



Healthy Lives Programme

Frequently Asked Questions

What age is the programme for?

The Healthy Lives Programme offers activities for 8-14 year old's and 14-25 year old's , over all school holidays , with an increased offer over Summer.

Is the programme a holiday club?

No, the programme provides social opportunities for children and young people, and peer support for parent carers. A parent carer or personal assistant must attend all 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 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.

Is the programme suitable for children/ young people that require 2:1 or 3:1 support?

The Healthy Lives programme is not suitable for children and young people requiring 2:1 or 3:1 support where behaviours that challenge are likely to occur when activities or the environment are not highly personalised. For children and young people whose needs are so complex that a very individualised environment , activities and approach to support is required to avoid the young person becoming distressed , PACC would suggest requesting a social care assessment to explore specialised support. If you need further information about this , please contact our Navigator Service.

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 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.

Are siblings able to attend?

Only children/ young people registered for The Healthy Lives Programme are able to attend over half-term , due to the limited spaces available on activities. We are only able to offer sibling spaces over summer.

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 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.

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, if this is affordable. This can be paid via PayPal.

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- this information is also asked on the registration form.



Provides a variety of activities to support physical and mental wellbeing



Provides children and young people with SEND with opportunities to catch up with friends



Provides the opportunity to make new friendships



Gives the opportunity to try new activities in a safe and inclusive environment



Develops skills- confidence , independence , communication



Provides Peer support opportunities for Parent Carers



Is not a holiday club, nor is it part of Short Breaks



Does not provide 1:1 support



Is not childcare



Does not require a referral. Parent Carers register their child/ young person. No formal diagnosis is required.