Shrewsbury	14-25
Wed	26-Jul	10am - 3pm	Pony Care / Vaulting (9.5 stone weight limit) and Nature Walk	Spend the morning learning about vaulting and pony care, followed by an afternoon using nature trails to explore the site and be a nature detective. (9.5 stone weight limit)	Cavalier Centre Much Wenlock	14-25
Wed	26-Jul	10am -12pm	Sing a Long - Disney	Come and sing your favourite Disney songs with Eve from Kiddly Divey	Albert Rd Shrewsbury	14-25
Thurs	27-Jul	9.30am - 3.30pm	Multi Activity Day	Activity day includes rock climbing, orienteering, bush craft and kayaking	Arthog Telford	14-25
Fri	28-Jul	11:30-3:00pm	Yoga and craft session	Come for a yoga sessions, pre-order fish and chips for lunch. Followed by an afternoon craft session making dream catchers together	Mayfair Centre Church Stretton	14-25
Sat	29-Jul	3.45pm - 5.15pm 5.30pm - 7pm	Canoeing Pool Session  Dinner out @ Nerdy	Have a go at Kayaking in the pool supported by Shrewsbury Canoe Club, followed by dinner at nerdy Café with Parent Carers	Quarry Pool & Nerdy Café Shrewsbury	14-25

Week 2	Date	Time	Activity		Location & Provider	Activity Type
Mon	31-Jul	10:00-12:30	Paddle Sports	canoe and raft sessions where you can learn new skills and have loads of fun on the water! We have a range of rafts and canoes available; our team of coaches will give you all the support you need to smile from ear to ear!	Drummonds, River Severn	8 to 25
Mon	31-Jul	10:00-3:00	Multi-sports	Activities include Archery, Dodgeball, Fencing, New-age Curling	All4 Foundation, Ditherington Community Centre	14-25
Tues	01-Aug	10am -12:30pm	Ready, Steady, Cook	For young people who already have basic cooking skills, who want to take part in a cooking challenge.	Conover College Grafton	14 to 18
Tues	01-Aug	10am - 3pm	Rock Music School- 'Be a rock Star' (AM) Supported Games session (PM)	Release your inner Rock Star with a morning session delivered by Rock!Music school (Guitars and Drums), followed by an afternoon of supported games at Nerdy Café	Nerdy Café Shrewsbury	14-25
Wed	02-Aug	10:00-12:00	Gym, Spin and Trampolining	Come and try out the gym including a spin class and a trampolining session.	Shrewsbury Sports Village Shrewsbury	14 to 25 years
Wed	02-Aug	1:00-3:30	Trampolining (30 minute slot)	one to one trampolining session for young people with PMLD, you will allocated a 30 minute 1:1 time slot.	Shrewsbury Sports Village Shrewsbury	PMLD 1:1 sessions
Wed	02-Aug	10am - 3pm	Pony care / Vaulting  Nature walk	Spend the morning learning about vaulting and pony care, followed by an afternoon using nature trails to explore the site and be a nature detective. (9.5 stone weight limit)	Cavalier Centre  Much Wenlock	14-25
Thurs	03-Aug	10:00-3:00	Music & Song writing	West African Hand drumming, following with writing, playing and producing song together!	The Hive shrewsbury	Age 14 to 18



Week 3	Date	Time	Activity		Location & Provider	Activity Type
Mon	07-Aug	10:00-12:30	Paddle Sports	canoe and raft sessions where you can learn new skills and have loads of fun on the water! We have a range of rafts and canoes available, our team of coaches will give you all the support you need to smile from ear to ear!	Drummonds, River Severn	8 to 25
Mon	07-Aug	10:00-3:00	Robot Making, Tile and Eco Art	Make your own robot! And have a go at decorating a tile and do some eco-art	All 4 Foundation	14-25
Tues	08-Aug	10:00-12:30	Sensory Story and Laughter Yoga	Come along with your parent carer and enjoy a sensory story and laughter yoga (PMLD session)	Condover College Grafton	14 to 18 (PMLD)
Tues	08-Aug	10am - 2:30pm	Rock Music School- 'Be a rock Star' (AM)  Supported Games session (PM)	Release your inner Rock Star with a morning session delivered by Rock!Music school (Guitars and Drums), followed by an afternoon of supported games at Nerdy Café	Nerdy Café  Shrewsbury	14-25
Thurs	10-Aug	10:00-3:00	Music and Song writing session	West African Hand drumming, following with writing, playing and producing song together!	The Hive Shrewsbury	18 to 25
Fri	11-Aug	11:30-3:00	Yoga and craft session	Come for a yoga sessions, pre-order fish and chips for lunch. Followed by an afternoon craft session making dream catchers together	Mayfair Centre Church Stretton	14-25
Sun	13-Aug	10.30am - 2.30pm	Make Afternoon Tea@ cherry Lodge	Come and visit Aspirations new site at Cherry Lodge and make and serve afternoon Tea to your Parent Carers!	Aspirations Shrewsbury	14-25

