



Healthy Lives Programme

Monday 24th July – Wednesday 30th August

About the Programme

The Healthy Lives Programme is targeted for 14-25 Year old's in Shropshire with SEND. The programme is aimed at young people with learning disabilities and / or autism who need a higher level of support than is normally provided by the 'All In' programme. We work with experienced, activity leaders, providing an understanding of young people's needs through discussions with parent carers before any activity is undertaken. The programme cannot provide 1:1 support but we welcome that support being provided by existing PA's or family members. While the programme can provide much needed breaks for parent carers it is also aimed at widening the young people's experience, building friendships and support networks, and increasing physical and wellbeing activity levels.

The programme will run over the summer holidays from Monday 24th July to Wednesday 30th August.

Last year over 60 young people participated in the programme and this year we would like to reach even more families.

At the core of the programme, we will continue to offer small group sporting and wellbeing activities, working with local organisations such as Derwen College, the Cavalier Centre and Shrewsbury Sports Village and Drummonds. This year we also have a number of new providers joining us, such as Condoover College, The Nerdy Gaming Café, School of Rock, The Hive, All4 Foundation and more.

Activities this year include:

Disney Sing-along, Canoeing, Rock Music Sessions, Games Sessions, Vaulting, Multi-sports, Cricket, Tennis, Afternoon Tea, Canal boat trips and much more!!!

The 2023 programme will include an all-age family activity offer and an improved offer for young people with the most complex needs.

For more information on the activities available we are asking families to register their interest now! You will then be contacted by a member of PACC who will support you through booking activities!

REGISTER NOW

If you have any further questions or would like more information on any of the activities, please contact Abi@paccshropshire.org.uk

FEEDBACK FROM YOUNG PEOPLE

Enjoyable

Amazing

Mind-blowing

Happy

Amazing

Awesome

What difference did the activities make to you?

- "I enjoyed seeing my friends out of school"
 - "I met new people"
- "It will help me maintain a healthy lifestyle"
 - "I showed off my musical talents"
- "Helped with confidence building, whilst doing something I love!"
 - "I was in my element!"
 - "I learnt new skills"

Proud

Fun



Parent Carer Feedback



“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.”

“She would get upset if she did a club & I (mum) couldn't stay but doing the 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.”

Frequently Asked Questions

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 will not be able to 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 persons name to be shared with others who are booked on the same sessions. In addition, when you are given the programme and booking form, you will be asked to provide us with the names of any friends on the programme. 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 will be provided with information of your young persons needs prior to the session. A PA or parent carer is also able to attend with them if they are unable to start the session without extra support.

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 persons 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.

If you have any further questions or would like more information on any of the activities, please contact Abi@paccshropshire.org.uk

