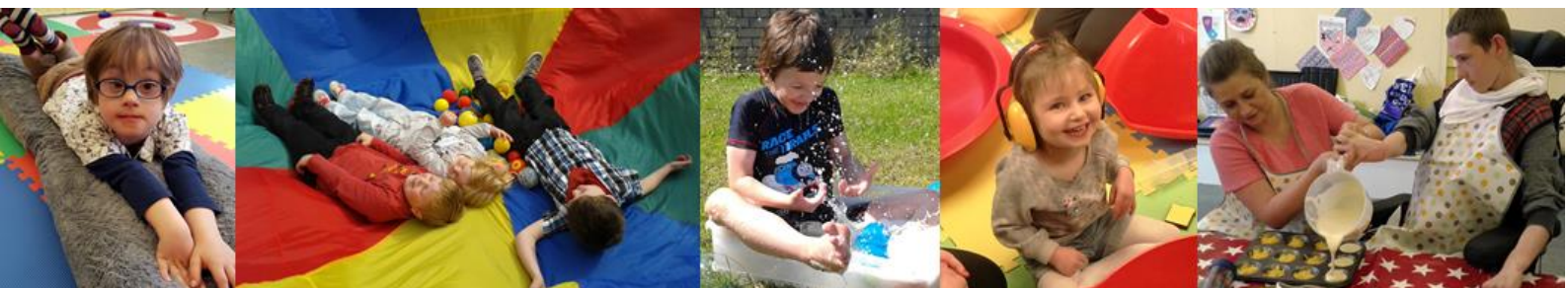




Service Diary

January to March 2018



PLEASE NOTE BOOKING IS ESSENTIAL FOR ALL SERVICES
Please contact info@sensationall.org.uk or 01224 746699 to book

Old School, Westhill Road, Westhill, AB32 6FT
Tel: 01224 746699
Email: info@sensationall.org.uk
Web: www.sensationall.org.uk

SensationALL Services – Pre-School Age



For anyone with concerns about your child's learning, motor skills, sensory processing, social communication or general development. A confirmed diagnosis or neuro-developmental condition is NOT essential to access our services.

Sensory Play Group

Thursday 10:00-11:00am (18th, 25th January, 1st, 8th February)

Thursday 1:00-2:00pm (1st, 8th, 15th, 22nd March)

For pre-school aged children with or without identified sensory issues.

This semi-structured group aims to assist children use their senses to explore and make sense of the world around them. Sensory play is crucial to brain development, helping to build nerve connections in the brain's pathways to learn more complex learning tasks, language development, gross motor skills, social interaction and problem-solving skills. Fun activities led by Occupational Therapists will be self-led by each child and encourage touching, tasting, smelling, seeing, moving and hearing.



Incorporates a refreshment break £5 per child, per hour. (£12 max charge per family)

Open to all families with children (up to 8 years) with support needs

Early Communications Group

Dates to be confirmed for after the Easter holidays

For pre-school aged children with or without identified sensory issues.



Parents/carers can meet other families and learn to support and encourage the development of early communication skills with their child through individual coaching and feedback from our Speech & Language and Occupational Therapists. Sessions include fun activities and the opportunity to meet with and learn from other families. We aim to provide the knowledge, skills, and confidence that parents/carers need to support communication abilities of children with multiple support needs.

£40 per 8 week programme.

Stay & Play

Sunday 1:00-2:00pm/ 2:00-3:00pm (14th, 28th January, 11th, 25th February, 11th 25th March)

Informal free-play sessions for families with youngsters who have MSNs and their siblings. Come and meet other families in similar situations during these sessions, with support from experienced staff and volunteers. Youngsters and parents can gain confidence within a safe, quiet soft-play environment with an opportunity to spend time relaxing or exploring our Multi-sensory room.

£5 per child, per hour. (£12 max charge per family)



SensationALL Services – School Age

For anyone with concerns about your child's learning, motor skills, sensory processing, social communication or general development. A confirmed diagnosis or neuro-developmental condition is NOT essential to access our services.

CHILL-oot! (8-week programme)

(Taking bookings for 2018)



The SensationALL "CHILL-oot!" Programme has been specifically devised to help enhance learning potential, improve confidence and develop emotional literacy in young people with MSN. They learn how to regulate their mood, emotion and behaviour in a positive way. Sessions include relaxation techniques, breathing exercises, peer or self-massage, visualisation and group games and discussions related to developing coping strategies for anxiety, anger or stress.

£40 per programme.

Girls Group (7-week programme)

Tuesday 4.30-5.30pm (16th, 23rd, 30th January, 6th, 13th, 20th February)

SensationALL Girls Group has been specifically devised for young girls who experience anxiety, self-regulation and social related difficulties. The programme integrates social skills based activities; informal topical discussions; and fun practical tasks related to de-stressing techniques. The girls are encouraged to work in pairs to gain self-confidence and boost self-esteem as well as making friendships. The expressive materials they develop during the programme help to practice and reflect on their new skills.