Week 4	Date	Time	Activity		Location & Provider	Activity Type
Tues	15-Aug	10:00-12:30	Expedition Activity Morning	Are you interested in the Duke of Edinburgh awards? A teamwork building activity morning.	Condover College Grafton	14 to 18
Tues	15-Aug	10am - 3pm	Taylor Support PFA Session	Activities that will focus on developing life-skills and independence, meeting at a central hub in Shrewsbury and completing activities around the town centre.	Nerdy Café Shrewsbury	14 - 25
Wed	16-Aug	10am - 12pm	Trampolining Gym/Spin	Come and see what activities the Sports Village has to offer!	Shrewsbury Sports Village	14-25
Wed	16-Aug	1:00-3:30pm	1:1 Trampolining (30 min slot)	one to one trampolining session for young people with PMLD, you will be allocated a 30 minute 1:1 time slot.	Shrewsbury Sports Village	14-25
Thurs	17-Aug	10:00-12:00	Creative art and Drum for fun	Bring your parent carer to create some art and have a go at drumming. (PMLD session)	Aquamira	14-25 (PMLD)
Thurs	17-Aug	10:00-3:00	Music & song writing	West African Hand drumming, following with writing, playing and producing song together!	The Hive Shrewsbury	14-25
Fri	18th Aug	6.30pm - 9.30pm	Disco on Sabrina Boat	A red-carpet event for you to dress up, dance and have a sing along with friends, with Eve from Kiddy Divey.	Sabrina Boat River Severn	14-25
Sat	19-Aug	3.45pm - 5.15pm 5.30pm - 7pm	Canoe Pool Session  Eat out@Nerdy	Have a go at Kayaking in the pool supported by Shrewsbury Canoe Club, followed by dinner at nerdy Café with Parent Carers	Quarry Pool Shrewsbury	14-25
Sun	20-Aug	10am - 2.30pm	Make afternoon Tea @ Cherry Lodge	Come and visit Aspirations new site at Cherry Lodge and make and serve afternoon Tea to your Parent Carers!	Aspirations Shrewsbury	14-25

Week 5	Date	Time	Activity		Location & Provider	Activity Type
Mon	21-Aug	AM	Lyneal Boat trips	A morning canal boat trip with music	Lyneal Wharf Ellesmere	14-25
Mon	21-Aug	PM	Lyneal Boat trips	An afternoon canal boat trip with music	Lyneal Wharf Ellesmere	14-25
Tues	22-Aug	10am - 3pm	Taylor Support PFA Session	Activities that will focus on developing life-skills and independence, meeting at a central hub in Shrewsbury and completing activities around the town centre.	Nerdy Café Shrewsbury	14-25
Wed	23-Aug	10am -12pm	Sing a Long - Musicals	Come and sing your favourite songs from musicals with Eve from Kiddy Divey	EVE Albert Rd Shrewsbury	14-25
Wed	23-Aug	10:00-12:00	Trampoline Gym/Spin	Come and see what activities the Sports Village has to offer!	Shrewsbury Sports Village	14-25
Wed	23-Aug	1:00-3:30	1:1 trampolining (30 min slot)	one to one trampolining session for young people with PMLD, you will be allocated a 30 minute 1:1 time slot.	Shrewsbury Sports Village	PMLD. 14-25
Friday	25-Aug	PM (Time TBC)	Canal Boat Trip (Quiet Session)	An afternoon canal boat trip	Lyneal Boat Trips	PMLD All Age

Week 6	Date	Time	Activity		Location & Provider	Activity Type
Tues	29-Aug	10:00-12:00	Pony visit and Cake making	Bring your Parent Carer to see Brian the Pony and make a cake! (PMLD session)	Aquamira	PMLD
Wed	30-Aug	10am -12pm	Sing a long to Musicals	Come and sing your favourite songs from musicals with Eve from Kiddy Divey	EVE Albert Rd Shrewsbury	14-25
Wed	30-Aug	10am - 3pm	Pony Care/Vaulting  Nature Walk	Spend the morning learning about vaulting and pony care, followed by an afternoon using nature trails to explore the site and be a nature detective. (9.5 stone weight limit)	Cavalier Centre  Much Wenlock	14-25
wed	30-Aug	10am - 12pm	Trampolining Gym and spin	Come and see what activities the Sports Village has to offer!	Shrewsbury Sports Village  Shrewsbury	14-25
Wed	30-Aug	1:00-3:30	1:1 trampolining (30 min slot)	one to one trampolining session for young people with PMLD, you will allocated a 30 minute 1:1 time slot.	Shrewsbury Sports Village	PMLD. 14-25



### Healthy Lives Programme Family Activities

Day	Date	Time	Age Range	Activity	Location
Mon	24-Jul	10am arrival. 10:30-11:30 swim	0-25	Family Swim	Derwen College Oswestry
Mon	24-Jul	13:00 arrival. 13:30-14:30 swim	0-25	Family Swim	Derwen College Oswestry
Mon	24-Jul	10:00-11:00	5+	Family Tennis	The Shrewsbury Club
Mon	24-Jul	11:00-12:00	5+	Family Tennis	The Shrewsbury Club
Mon	31-Jul	10am arrival. 10:30-11:30 swim	0-25	Family Swim	Derwen College Oswestry
Mon	31-Jul	13:00 arrival. 13:30-14:30 swim	0-25	Family Swim	Derwen College Oswestry
Mon	31-Jul	10:00-11:00	5+	Family Tennis	The Shrewsbury Club
Mon	31-Jul	11:00-12:00	5+	Family Tennis	The Shrewsbury Club
Wed	02-Aug	12:00-2:00	7+	Family Cycling	Shrewsbury Sports Village
Sun	06-Aug	Time TBC	8+	Drummonds- Family Canoe expedition	River Severn
Mon	07-Aug	10am arrival. 10:30-11:30 swim	0-25	Family Swim	Derwen College Oswestry
Mon	07-Aug	13:00 arrival. 13:30-14:30 swim	0-25	Family Swim	Derwen College Oswestry
Mon	07-Aug	10:00-11:00	5+	Family Tennis	The Shrewsbury Club
Mon	07-Aug	11:00-12:00	5+	Family Tennis	The Shrewsbury Club
Mon	14-Aug	10am arrival. 10:30-11:30 swim	0-25	Family Swim	Derwen College
Mon	14-Aug	13:00 arrival. 13:30-14:30 swim	0-25	Family Swim	Derwen College
Mon	14-Aug	10:00-11:00	5+	Family Tennis	The Shrewsbury Club
Mon	14-Aug	11:00-12:00	5+	Family Tennis	The Shrewsbury Club
Wed	16-Aug	12:00-2:00	7+	Family Cycling	Shrewsbury Sports Village
Mon	21-Aug	10:00-11:00	5+	Family Tennis	The Shrewsbury Club
Mon	21-Aug	11:00-12:00	5+	Family Tennis	The Shrewsbury Club
Wed	23-Aug	12:00-2:00	7+	Family Cycling	Shrewsbury Sports Village
Friday	25-Aug	AM	8 to 14	Canal Boat Trip with music	Lyneal Boat Trips
Friday	25-Aug	PM	All Age (PMLD)	Canal Boat Trip- quiet session	Lyneal Boat Trips
Wed	30-Aug	12:00-2:00	7+	Family Cycling	Shrewsbury Sports Village
Various	Various	Various	0 to 25 (All In membership required)	Dinky Donkey Experience	Pulverbatch, Near Shrewsbury
Sundays and Mondays	Various	10:00-12:30	8 to 25 (All In membership required)	Paddlesport Sessions	Drummonds, Shrewsbury

