

## April to June 2021

We hope to resume face-to-face activities later in 2021 but for now all sessions will continue to be delivered virtually via **secure video calls**.

If you have any questions about virtual delivery or if you need help with IT equipment, please **talk to our team**.

We keep our group sizes small in order to accommodate the needs of all participants.

Advance booking essential by email:  
**info@sensationall.org.uk**



### Show & tell social group

MONDAYS

4.30-5.30pm  
or 6-7pm

**FREE!**

**For primary school age children with support needs.**

Youngsters are encouraged to interact with others by sharing their progress with set challenges they complete at home.

Promotes social interaction, listening and communication skills whilst building tolerance of others and group settings.



### MusicALL yoga

WEDNESDAYS

Fortnightly from  
21st April  
6.30-7.30pm

**FREE!**

**All ages, abilities and all family members welcome.**

A lively music and dance segment with incorporated makaton followed by fun, easy yoga games suitable for all abilities, finishing with relaxation and mindfulness exercises.

Ideal for youngsters and teenagers looking for fun, social opportunities.



### teen sociALLise

THURSDAYS

6.30-7.30pm  
£2.50 per session

**Social group where secondary school pupils with support needs can similar youngsters in a supported setting.**

Through activities such as games, quizzes and informal group discussion we promote social interaction, friendship building and communication in order to improve confidence and resilience to cope in social settings and the wider world.



### sociALLise +

WEDNESDAYS

Fortnightly from  
28th April  
6.30-7.30pm  
£2.50 per session

**Social group for ages 13+ with complex support needs or learning disabilities.**

Similar to sociALLise, but tailored to those with more complex needs, sessions are focused on fun activities in order to develop positive relationships, improve social skills while enhancing confidence and independence!



## young adult project (YAP)

THURSDAYS

7.30 - 8.15pm

£2.50 per session

**For school leavers & young adults with support needs to practice social & life skills.**

Includes social time and group discussions/activities on projects chosen by attendees (based on personal interests, career aspirations as well as fundraising or volunteering opportunities) that will develop vocational skills.

Designed to promote social interaction and friendship building as well as mental health & peer support.



## chill-oot! self-regulation programme

TUESDAYS

4.30- 5.30pm

or 6-7pm

**For youngsters struggling with emotions or behaviour.**

The programme consists of 5 modules each designed to work on different elements of self-regulation and emotional literacy to support youngsters on their developmental journey.

Modules do not have to be completed in a particular order and our team will recommend which module is most suitable for your child's needs.

Each module includes a parent/carer introductory session followed by 4 weekly sessions for the youngster which:

- offer a non-judgemental space for self-expression
- teach and reinforce coping techniques
- improve communication and social skills
- increase emotional awareness
- increase confidence levels



## tea & tips advisory consultations

via phone/video call

1 hour = £10

**For parents, carers & professionals in need of advice or guidance from our specialist staff.**

A confidential 1 hour consultation with an Occupational Therapist who will focus on your challenges and recommend practical techniques and strategies tailored to your needs to use at home/school.

**For bookings or enquiries please email:**

**[info@sensationall.org.uk](mailto:info@sensationall.org.uk)**



Check out our [website](#) and [Facebook page](#) for updates on services as well as free resources.