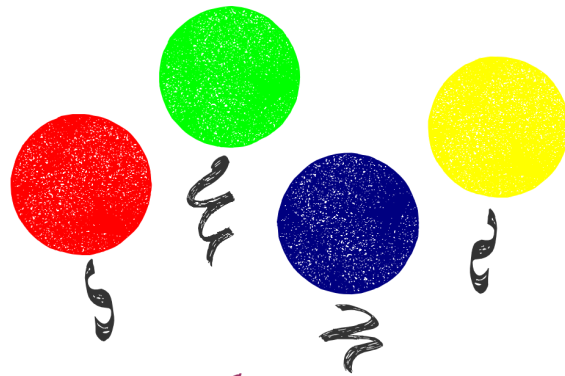


2020 SERVICE DIARY
JANUARY - JUNE



*sensation***ALL**

SC043156

SensationALL provide therapy based services and activities for children and adults with any support need or disability.

www.sensationall.org.uk
info@sensationall.org.uk
01224 746699



pre-school

We offer early intervention for young children with or without a formal diagnosis. If you have concerns about your child's learning, motor skills, sensory processing, social communication or general development, these groups are designed to support you:

INFORMATION SESSION

9.30am - 12.30pm

Tuesday 7th Jan, 4th Feb, 3rd Mar, 7th Apr,
5th May & 2nd Jun

Your chance to come along to visit The Old Schoolhouse to meet the team, see our facilities and find out how we can help you!

Plus, input from our charity partners giving you access to multiple resources and support options,

Drop in for a cup of tea and a chat.

FREE!

Please email to book (so we can ensure adequate staffing).

FAMILY STAY & PLAY SESSIONS

Sundays 1.00pm - 2.00pm

or 2.00pm - 3.00pm

Fortnightly from 12th Jan - 28th June

Informal free-play sessions for the whole family including siblings living with multiple support needs. Supported by experienced staff families can access our small, safe soft-play environment and have the opportunity to relax or explore our sensory room. It is an ideal first step to experience what sensationALL has to offer, meet staff and other families.

£5 per child (max £12 per family)

SENSORY PLAY

Thursdays 10.00am - 11.00am

Block 1: 16th Jan - 6th Feb

Block 2: 13th Feb - 5th Mar

Block 3: 12th Mar - 2nd Apr

A semi-structured play session to help children use their senses to explore and make sense of the world around them.

Sensory play is crucial for brain development, language, motor skills, social interaction and problem-solving.

Devised by our Occupational Therapists sessions include fun sensory activities, movement, songs and our **new interactive projector** (suitable for all abilities).

£20 per block (young siblings welcome)

EARLY COMMUNICATIONS

Thursdays 10.00am - 11.30am

Starting April 2020, dates TBC

Devised by our Speech & Language Therapist, this 7 week programme encourages the development of communication skills through tailored activities.

Our team share knowledge to improve parent/carer's skills and confidence in supporting the communication abilities of children with multiple support needs.

Parents/carers can also meet with and learn from other families.

£40 per 7 week programme

BOOKING ESSENTIAL

ALL GROUPS DATES MAY BE SUBJECT TO CHANGE



school age

A confirmed diagnosis is not required to access our services. We are here for anyone who needs support to improve a child's learning, sensory processing, social communication or general development. Our school age groups aim to support the whole family including siblings!

INCLUSIVE SOCIAL GROUP

Mondays 4.30pm - 5.30pm
13th Jan - 30th Mar, 6th Apr - 29th Jun

A group for primary school aged children with MSN and siblings offers an informal social opportunity in a safe environment to build friendships, learn new skills and have fun. Run by experienced practitioners in conjunction with our sister **Schools Out!** after-school club, activities are led by the choices of those attending and often include board games, art/crafts; lego, bowling, table games and much more...

£5 per child (snack included)

TEEN SOCIALISE

Thursdays 6.30pm - 8.30pm
Weekly 16th Jan-2nd Apr, 23rd Apr-2nd Jul

For teenagers with support needs who have self confidence issues, anxiety, difficulty socialising or making friends.

Led by experienced staff the semi-structured sessions provide opportunities for group activities such as food preparation, group games, pool, sports, quizzes, challenges, crafts. We aim to include as many special interests/talents of the group members as possible, as well as a monthly event such as a guest speakers, off site outings or trips within the community that promote social skills.

£5 per session & £10 per outing

CHILL-OUT!

Tuesdays 6.00pm - 7.00pm
28th January - 24th March

This programme is designed to improve self-regulation of primary aged children with support needs by increasing emotional literacy and improving self confidence. They will learn how to regulate their mood, emotions and behaviour in a positive way.

Sessions include group games to develop coping strategies for anxiety, anger or stress and enhancing learning potential. Plus, relaxation techniques, breathing exercises, visualisation, massage or yoga.

£40 per 8 week programme

GIRLS GROUP

Tuesdays 6.00pm - 7.00pm
28th April - 16th June

For girls age 8-12 who experience anxiety, self-regulation and social related difficulties.

The structured 8 week programme involves social skills based activities, informal topical discussions, fun practical tasks and crafts related to de-stressing. The girls are encouraged to work in pairs to gain confidence and boost self-esteem as well as form friendships. The expressive materials they develop during the programme help to practice and reflect on their new skills which they can use in everyday life.

£40 per 8 week programme

BOOKING ESSENTIAL

ALL GROUPS DATES MAY BE SUBJECT TO CHANGE



adult

MONDAY MAYHEM

Mondays 10.30am - 12.30pm
Weekly from 13th Jan

Adults participate in a range of supported activities run by experienced SensationALL staff and volunteers. The 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 (with carer) per session

YOUNG ADULT PROGRAMME (YAP) NEW!