## 10.0. Feedback and Impact

### 10.1. Feedback on booking process

Parent Carers were emailed a link to a short Microsoft Form asking for their feedback on the booking process for activities. Parent Carers were asked:

1. How did you find the process of initially registering an interest in the programme? (1 very difficult to 5 very easy). The average rating for this was 4.94 (N=16).
2. How did you find the booking process for activities? (1 very difficult to 5 very easy). The average rating for this was 4.71 (N=16)
3. Do you feel that there was good communication from the staff at PACC to answer any questions you had relating to booking/ activities? All responses were yes (N=16).
4. Were you happy with the selection of activities for your young person? All responses were yes (N=16).

Other feedback given with this survey:

- The whole programme was extremely well organised and put together.
- The booking process was very easy, and Abi was always on hand to answer any queries or sort any cancelations out for me.
- Thanks for everything!! Just one thing, and not complaining but, realistically, the shorter sessions were not practical for us to enable him to attend due to work/travel logistics etc. Would be happy to make some financial contribution for longer sessions.
- The programme was fantastic and very well organised. He loved every activity.
- Very prompt action when Aquamira were ready to start baking cakes when several of us turned up for a drumming session. Phone calls made, baking away & we were all drumming in no time. Thankyou. Aquamira is a fabulous place for future use He loved the sensory room.
- Keep doing what you're doing makes such a difference to deal with lovely kind helpful happy ladies the activities made a huge difference to his anxiety.
- The family tennis was great, we both enjoyed, thank you.
- We loved the variety on offer and particularly the 'active' ones as can be difficult to engage him in those types of activities on a 1-2-1 basis with parent.
- The range of activities was fantastic. It's a real disappointment that the number of activities they can actually take part in is so limited though.
- He enjoyed all the activities he did, was a change from his normal week, enjoyed seeing his friends, thank you.

### 10.2. Programme Overall Experience Feedback

- We all felt very welcome and included and really enjoyed the activities and meeting new people.
- Absolutely brilliant! She has loved canoe, yoga and crafts, singing and cycling sessions - she has really enjoyed them all.
- She has loved all of her activities so far
- He has enjoyed both sessions he has attended so far (Rock Music at Nerdy's and Arthog). He particularly enjoyed all the team activities at Arthog and the climbing and walking. The longer day at Arthog also enabled parents to get a decent few hours of work

- Wow, what would we do without PACC, all round great activities for families and young people
- We have accessed swimming at Derwen Collage and Tennis at the Shrewsbury club both of which have been fantastic, I cannot praise all the staff involved enough, these activities have meant so much to us as it's kept us active and having fun and given us opportunities we wouldn't have had.
- Activities offered have been fantastic, he has been able to join in and see his friends and meet people, he has enjoyed everything he's done
- All the events have been really good and well organised. Events at Nerdy have been especially good as the young people have a bit more independence and can buy drinks etc. Swimming at Derwen was a bit hot and would benefit from an organiser to arrange games but it was nice.
- She has absolutely loved every single activity she has done! There have been some fantastic activities on offer this year & a good mix to suit everyone's individual needs & interests. There has sometimes been a little confusion over times, places & who's attending but I wouldn't be the job of sorting it, & overall everything has run quite smoothly! Thank you to everyone involved in organising & arranging everything, you've basically made her summer 😊
- Very friendly and welcoming group activities were really enjoyable and more junior send activities would be great
- The impact PACC's Healthy Lives programme has had on my young person's well-being has been huge. Before starting the programme, her additional needs meant she had spent her whole life trying, but failing to fit in. This resulted in mental health crisis. The support, encouragement and compassion shown to her during every single session has led my young person to finally believe she has a future, a sense of purpose and belonging. She has particularly enjoyed the gym sessions. Thank you!
- Both Aaron and I were made to feel welcome. Very easy to book activities and clear instructions as to what, where & when activities were taking place. Staff were very considerate and accommodating for Aaron's needs and his fear of speaking to people who he doesn't know that well. He was made to feel included but not pressurised to either join in or speak.
- The healthy lives holiday programme has yet again offered a fun range of different activities for her to try. The family tennis was a big hit with us all. She particularly enjoyed the school of Rock, the Hive sessions, yoga and singalong with Eve. Disco on the boat despite the weather was awesome and she loved wearing her prom dress again and going out with her friends. Thank you thank you. It has been a great summer.
- The program was amazing. We took part in the cycling and canoeing both were run very well and we all had a great time. The helpers at both were fantastic. Unfortunately we couldn't do the disco on the boat as Tinky was poorly. We did want to do the family tennis but we didn't get allocated a slot.
- Cari has thoroughly enjoyed all the summer activities. She has gained new experiences and skills. The HLP has made a huge difference to her, enabling her have social opportunities and prevented social isolation. She has connected with existing friends and made new ones. The HLP has enabled me to have short breaks and spend time with my other daughter. Cari says "thank you for the fun I have had with my friends".
- Jack has enjoyed sports, PFA, rock and music writing sessions, pony care and the PACC prom. He has enjoyed all of these and has also given him the chance to connect with his buddies during the holidays, further strengthening friendships and independence skills. We are very

grateful for the variety of opportunities and all the hard work that has gone into organising these sessions for our young people..

