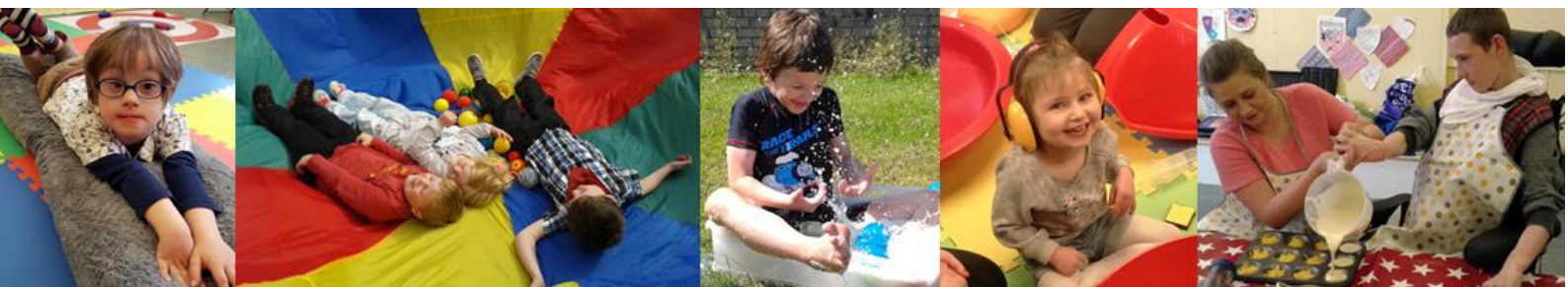




Service Diary

April - June 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 (19th April, 26th April, 3rd May, 10th May,)

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

Thursday 10-11:30am (17th May, 24th May, 31st May, 7th June, 14th June, 21st June, 28th June)

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 7 week programme.

Stay & Play

Sunday 1:00-2:00pm/ 2:00-3:00pm (22nd April, 6th May, 20th May, 3rd June, 17th June, 1st July)

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)

Tuesday 4:30-5:30pm (17th April, 24th April, 1st May, 8th May, 15th May, 22nd May, 29th May, 5th June– please fill in this form [HERE](#) to register your interest)



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. Session 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)

Taking bookings for after summer school holidays- please fill in this form [HERE](#) to register your interest

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 (22nd April, 6th May, 20th May, 20th May, 3rd June, 17th June, 1st July)



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)

Music Mayhem

Wednesday 6:30pm-7:30pm (18th April, 25th April, 2nd May, 9th May, 16th May, 23rd May, 30th May, 6th June, 13th June, 20th June, 27th June, 4th July)

Music Mayhem is an informal inclusive choir for individuals with MSN, their families and others with an interest in singing. Percussion instruments, boom-whackers, karaoke, dancing and sign language are often incorporated, led by Music Therapy or SensationALL staff and skilled volunteers. Song choices are led by group 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 (30th April, 28th May, 25th June)



This group is a drop-in/drop-off group for primary school aged children 6-12 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 and is run in conjunction with our sister Schools Out! after-school children. Run by experienced practitioners, the Social Group activities are led by the choices of those attending and include board games, art/crafts; lego, bowling, curling, boccia, crazy putting and table games etc.

£4 per family. Snack included.

Easter Holiday Activities

Music Therapy

Tuesday 3rd April 10:00-11:00am & Thursday 12th April 1pm- 2pm



Music therapy sessions led by experienced Music Therapist, Gemma. These sessions are for any age, siblings and families welcome too.

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

SensationALL Holiday Club

Tuesday 3rd April 11am-12pm & Thursday 12th April 2-3pm



These free play sessions will follow on from the music therapy sessions. Access to the soft play and sensory rooms will be available.

£5 per family. Snack included.

Inclusive Holiday Club

Thursday 5th April 1-3pm & Tuesday 10th April 10-12pm



This group is a drop-in/drop-off group for primary school aged children 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 and is run in conjunction with our sister Schools Out! after-school children. Run by experienced practitioners, the activities during these holiday sessions will include Easter crafts, board games, baking, music/disco and some outside play (weather permitting!), possibly even an Easter Egg Hunt!

£10 a child. Snack included.

School Holiday Activities



OLD SCHOOL, WESTHILL ROAD, WESTHILL, AB32 6FT

EASTER EVENTS

INCLUSIVE HOLIDAY GROUP

Thursday 5th April 1pm-3pm.

Tuesday 10th April 10am-12pm.

Activities will include easter crafts,
board games, making and playing instruments,
and outdoor fun! £10 per child.



MUSIC THERAPY

TUESDAY 3rd APRIL

10am- 11am

THURSDAY 12th APRIL

1pm - 2pm

OPEN PLAY SESSION

11am - 12pm

2pm - 3pm

2 hour session (music and open play) is £10 per child and 1 hour session of either is £5 per child. Usual max family discount applies (£12 per family per hour)



For more info and to book: email: info@sensationall.org.uk or Tel: 01224 746699

All activities led by Therapists

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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 years of age) with multiple support needs or learning disability – attending with their carer.



Monday Mayhem!

Monday 10:30am-12:30pm (9th April, 16th April, 23rd April, 30th April, 7th May, 14th May, 21st May, 28th May, 4th June, 11th June, 18th June, 25th June, 2nd July)

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 (11th April, 18th April, 25th April, 2nd May, 9th May, 16th May, 23rd May, 30th May, 6th June, 13th June, 20th June, 27th June, 4th July)

Adults participate in a range of supported activities run by experienced SensationALL staff and volunteers. Activities are graded to accommodate for complex diverse needs. They have a strong sensory and experiential focus and are aimed at promoting social interaction and having fun! They include arts and crafts, music and movement, baking and snack making, sensory activities and social games.

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

Life Skills Group

Tuesday 10:00am-12.00pm (Session dates to be arrange - call or email to register interest)



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 to 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 and vocational skills like making a cup of tea, doing dishes, creating an art project or gardening.

Cost to be confirmed per 2-hour session.

Music Mayhem

Wednesday 6:30pm-7:30pm (18th April, 25th April, 2nd May, 9th May, 16th May, 23rd May, 30th May, 6th June, 13th June, 20th June, 27th June, 4th July)

Music Mayhem is an informal inclusive choir for individuals with MSN, their families and others with an interest in singing. Percussion instruments, boom-whackers, karaoke, dancing and sign language are often incorporated, led by Music Therapy or SensationALL staff and skilled volunteers. Song choices are led by group 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 Spaces (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 4th June 2018 6.30–8.30pm)

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.***

Future Training Topics (Session dates to be arrange - call or email to register interest)

Become Autism Friendly
Regulation & Relaxation
Skills for School & Life
Puberty & Relationships
Making Sense – Sensory processing & differences
Practical MSN Strategies

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.***

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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 Profiling, 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.