



Service Diary

August - December 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. Come along and meet the team, see the facilities and grab a refreshment at our Drop-in Welcome Mornings – first Tues of the month between 9.30am-12.30am.

Sensory Play Group

Thursday 10:00-11:00am (6th, 13th, 20th, 27th September)

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 devised by Occupational Therapists & practitioners will be self-led by each child and encourage touching, tasting, smelling, seeing, moving and hearing.



£5 per child, per hour. (£12 max charge per family – open to young siblings)

Early Communications Group

Thursday 10:00-11:30am (1st, 8th, 15th, 22nd, 29th November, 6th, 13th December)

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



Let's Interact, Let's Talk

£40 per 7 week programme.

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 Therapists and Practitioners. 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.

Stay & Play

Sunday 1:00-2:00pm/ 2:00-3:00pm (5th, 19th August, 2nd, 16th, 30th September, 14th October, 4th, 18th November, 2nd December)

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 small, safe, soft-play environment with an opportunity to spend time relaxing or exploring our multi-sensory room.



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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 (Next programme for **SIBLINGS** – 21st, 28th August, 4th, 11th, 18th, 25th September, 2nd 9th October). Taking bookings for **ALL** children for forthcoming terms- 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. Activities similar, but adapted for Siblings version.

£40 per programme.

Girls Group (7-week programme)

Tuesday 4:30-5:30pm (Next programme – 30th October, 6th, 13th, 20th, 27th November, 4th, 11th December)

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.



Music Mayhem

Wednesday 6:30pm-7:30pm (1st, 8th, 15th, 22nd, 29th August, 5th, 12th, 19th, 26th September, 3rd, 10th, 31st October, 7th, 14th, 21st, 28th November, 4th, 12th December)

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.



Inclusive Social Group

Monday 4.30pm-6:00pm (27th August, 10th, 24th September, 8th, 29th October, 12th, 26th November, 10th December)



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.

Teen SocALLise Group

Thursday 7-9pm (23rd, 30th August, 6th, 13th, 20th, 27th September, 4th, 11th October, 1st, 8th, 15th, 22nd, 29th November, 6th, 13th December)

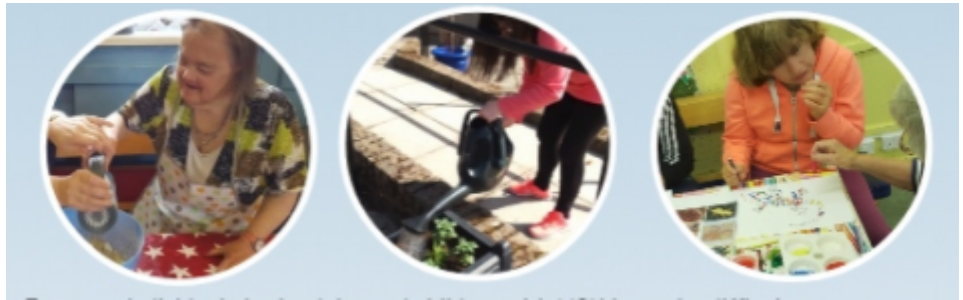


This group is for academy aged teenagers with MSN who struggle to socialise and make friends. This staff supported, semi-structured group provides lots of opportunities for teenagers with MSN to engage in group activities (indoor & outdoor) like ball games, pool, quizzes, and also involves a monthly event involving a visitor/speaker, off site activity or trip to promote community based social skills.

Please get in touch with your interest – group sizes are restricted.

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 (6th, 20th, 27th August, 3rd, 10th, 17th, 24th September, 1st, 8th, 29th October, 5th, 12th, 19th, 26th November, 3rd, 10th December)

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. Please get in touch with your interest – group sizes are restricted.

Midweek Mayhem!

Wednesday 10:30am-12:30pm (1st, 8th, 22nd, 29th August, 5th, 12th, 19th, 26th September, 3rd, 10th, 31st October, 7th, 14th, 21st, 28th November, 5th, 12th December)

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. Please get in touch with your interest – group sizes are restricted.

Life Skills Group (8 week programme)

Tuesday 1.00-2.30pm (21st, 28th August, 4th, 11th, 18th, 25th September, 1st, 9th October)



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 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.

Grant funded subsidised charge £10 per adult per session. Please get in touch with your interest – group sizes are restricted.

Music Mayhem

Wednesday 6:30pm-7:30pm (1st, 8th, 15th, 22nd, 29th August, 5th, 12th, 19th, 26th September)



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Music Mayhem is an informal inclusive music related group 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. Drop-in.

SensationALL Services – Training and Advice (Open to All)



Training workshops (6.30 – 8.30pm, dates vary)

Our experienced staff use their in-depth knowledge to deliver informative, interactive fun workshops on key MSN related topics. The sessions are arranged in evenings, but this can be changed if demand for a different date/time. Please contact us with your training interests.

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

Training Topics (See [website](#) for dates & descriptors - call or email to register interest)

Become Autism Friendly

Oh Behave!

Making Sense – Sensory processing & differences

Sensory Spaces

Regulation & Relaxation

Skills for School & Life

Puberty & Relationships

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 (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 gain face-to-face support and practical advice from our highly-experienced therapy staff.

*£10 per hour. **Open to all parents/ carers of***

individuals with MSNs.

Practical Strategy Workshops - Parent/Carer

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These workshops are delivered in small groups (max 5 parents/carers) and focus more on applying theory into practice, in addition to meeting other families. These sessions have been developed by experienced Occupational Therapists to empower parents to develop their own practical strategies and resources. Topics include; making and using visuals, developing behavioural strategies, sensory profiling & diets, toileting, sleeping plans. Please get in touch to request a specific topic. Come along and share your home 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.



*£15 parents/carers. Booking essential. **Open to all MSN parents & carers.***

Using Visuals Effectively

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

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'. Issues will be discussed and individual solutions suggested in a confidential group situation.

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.

Sensory Profiling & Use of Sensory Diets

Introduction to understanding about sensory processing, how it relates to your child and how to make more sense of their behaviour. The practical use of developing a sensory diet and use of other key sensory related strategies will be discussed and individual solutions suggested in a confidential group situation.

Practical Strategies

This workshop will be developed and driven by the specific needs of the group. This might involve discussing daily challenges like; eating issues, promoting independence, parenting when out & about, sleep problems etc

Other topics available: **Everyday First Aid for Parents, Use of Apps for Learning & Communication, Communicating using Intensive Interaction, Learning to CHILL-out!, Social & Sensory Stories, Developing a Sensory Environment at Home**

Please call or email to register your interest.

SensationALL Services – Additional Services

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Drop-in Welcome Mornings

Tuesday 9.30am – 12.30pm (7th August, 4th September, 2nd October, 6th November, 4th December)

Come along and meet the team, see the facilities, find out more about our services and grab a refreshment.

FREE. ***Open to all MSN parents/carers or interested professionals. No booking required.***

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.

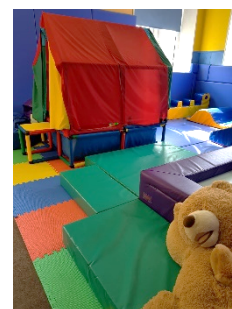
Open to individuals with MSN attending with their family or carers.

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.

Pathway Plus & Individual Programmes (contact to discuss)

Flexible Learning or Individual Intervention Packages including Sensory Profiling can also be developed by our specialist Occupational Therapists and costed accordingly. Tailored training and in-service workshops can also be arranged on request.