- For us personally as Thomas has weekly activities funded by Social Care he could only take part at the weekend and there was very few he could actually take part it. I would like to have seen more being offered weekends.
- Fantastic summer of activities, made a big difference to my daughters health and wellbeing. She has tried some new exercise which she can hopefully take up in the future. Also some new venues have been visited which will help with anxiety when going again in the future. Many thanks to the team.
- Will absolutely loves these activities that have been so wonderfully organised by PACC. It gives him a real sense of being part of something. If we didn't have these activities it's always harder to meet up with some of his friends in the holidays as you don't get the parent contact the same. It's also good for him to be able to carry out activities and have fun without a parent always being present. It's absolutely brilliant and thank you for all the hard work that goes into the organisation. It can't be easy!
- Amazing time Ben really benefitted from the experience and in turn so did we. We really appreciated having an activity we could access and enjoy as a family. These sessions were invaluable to us thanks again for organising.
- The HLP has enabled me to know what provision is available for my daughter. It has given her a sense of belonging and community. Thank you.

---

*PACC and the Healthy Lives program have made such a difference to her. She has had opportunities to take part in so many activities that she wouldn't be able to access and enjoyed herself hugely along the way. The range of activities is really well thought out and researched with something for everyone. The PACC staff and volunteers are amazing, so kind and helpful with a real understanding of our children's needs. Lil has had much more social opportunities as a result of the programme and been able to access activities she wouldn't normally be able to. The benefit to her confidence and self esteem is obvious. The chance to take part in the family activities this year was also a real positive. It enabled all of the family to be involved, meet other families as well as benefitting physically. It's the first time my husband has accessed any SEND activities with us and he really enjoyed it. The ability to access activities at a suitable level with excellent instructors was really good for Lil and she enjoyed activities we weren't sure she would like! In particular the family canoe day was a real treat with fantastic instruction as was the tennis, both of which we will now try to continue with in the future. The chance to do these activities for no charge is also so helpful and appreciated, it's not always possible to try new things when there is a cost and many of our young people wouldn't be able to access them. The programme really has made such a difference to us over the summer holidays and provided some real highlights and things to look forward to for our young person.*

---



### **10.3. Individual Activity Feedback**

#### **Afternoon Tea at My Aspirations**

- My young person enjoyed this session and was proud to provide me with a delicious afternoon tea. It was a nice atmosphere with lots of families together. My Aspirations gave a good level of support , whilst also encouraging independence.

#### **Arthog**

- He loved this it was fab for his confidence and he made new friends. The staff were fantastic

#### **Laughter Yoga and Sensory Story at Condover College**

- Fantastic session - good fun. Unfortunately not well attended which was a missed opportunity
- He enjoyed both activities and there were some lovely ideas to do at home. The staff at Condover were very welcoming.

#### **Cooking at Condover College**

- She was a little anxious about going but was pleased to see he friends on arrival. She had fun making cakes and pizza and enjoyed eating them all in the car on the way home 😊

#### **Disney Singalong with Eve- Kiddly Divey**

- Lovely session. Perfect balance of gentle encouragement but also reassurance that it was ok if young person was too anxious to join in with everything.
- He really enjoyed the event and fully engaged with most of the songs. We felt welcome and part of an enjoyable experience for everyone.

#### **Gym, Spin and Trampolining at Shrewsbury Sports Village**

- Fantastic. Young person is quite sporty but has never felt comfortable at clubs previously. She absolutely loved it and is asking to go again.
- good fun

#### **kayaking with Shrewsbury Canoe Club**

- So well organised and such experienced and friendly helpers - thank you so much

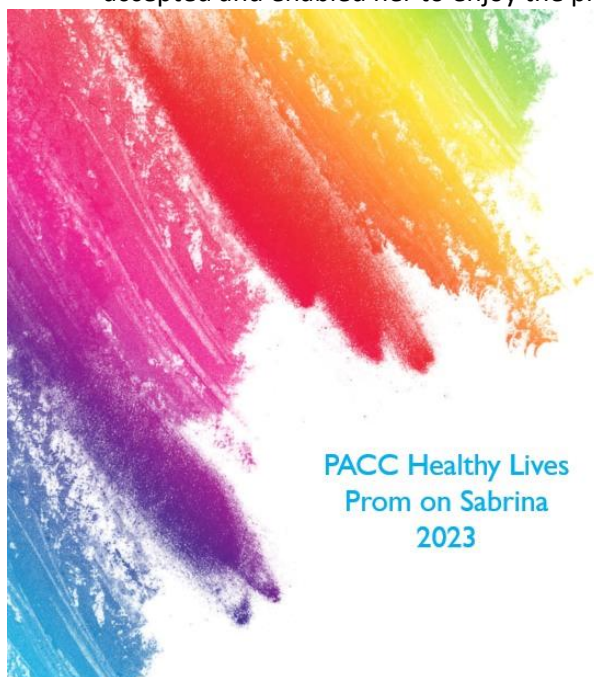
#### **Rock! Music school and Supported games at Nerdy**

- Brilliant, music helped with participation, personal expression and sheer enjoyment.
- He attended two of the Rock Music School sessions and had a great time. The sessions were well planned and delivered, providing a sense of achievement and fun all at the same time. Johnny and Rachel were really approachable, as were the individual tutors and you could see how much the young people were enjoying.
- I like the adaptations they made, they made the resources visual and more accessible which was very good. I like there is no expectation of musical talent and we can all play at our own pace. The people running it were very nice and equipped to run the sessions for a SEN group. They had ear defenders and everyone who went could get lots out of it. It was a very positive experience.
- A great hands-on music experience, she enjoyed played the cymbals, and drum. She enjoyed the setting and being able to buy her own drink and cheesecake! The board

games were something she likes and was very engrossed in a quiz game with a friend when I came to pick her up. She felt very at home in the atmosphere there.

