

A photograph showing children's hands and arms as they engage in an art or craft activity at a table. There are various colored trays (blue, red, green), cups, and containers with materials like beads or small objects. A large purple rectangular box with the text 'school age' is overlaid on the bottom right of the image.

school age

Our school age groups are for children aged 5 and above but aim to support the whole family. We are here to help if you have concerns regarding your child's learning, sensory processing, social communication or general development.

A confirmed diagnosis is not required to access our services.

INCLUSIVE SOCIAL GROUP

Mondays 4.30-6pm

April 15th & 29th

May 13th & 27th

June 10th & 24th

This drop-off group is for primary school aged children with support needs and their siblings run in conjunction with our sister organisation, Schools Out! Club. It is an informal social opportunity to build friendships, learn new skills and have fun. Run by experienced practitioners, activities are led by the choices of attendees e.g. board games, art/crafts; lego, outdoor games and much more.

£4 per child (snack included)

TEEN SOCIALISE

Thursdays 7-9pm

weekly from 18th April

This group is for teenagers with MSN who struggle to socialise and make friends. Led by experienced staff it is a semi-structured group providing opportunities for group activities like ball games, pool, quizzes, as well as a monthly event which involves a visitor/speaker, an off site activity or trip to promote community based social skills

£5 per session

CHILL-OUT!

Tuesdays 4.30-5.30pm

(next dates TBC)

This programme is designed to enhance learning potential, improve confidence and develop emotional literacy in children with MSN. They will learn how to regulate their mood, emotions and behaviour in a positive way. Sessions include relaxation techniques, breathing exercises, visualisation and group games related to developing coping strategies for anxiety, anger or stress.

£40 per 8 week programme

GIRLS GROUP

Tuesdays 6-7pm

23rd April - 11th June

Devised for girls who experience difficulties with anxiety, self-regulation and social integration. This programme involves social skills based activities, informal topical discussions and fun practical tasks related to de-stressing and behavioural regulation. The girls are encouraged to work together to boost confidence and self-esteem whilst forming friendships. The expressive materials they develop during the programme help to practice and reflect on new skills.

£40 per 8 week programme