

Healthy Lives Summer Programme Frequently Asked Questions

What age is the programme for?

The Summer Healthy Lives Programme offers activities for 8–14 year old's, 14–25 year old's, activities for children and young people with complex needs and all age family activities.

What is the process for accessing the programme?

After completing the registration form, if more information is needed, a member of The Healthy Lives Team will contact you. When bookings go live and the programme timetable is released, those that have registered will be sent details and criteria for all activities, including a booking form where you will select 1st and 2nd choice activities. All details will be provided in emails and you will be given a key contact who you can ask any questions and get support booking any activities.

My young person needs 1:1 support. Can they take part in the programme?

Yes! Young people who require 1:1 support are more than welcome to attend the programme. The programme does not provide 1:1 support, so a PA or Parent Carer will need to attend the sessions to support.

My young person will only attend if they are with their friends. Is this an option?

When you register for the programme, you will be asked to give consent for your young person's name to be shared with others who are booked on the same sessions. We cannot guarantee this but will try our best to book friends on the same sessions.

As a family we struggle with transport, will this be provided?

Transport to activities is not provided. Last year a number of attendees shared lifts with other parent carers. You will be notified ahead of activities of who else is attending to see if this is an option for you. We are also happy to provide you with bus routes for activities.

My young person struggles in new environments and with people they don't know. How will they be supported?

Staff supporting the activity will be provided with information of your child/ young person's needs prior to the session and we are happy to discuss prior to the session how your child/ young person can be best supported in a new environment.

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How do I know if activities will be suitable for my young person?

When you register for the programme, you are asked to provide information about your young person's needs, interests, likes and dislikes. The programme will give details of activities, which will indicate the sessions we have organised for young people with more complex need. Staff at PACC are also more than happy to call and chat through the sessions with you and whether needs can be met.

My young person is on medication, can staff administer this?

Staff will not be able to administer any medication. If medication is required during a session and your young person does not have a PA or Parent Carer with them, you will need to arrange to attend the session to administer any medication.

My young person has food allergies, will staff be made aware of this?

You are asked to give information of any allergies when you register. This information will be passed on to staff at sessions.

Do we need to register if we just want to attend family sessions?

Yes. You will need to register and provide information to access any activities on the programme.

If we book a session and cannot attend what do we need to do?

We ask for a minimum of 24 hours' notice if your young person is unable to attend to try and allocate the space to someone else. However, we do understand the difficulties Parent Carers face and how plans can change last minute. You will be provided with a contact number to notify us of any cancellations short notice.

What does my young person need to bring to the sessions?

For morning or afternoon sessions you will need to provide drinks and a light snack. For day sessions (i.e., 10am–2pm) a packed lunch will also be required. You will receive more information on your young persons' activity timetable for the programme, about any additional items needed for specific activities.

Is there any cost to participate in The Healthy Lives Programme?

To allow us to offer as many activities as possible, we ask for a contribution of £5 per child/young person per activity they are attending. This can be paid via PayPal.