#### **PACC Prom on the Sabrina Boat**

- My young person reports that the Sabrina boat staff were informative, reassuring, friendly and the boat was great. She has huge difficulties interacting with other young people, but the PACC staff/volunteers and DJ Eve went above and beyond to help her feel included and accepted and enabled her to enjoy the prom, thank you.



*“My young person reports that the Sabrina boat staff were informative, reassuring, friendly and the boat was great. She has huge difficulties interacting with other young people, but the PACC staff/volunteers and DJ Eve went above and beyond to help her feel included and accepted and enabled her to enjoy the Prom. Thank you”*

#### **Taylor Support Session**

- My Young person was initially anxious about this session but was quickly put at ease by Taylor Support and she felt safe enough for me to leave. Loved the relaxed atmosphere at the venue Nerdys!

#### **Trampolining with Tricia**

- He does not always engage with formal physio but the session with Tricia was fantastic. He remained engaged throughout and enjoyed every minute. The session was ideal and enabled him to be partake in a safe, fun but challenging physical activity.
- Amazing instructor Trish - fantastic , she got so much out of it due to Trish - thank you

### **10.4. Family Session Feedback**

#### **Cycling**

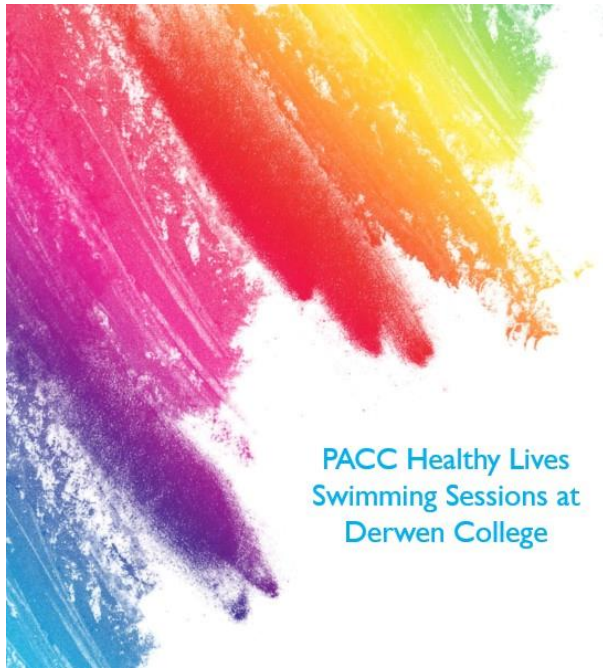
- Great. Really nice welcoming staff and facilities and great value and positive to use tandem as daddy needs exercise and wellbeing as much as them.
- We loved these sessions. Being able to take siblings was a huge benefit. The instructors were fab as were the facilities. We would definitely do these again.
- Bikes were brilliant. I enjoyed riding a 3 wheel bike around the long track. It was fantastic and I had lots of fun.
- He enjoyed the cycling at sports village though mainly being pushed and pedalled around by papa so he didn't burn much calories but I too do need the exercise and we had fun.

## Tennis

- He really enjoyed this session, he had not expected to enjoy it so much and is now looking forward to the other booked sessions. It was lovely to see him engaged and happy. Excellent instructor.
- We have attended two tennis sessions so far and both have been great. Craig has been really encouraging and made the sessions fun. He has introduced new games each time and kept things moving, which is really important for this group of young people. I particularly liked how he involved the parents in games - it was great to be able to join in.
- We all loved these sessions. Great level of engagement by all participants and good opportunity to interact with other families/young persons. The coaches chose appropriate skills based exercises which kept us all engaged (and active). Easy access and parking. A HUGE tick from us.
- We loved these sessions. Being able to take siblings was a huge benefit. The instructors were fab as were the facilities. We would definitely do these again.
- Tennis was brilliant. I enjoyed getting the tennis ball in the cone twice. It was fantastic and I had lots of fun'.

## Swimming

- We had a fantastic morning at Derwen. We parked easily, were met at reception and then had a changing room to ourselves. The pool was very warm and clean. The lifeguards were friendly and attentive. James was able to stay in the full hour which he can't usually do at swimming because he gets too cold. He liked the floats. Afterwards we went to the cafe, walled garden and shop so it was a full morning.
- The first session we had to meet at Reception so we did the same this time. The receptionist was NOT happy we had gone there. Apparently we didn't need to this time and could go straight to the pool. I really don't think it was an inconvenience for her to tell us to do that but her face and voice said otherwise! Everything else about the session was great, thank you.
- Brilliant session. Great facility - the pool is perfect, and supporting staff were so friendly and attentive. We enjoyed every minute. Thank you so much.
- We all had a wonderful time in the Derwen pool, without the stress of thinking others were judging us because we are a "different" family. Lots of fun and laughter and non of the usual hassle and dread of the changing rooms.
- Swimming was also amazing and so nice to see him enjoying it he swam so well, nothing was too much trouble for the ladies running it they got all the items out for them to play with and didn't even mind when he got more, they could see he was struggling to leave when the session ended and again they engaged amazingly letting him help tidy up and when he wanted to do the last ball they even got it back out so he could do it, the understanding and encouragement was amazing. Something we hardly ever see. Cycling the 1st week was difficult as we didn't know what to expect and the book in area wasn't aware so cause a little attend stress for him as he had really built himself up for comping and was worried he wasn't going to cycle, Paula was happy, helpful and so kind to the children it didn't take him long to forget and enjoy himself, we went again today and Paula remember him and he felt so special. Completely amazing programme and the fact that you can repeat it has made such a difference for getting him out of the house can't thank you all enough.