£35 per programme.



Stay & Play

Sunday 1:00-2:00pm/2:00-3:00pm (14th, 28th January, 11th, 25th February, 11th, 25th March)



Informal free-play sessions for families with youngsters who have MSNs and their siblings. Come and meet other families in similar situations during these sessions, with support from experienced staff and volunteers. Youngsters and parents can gain confidence within a safe, quiet soft-play environment with an opportunity to spend time relaxing or exploring our Multi-sensory room.

£5 per child, per hour. (£12 max charge per family)

SensationALL Singers

Wednesday 6:30pm-7:30pm (17th, 24th, 31st January, 7th, 14th, 21st, 28th February, 7th, 14th, 21st, 28th March)

SensationALL Singers is an informal inclusive choir for individuals with MSN, their families and others with an interest in singing. Percussion instruments and "Makaton" or "Singalong" sign language are often incorporated, led by Music and Occupational Therapist staff and skilled volunteers. Song choices are led by choir members with our emphasis on the Fun, Social and Singing elements in this order.

£4 per family.



SensationALL Social Group

Monday 4.30pm-6:00pm (29th January, 26th February, 26th March)



This group is a drop-in/drop-off group for 6-16 year olds with MSN and their siblings. It is an informal setting offering social opportunities with peers in a safe environment to build friendships, learn new skills and have fun. Run by experienced practitioners, the Social Group activities are led by the choices of those attending and include board games, art/crafts; lego, bowling, kurling, boccia, crazy putting and table games etc.

£4 per family. Snack included.

Inclusive SOCIAL Holiday Club

NEW school holiday activities – details of dates & prices to follow.

Old School, Westhill Road, Westhill, AB32 6FT

Tel: 01224 746699

Email: info@sensationall.org.uk

Web: www.sensationall.org.uk

SensationALL Services – Adult

For adults with MSN due to difficulties in learning, language, movement or sensory processing or other conditions. Open to all adults (post 16) with multiple support needs or learning disability – attending with their carer.



Monday Mayhem!

Monday 10:30am-12:30pm (15th, 22nd, 29th January, 5th, 12th, 19th, 26th February, 5th, 12th, 19th, 26th March)

Adults participate in a range of supported activities run by experienced SensationALL staff and volunteers. Activities are aimed at promoting social interaction, basic vocational skills and having fun! They include arts and crafts, music and movement, baking and snack making, social games supporting the development of life skills.

£15 per adult (& carer) per 2-hour session.

Midweek Mayhem!

Wednesday 10:30am-12:30pm (17th, 24th, 31st January, 7th, 14th, 21st, 28th February, 7th, 14th, 21st, 28th March)

Adults participate in a range of supported activities run by experienced SensationALL staff and volunteers. Activities are aimed at promoting social interaction, basic vocational skills and having fun! They include arts and crafts, music and movement, baking and snack making, social games supporting the development of life skills.

£15 per adult (& carer) per 2-hour session.

Life Skills Pilot Group

Tuesday 10:00am-12:00pm (20th, 27th February, 6th, 13th, 20th, 27th March)



For many individuals both adults and children with MSN it can be difficult to manage activities of daily living and they may need tasks to be adapted or require assistance to participate such as planning, preparing and cooking a snack. Having life skills is an essential part of being able to meet the challenges of everyday life and be as independent as possible. This new pilot programme is aimed at individuals who have been identified as having a

need/potential to develop their daily independence skills like making a cup of tea, doing dishes, creating an art project or gardening.

Cost to be confirmed per 2-hour session.

SensationALL Singers Wednesday 6:30pm-7:30pm (17th, 24th, 31st January, 7th, 14th, 21st, 28th February, 7th, 14th, 21st, 28th March)

SensationALL Singers is an informal inclusive choir for individuals with MSN, their families and others with an interest in singing. Percussion instruments and "Makaton" or "Singalong" sign language are often incorporated, led by Music and Occupational Therapist staff and skilled volunteers. Song choices are led by choir members with our emphasis on the Fun, Social and Singing elements in this order.

£4 per family.



SensationALL Services – Training and Advice (Open to All)



Sensory Differences (Monday 29th January 6.30–8.30pm)

Outlines how our sensory system develops; how we make sense of our world through sensory experiences; sensory processing disorders & common impairments. Interactive workshop where participants can explore diverse sensory processing 'experiences' and as a result, consider developing appropriate accommodation or "Sensory Diet" measures within their own workplaces or homes. We recommend attending this workshop prior to the one on Sensory Room Design.

*£15 parents/carers, £30 professionals; Booking essential. **Open to all interested parties***

Sensory Room Use (Thursday 22nd March 6.30-8.30pm)

Ever thought that your children would benefit from a calming corner? Wondered why particular children struggle to sit still for any length of time or seem unable to cope with a mainstream classroom? Discover how to use different forms of sensory stimulation within a controlled & safe environment to affect your child's arousal level, ability to learn and their emotional wellbeing. (Sensory Diet).