Mondays 6.00pm - 7.30pm
Fortnightly from 13th Jan

Developed for young adults aged 18+ this group was formed to aid youths in their transition from school into work, further education or even employment.

By introducing project work (chosen by the participants) we encourage team work to develop social and vocational skills through involvement in fundraising, volunteering and supported work placements with our corporate partners.

Open 18-24 year olds' with support needs.

£5 per person
(plus £10 per occasional outing)

MUSICALL YOGA ALL AGES!

Wednesday 6.30pm - 8.30pm
Fortnightly from 15th Jan

MusicALL Yoga is for people of all ages and abilities to come with their parents or carers.

The first hour focuses on music, having fun with instruments and being social. Song choices are influenced by group members. Percussion instruments are available along with boom-whackers, karaoke, dancing and makaton is incorporated.

The second hour is based on fun, easy Yoga games for all abilities and all family members. Finishing off with relaxation and mindfulness exercises.

MusicALL & Yoga combined session - £8 p.p

MusicALL or Yoga each session - £5 p.p

(Family cap £10 for per session, £15 for combined)

GROUPS AVAILABLE ON REQUEST:

LIFE SKILLS

For young people and adults who have potential to develop their independence and vocational skills in useful life skills. Tasks incorporate simple kitchen skills/cooking, art & craft projects or gardening.

£10 per adult per session

MIDWEEK MAYHEM

Led by experienced SensationALL staff the group is tailored for those with more complex, diverse needs and limited physical ability. Using a strong sensory and experiential focus activities incorporate multi-sensory stories while promoting social interaction.

£10 per adult (with carer) per session



other services

PARENT FORUM GROUP - NEW!

Starting in Feb 2020, this group will be run by SensationALL parents/carers with support from co-founder & Service Manager, Suz.

Give us your input and feedback, share your family's experiences and offer support to others.

Help us shape the future of our charity!

Join us! Register your interest by email now.

FLEXIBLE LEARNING PATHWAYS

SensationALL are an approved supplier for Flexible Learning Pathways with Aberdeenshire and Aberdeen City Councils. This means we can support children with support needs during school time as part of their protected learning time.

If you are an interested parent or teacher please get in touch to find out more.

EASTER HOLIDAY PROGRAMME

Look out for our Easter Holiday Programme coming Feb 2020. Therapets, arts & crafts, life skills, sibling sessions & much more!

If there are any sessions or ideas you'd like us to facilitate please get in touch.

OUTREACH - NEW!

Are you part of a group for children or youngsters with support needs?

Do you have trouble reaching our services?

Would you like us to run a session or a multiple support needs related group in your area?

Then we want to hear from you!

BIRTHDAY PARTIES & PRIVATE HIRES

Did you know you can hire the Old Schoolhouse for birthday parties and private events?

You can have exclusive use of the building, including the kitchens, soft play area, activity rooms and sensory room! PLUS we can facilitate indoor bouncy castles.

We can also offer support from our service practitioners to take the stress out of the day, and we can arrange group activities/games, party favours, catering and much more!

Email us for prices and availability.

CONSULTANCY AND SENSORY PROFILING

Along with our popular tea & tips session which offer a 1:1 consultation with our Occupational Therapists, we also offer sensory profiling packages and consultation visits to schools/organisations - price on request.

Sensory profiling can create a better understanding of your children's needs, can lead to developing appropriate support strategies and behaviour management for them, school, you and the whole family.

PARENT AUTISM SUPPORT PROGRAMME - NEW!

If your child has recently been identified as having an autism spectrum condition or if you need support while going through the diagnostic process, we are here to help and support your family - please get in touch.



events calendar

As a charity, SensationALL could not continue without the wonderful support of our service users, their families and the local community.

We receive no financial support from local authorities or the NHS and rely solely on grants and donations from private trusts, foundations, local businesses and our own fundraising efforts.

Every pound is crucial to ensure we can continue our work and develop our services. Please support us at our upcoming events and thank you for being part of our SensationALL community!

WINE TASTING

Friday 31st January, 7.30pm - 9.30pm
The Old Schoolhouse, Westhill

We are delighted to welcome Steve from **Fountainhall Wines** to lead us through a selection of 6 wines from across the globe, you may even find a new favourite!

All welcome (18+) to an informal evening held at our base, a chance to shake off the January Blues and kick start our fundraising events programme of 2020!

£15 per person includes wine & nibbles

EASTER CRAFT FAYRE

Sunday 1st March, 1pm-5pm
Holiday Inn Westhill

Following the success of our Christmas Shopping Event in November, please join us and over 20 stallholders for another afternoon of lovely and unique gifts and crafts!

Free Entry

A SENSATIONALL QUIZ!

Friday 7th February, 7pm- 10pm
Rohan Cafe Bar, Dyce, Aberdeen

Hosted by SensationALL parent and quiz master Mark McDonald this evening will get your brain firing on all cylinders!

6 challenging rounds finished by a picture puzzle. This popular night sold out last time so please reserve your tickets now by email.

Teams of 4 £20

SENSATIONALL AT THE RACES!

Thursday 9th April, 7pm-10pm
The Ashvale, Gt Western Road, Aberdeen

If you've ever been to one of these events before you know what super fun they are! Your ticket includes an **Ashvale fish supper** and everything you need to get betting (for entertainment purposes only). Hosted by Stuart at the Ashvale this is a great night out for all!

£15 per person