*“We had a wonderful time – my son was able to do his circuits and walk round if he wanted to. The warm temperature of the pool really helped him stay in for longer because he doesn’t swim so can get cold. – he was very happy!”*

#### **Dinky Donkeys**

- Wonderful experience, there was no expectation or rush. She could just sit and be with the donkeys and slowly she took part. Really great.

#### **Drummond’s Canoeing**

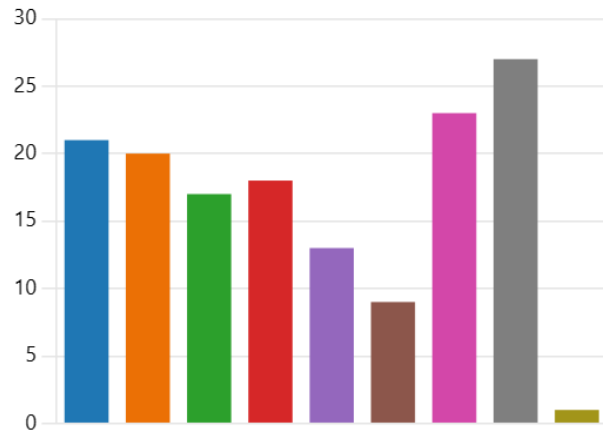
- Such a lovely experience that my boys can do together
- The canoeing has been a great opportunity, she enjoyed it especially because her brother joined her.

### 10.5. Feedback summary of the difference the programme has made to Young People

What difference has attending The Programme made to your young person?

[More Details](#)

● Spent time with existing friends	21
● Made new friends	20
● Improved confidence	17
● A sense of achievement	18
● Improved mental health	13
● Being calmer, less stressed	9
● Been more active	23
● Tried new activities	27
● Other	1



### 10.6. Feedback summary of the difference the programme has made to Parent Carers

What difference has your young person attending The Programme made to you?

[More Details](#)

● Greater awareness of the oppor...	23
● A better understanding of Servi...	20
● Increased contact with other Par...	19
● Provided a break from caring re...	18
● Other	8

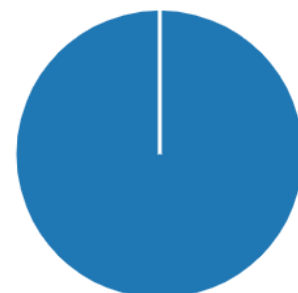


### 10.7. Feedback if Young People would like to attend the Programme again next year

Would your young person like to go on a programme like this next year?

[More Details](#)

● Yes	31
● No	0



#### 10.8. If so, how do you feel the programme could be improved next year?

- No improvement
- Probably my fault but I should have understood the venues and what they were before I enrolled Maggie for them. Just so I could prepare her better.
- Maybe slightly longer sessions, if possible.
- Progressive activity such as a course over several weeks building a skill or an intense course.
- Make it simpler .Perhaps over just 2 weeks ?
- Plenty of advance notice of dates and availability as we have to find alternative care on days we work.
- The only glitch we had was some of the venues being changed at the last minute, but other than that everything was fab, no problems & Lucy loved it all.
- The number of activities in parts of Shropshire that are not central, were few in number.
- Assistance to enable young people with personal care needs to be able to attend without parents. More accessible opportunities to take part in physical activity.
- THE PROGRAMME AND OPPORTUNITIES OFFERED WERE LOVELY AND WE ARE VERY GRATEFUL FOR THE TIME AND EFFORT PUT INTO THEM, THANKYOU. FOR SOMEONE LIKE LIL, HOWEVER, MEETING NEW PEOPLE IN NEW SITUATIONS AND LOCATIONS EVERY TIME WAS REALLY DIFFICULT AND SHE WAS RELUCTANT TO GO. I APPRECIATE THAT THE IDEA IS TO EXPLORE THE OPPORTUNITIES AVAILABLE BUT SHE WOULD HAVE BEEN HAPPIER IN THE SAME LOCATION WITH THE SAME GROUP OF PEOPLE EXPLORING ACTIVITIES THIS WAY AND WOULD HAVE BEEN HAPPIER TO TAKE PART AND BEEN LESS STRESSED ABOUT IT.
- Opportunity to attend more sessions. An offer of transport.
- next year feels a long way away at the moment, would like to say nearer the time.
- Few more different activities maybe but a fabulous programme... maybe extend a in term coffee morning for parents to get together pre and post would be nice for myself to make friends with some understanding parents
- Can't think of how it could be improved, it was excellent
- A train trip maybe Welshpool/Llanfair and more family swimming
- I know it's hard to give everyone the activities they ask for , but we had a few. But when cancellation came up we were given the opportunity to take part which was brilliant.
- More of the same
- More activities for teens
- The activity offers need to be age and stage appropriate, at times she felt "baby'd" by staff offering her colouring or basic sports (like kicking a ball between people) which she felt wasn't appropriate for her, but understands could be suitable for others.
- A couple of the sessions clashed with existing sessions (at the Sports Village), so having dedicated times slots would help to avoid 'hanging around' to be organised.
- I can't think of any improvements

#### 10.9. Other Feedback

- Thank you for all the effort put into organising the activities!
- Wish Ellie had been able to do more of it !
- A big 'thank you' to PACC for orchestrating the healthy lives programme. Also, if funding the programme in future years is an issue, we would be comfortable making a contribution to sessions, but appreciate others may struggle to contribute.