*£15 parents/carers, £30 professionals; Booking essential. **Open to all interested parties***

Oh Behave! (Monday 28th May 2018 6.30–8.30pm – date to be re-scheduled, please contact)

What do we do when usual behavioural management doesn't work? Dealing with children and young people with additional support needs, often requires a more 'out of the box' way of thinking? This workshop will cover basic behaviour analysis, using SensationALL's uniquely devised ICEAS concept and introduce the importance of developing both PROactive & REactive strategies for promoting positive behaviour in your child's every day experiences.

*£15 parents/carers, £30 professionals; Booking essential. **Open to all interested parties.***

Bespoke Training

Training sessions can be developed and tailored around various MSN topics for different sized groups and training needs. 'In-service' and interactive training events, regarding autism and disability awareness can be catered for. Training can be arranged at your own venue. Charges vary and can be negotiated with SensationALL staff

SensationALL Services – Training and Advice (Parents)

Tea & Tips/ Parent Information Sessions (Ad hoc by arrangement)



If you have questions or concerns about your child/ young person's condition, learning or behaviour or need some guidance on developing independence skills in key areas, such as, toileting, sleeping, self-care or introducing practical strategies? Come along and share these issues with our highly-experienced therapy staff and other understanding parents in our informal discussion and advice session over refreshments. Discussions topics will be guided by the needs of the parents/carers attending and may lead to a more extensive practical training workshop (or individual consultation) if this is more appropriate. Creche facilities can be available in our soft-play area.

*£10 per hour session. **Open to all parents/ carers of individuals with MSNs.***

Practical Strategy Workshops - Parent/Carer

Developed to empower participants to develop their own practical strategies and resources. These workshops tend to be smaller and topics include; making and using visuals, developing behavioural strategies, toileting, sleeping plans. Please get in touch to request a specific topic.

£15 parents/carers. Booking essential.



Autism Awareness Workshop

Introduction to understanding Autism and many of the issues that may arise because of this condition with a strong focus on practical strategies that may be helpful in dealing with everyday life. Issues will be discussed and individual solutions suggested in a confidential group situation.

Booking essential.

Open to all MSN parents & carers.

Introduction to Autism Workshop

Introduction to understanding Autism for parents whose children/young people have been recently identified with the condition. There will be a strong focus on common issues, signposting and practical tips and advice to help with dealing with everyday life and how to deal with the 'next steps'.

Open to all MSN parents & carers.

Managing Behaviour

Workshop 1 - Introduction to common MSN related behaviour issues, basic behavioural analysis techniques.

Workshop 2 – using theory from workshop 1, discuss common issues, with a strong focus on practical strategies for issues that may be helpful in dealing with everyday life. Issues will be discussed and individual solutions suggested in a confidential group situation.

Booking essential.

Open to all MSN parents & carers.

Using Visuals Effectively

Introduction to effective communication, the range of visual communication techniques and the practical application amongst the group. Issues will be discussed and individual solutions suggested in a confidential group situation.

Booking essential.

Open to all MSN parents & carers.

Coming Soon: Everyday First Aid for Parents, Use of Apps for Learning & Communication, Communicating using Intensive Interaction, Learning to CHILL-out!, Personal & Sensory Profile, Social & Sensory Stories, Developing a Sensory Environment at Home

SensationALL Services – Additional Services

Sensory Room Hire



Our small sensory room is available for hire to individuals, families, support groups. Staff are available to demonstrate the specialist resources according to individual preferences. A mobile hoist is available to use – individuals must bring their own slings. Maximum of 2 users at a time recommended.

£10 per hour for sensory room access.

Open to individuals with MSN attending with their family or carers.

Soft Play Hire

Our soft play area with resources are available for hire to individuals, families, support groups. Staff are available to demonstrate the specialist resources and ensure a safe environment. Refreshments are available to purchase. Outside play areas and resources can be provided weather permitting, when negotiated with SensationALL staff.

£15 per hour for soft play area access.

Open to individuals or groups with MSN attending with their family or carers.



Please contact info@sensationall.org.uk with any hire interests.

Upcoming in 2018...

Holiday Groups



Activity sessions are organised during school holidays and may include:
- arts & crafts; drumming; physical play; Lego groups; sensory disco; social groups and outdoor play. Opportunities to work individually or in small groups are available, with activity challenges a common favourite. Promotion of sharing, social interaction, play skills, self-expression and self-esteem are promoted and supported by our experienced staff during these groups. Information on holiday groups will be published in our monthly newsletter and on Facebook.

Open to all individuals with MSN attending with their family including siblings and/or carers.

For more information or prices on any of our upcoming groups please contact info@sensationall.org.uk

Old School, Westhill Road, Westhill, AB32 6FT

Tel: 01224 746699

Email: info@sensationall.org.uk

Web: www.sensationall.org.uk