- No
- As I hadn't been to any of the venues before, I found some of them hard to find. It might be helpful to give instructions for which door to go to or any other useful information. The postcodes were fine to get there but sometimes it wasn't clear how to get into a building.
- Thank you very much for organising these events.
- Excellent programme. Thank you PACC.
- thanks for the opportunity to take part and for the hard work you all put in to make it happen xx
- Would prefer to choose any suitable sessions without having to put 1st, 2nd and 2rd choices (I understand that not all sessions would be allocated). A great opportunity and lovely sessions, nice staff, well organised. Thank you..
- Just thank you for all you do.
- Thank you so very much for the difference you make
- Thank you so much to everyone involved
- Bit disappointed by other parents / caterers persistently booking then failing to turn up the spaces are limited and it undervalued the staff and program.
- Ruby loved the swimming with her sister, cooking with her friends and the relaxing trip on the canal boat
- We really value the work you do.
- Great inclusive programme well delivered and organised with a great variety of activities  
THANK YOU
- It was really good to have more activities to access this year
- Absolutely amazing offer. Kaidy has achieved things that only last year both terrified and overwhelmed her. She has climbed walls, canoed, learnt a drum solo, and gained a confidence I haven't seen in a long time. Thank you so much x
- Thank you for your time and dedication- it really is appreciated 😊
- Lucy has loved every activity, even more than last year & it's a joy as a parent to see her loving every minute. Her friendships have deepened & we can only end with a massive  
THANK YOU!!

### 11.0. Programme Cost

Area of Spend	Amount (£)
Physical Activity Sessions	9371.20
Well-Being Activity Sessions	7648.05
Staff Costs	6075.00 (405 hours)
<b>Total Cost</b>	<b>23094.25</b>

\*In addition to staff costs, staff at PACC volunteered and worked over 250 hours unpaid hours to ensure the programme ran smoothly and Parent Carers had a point of Contact outside of contracted hours.



## 12.0. Learning and Next Steps

- There is a lot of potentially suitable provision in the community, the issue is linking this together and creating a co-ordinated offer. This needs to be recognised and investment needs to be made in this preparation work.
- The feedback from young people on the Taylor Support Session highlighted that young people from the learning disability and autistic community want to do the same type of activities as their neurotypical peers, but they want to do this in a safe and supported environment, where they can spend time with their friends (See Appendix vi)
- Over 82% were repeat participants from last year's programme and the growth in friendships was clearly key in supporting participation. Parents also reported growing confidence in building and supporting the development of friendship circles.
- Attempts were made to increase the range of activities by including more well-being opportunities' e.g., art, music. Although more opportunities were identified planning for these needed more time. The yoga and music sessions delivered were very well received and there is currently a gap in SEN based provision for these types of activities.
- There is a significant opportunity to use the Healthy Lives Programme as a gateway to Post 16 provision, providing co-ordinated information about the Post 16 offer and taster sessions to support transition. This would require further work with Post 16 providers to share and align their current offer. It is also clear that there is an additional opportunity to make better use of Post 16 venues and resources for the SEND community.
- Despite best endeavours the programme was still Shrewsbury centric, and the offer needs to cover a wider geographical area. To support this development learning from Healthy Lives will continue to inform the development of PFA Hubs in Shropshire, linking existing venues throughout the county, with community-based activity providers.
- Although the family offer was modest it was very successful and showed the value of this type of provision. This proved to be a particularly effective way of engaging SEND families in physical activity sessions, with the swimming and tennis session being very popular. Further work is needed to create a wider physical activity offer for SEND families to support improved health outcomes.
- There are clear opportunities to develop a community-based Short Break programme aimed at 14 – 25 years with more complex needs, supporting transition to adult services, while providing regular breaks from caring from parent carers. This should include overnight community-based breaks, such as stays at activity centres, theme parks etc which provide a more typical experience for young people. This learning and approach has been used to develop the Shropshire Short Breaks Innovation Bid.

- The All In programme could be developed and expanded to offer a more 'person centred approach' supporting individual young people to connect to activities which are of particular interest to them, and which are available in the community. This would require investment in a Navigator role providing proactive interaction with families and a supported booking and matching process. This could help to increase the number of All In members who attend the activity sessions which are offered.
- The key to the success of programme is the hours invested in developing relationships with both providers and families. PACC staff both in paid and volunteer roles spend time working with the providers and families building confidence and understanding of the programme and how it operates. A single point of contact and friendly and familiar faces are essential to a successful delivery, yet this is a cost that is frequently overlooked.
- By combining a variety of funding sources, we were able to offer a varied and wide-ranging programme of activities to effectively support the physical and mental health of Shropshire SEND families.
- Community based activity providers sometimes benefit from additional support during breaks and lunchtimes. Their skills are in the delivery of activities and not always in providing direct support to young people with Learning Disabilities and/or Autism. PACC's ability to providing 'floating' support for activity sessions helped during these non-active periods, helping young people to stay engaged and focused throughout the session and supporting periods of time out and regulation when needed.
- Having the parent carer led Buddies programme (hosted by PACC) provides important opportunities throughout the year for the young people who participate in the Healthy Lives programme and their parent carers to keep in touch. Buddies also provides an entry pathway in the Healthy Lives programme.

PACC looks forward to discussing the next steps and learning lessons with partners, providers parent carers, young people and key players. We hope to continue to develop Healthy Lives Programme and secure funding for year 3.

## Appendix i

Healthy Lives Programme Promo- Shared on Social Media before booking link went live.



The graphic features a green background with white text and various logos. At the top left is the PACC logo, which includes three stylized faces and the text 'PREPARATION FOR ADULTHOOD' and 'Championing your voice'. To the right, the title 'Healthy Lives Programme' is written in large white font. Below this, a central text block describes the program's preparation and lists activity providers. Surrounding this text are logos for Drummond Outdoors, The Hive, Dinky Donkeys Experience, 4All Foundation, Condover College, Nerdy Café, and Rock! Music School. At the bottom, logos for Sport England and Actio are displayed.

**PACC**  
Championing your voice  
PREPARATION FOR ADULTHOOD

# Healthy Lives Programme

We are in the final stages of preparing the programme to share with families. This year we are very excited to have a number of new activity providers, including Drummond Outdoors, The Hive, Dinky Donkeys Experience, 4All Foundation, Condover College, Nerdy Café and Rock! Music School



Appendix ii

Healthy Lives Programme Promo- Family Activities



# Healthy Lives Programme

## Family Activities



This year we have a number of Family activities, including:

Swimming (All-age)

Tennis

Cricket (10+)

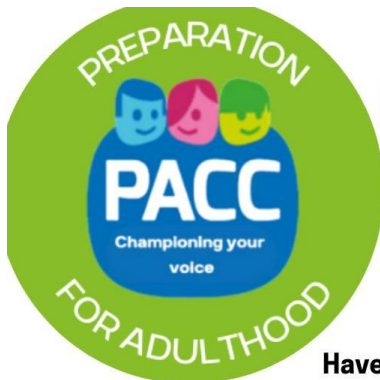
Canoeing (8+)

Animal Experience (All- age)



## Appendix iii

**Healthy Lives Programme Promo-** Shared on Social Media and Sent via mail out.



# Healthy Lives Programme

**Have fun, make friends, be active...**

**Children and Young People aged 14-25 years of age are invited to join us for a summer of fun and activities.**

**This year we have introduced some activities for families and a few sessions for younger children too. Take a look at what families said about last years programme...**

### **What did families say about the programme?**

- got to meet new people, try out new activities in new environments
- Gave him the chance to catch up with old friends and meet new ones whilst doing fun, well organised activities.
- a great opportunity to try different activities with different people.
- loved the variety of activities and having clear sight of activities in the diary to break up the week. Great for him to see friends too (which we've not really done in holidays before)
- she would get upset if she did a club & I (mum) couldn't stay but doing the active lives programme seemed to help with her confidence & she didn't need me there, which was amazing!
- The HLP gave him opportunity to go out and experience new things. Often over holidays he sees less people so it was good to continue to be social.
- He has limited opportunity to go out and interact with his friends or try new activities so the programme was really welcome over the summer!
- Improved confidence in new environments and provided important structure during the holiday period



## Appendix iv

Healthy Lives Programme Promo- Sent to Social Workers



Do you work with children & young people aged 14-25 with SEND? Have you made them aware of these opportunities yet?

**This year as well as our programme for 14-25 year olds, the 2023 programme will include an all-age family activity offer and an improved offer for young people with the most complex needs!**

There are limited spaces left on activities for 14-25 year olds.

We also have spaces on our family tennis and cycling sessions, suitable for 7+

For more information please email [Abi@paccshropshire.org.uk](mailto:Abi@paccshropshire.org.uk)



## Appendix V

**Healthy Lives Programme Promo-** Shared on social media, mail out and sent to Severndale.



# Healthy Lives Programme

The Healthy Lives Programme is targeted for 14-25 Year old's in Shropshire with SEND. The programme will run over the summer holidays from Monday 24th July to Wednesday 30th August. This years programme includes swimming, pony care & vaulting, Sing-alongs, multi activity days, yoga, canoeing, cricket, music sessions, gym sessions, boxing, afternoon tea, canal boat trips, trampolining, disco's and more!

**We are currently making the final tweaks to the activity programme, but we are asking you to register your interest in the programme now.**

*The programme cannot provide 1:1 but some additional support will be available and if a young person has an existing support worker they are welcome to attend.*



## Appendix Vi

### What we want to do? Taylor Support Activity during the Healthy Lives PFA Programme

<b>Group 1</b>	Christmas Bingo	Dodgeball
Quiz	Dance Competition	Picnics
Fashion Show	Clubbing	Disco
Go out for Fish and Chips	Gigs	Fishing
Wrestling	Singing competition	Climbing
Sabrina Boat Trip	Open air theatre	Poker
Climbing Wall	Concerts	Theatre shows
Go to the pub		Boxing
Swimming	<b>Group 2</b>	Board Games
Days out to Liverpool or Birmingham	Football tournament	Paper aeroplanes
BBQ	Alton Towers	Swimming
Movie nights	Zoo	Parties
Crazy golf	Dancing	
Theatre Trips	Bowling	<b>Group 3.</b>
Talent Show	Cinema	Alton Tower
Dressing up	Trip to Blackpool	Tenby
Creative arts – modelling clay	Harry Potter Studios	Chester Zoo
Café Nero	Museums	Horse Riding
Walks in the Park	Restaurants	Tennis
Visit the safari park	Costa	Swimming
Build a Bear	Theme parks	Visiting Castles
Easter Egg Hunt	Bus rides – double decker	Bowling
Visits to Attingham Park	Driving range	Sea Life Centre
Netball	Escape rooms	Museums
Playing cards	Climb Snowdon	Maze
Prom Party	Pub	Boat trips
Drayton Manor	Nightclub	Trips to the beach
Cycling	Lego club	Football
Glitter tattoos	Cricket	Christmas markets
Gymnastics	Basketball	Train Rides
	Badminton	Norfolk.



**Photo Highlights – these were shared via social media at the end of each week and encouraged further uptake**

**PACC Healthy Lives Programme 2023 – Week 1.**



**PACC Healthy Lives Programme 2023 – Week 2**

*"I just wanted to say that we have just done the tennis and it was amazing, the young man that took the session was so patient and understanding, My son and daughter really enjoyed it and I have to say I couldn't stop smiling – Thank you so very much"*



PACC Healthy Lives Programme 2023 – Week 3



PACC Healthy Lives Programme 2023 – Week 4

*“Thank you so much for a fantastic experience - Maggie loved it. Thank you to all the volunteers helping and guiding them – Healthy Lives Kayaking Pool Session”*

