October Holidays 2026

This October we have two fun-filled weeks of activity sessions for youngsters taking place at our centres and across Aberdeenshire!

All our groups are kept small in number so your youngster doesn't get overwhelmed and our specialist staff can provide individual support.

Places are limited and early booking is advised.

Page 2-3 at ALC Aberdeen

Page 4-5 at SensationALL Westhill

Page 6 Outreach sessions in Balmedie & Inverurie

Places are limited and must be booked in advance by email and will be confirmed by reply.

Sessions are likely to fill up quickly and waiting lists will be in operation. We understand this causes frustrations but current demand significantly outweighs our funding which is essential to cover costs.

We are committed to keeping entry fees as low as possible but this is always reliant on contributions from funders and donors.

Thank you for understanding.



Booking is essential by emailing us:

info@sensationall.org.uk

Week 1 ALC, Aberdeen

Monday 12th

SociALLise

Our social groups give youngsters a safe space to make friends and build positive relationships while having fun! Through team activities and games they develop connections, build social interaction skills and improve communication. Sessions are relaxed and supportive of those with social anxiety.

Drop-off session

Primary School ages (6-10) 10.30 - 11.30am
Secondary School ages (11-16) 1 - 2pm

Tuesday 13th

Spooky Sensory Disco

Dress up and come along to our spooky sensory disco! There will be games, sing-along songs, sensory activities and optional Bluetooth headphones for a silent disco.

Drop-off session

Primary School ages (6-10) 10.30 - 11.30am

Teen Girls group

For girls experiencing social anxiety, or having difficulty with social interactions or making friends. During fun activities such as arts/crafts and games, we improve their confidence by encouraging conversations about their experiences in a nurturing and supportive environment.

Drop-off session

Girls aged 11-16yrs 1 - 2pm

Wednesday 14th

Energy Buster

This Energy Buster session is a fun, active and social session which will help youngsters to understand their energy levels and emotions as well as other peoples'. The session will include games, tips for managing our energy levels and some high energy exercises to music.

Drop-off session

Primary School ages (6-10) 10.30 - 11.30am

Big & Stay Play

Come along as a family for a fun-filled session with sensory spaces, games and a bouncy castle! Our facilities offer a safe and nurturing environment for you and your family to relax and play together.

Parents stay onsite
Siblings welcome

For families (0-12) 1 - 2pm

Booking is essential by emailing us:

info@sensationall.org.uk

Week 1 *continued*

ALC, Aberdeen

Thursday 15th

Chill-OOT

A fun session for youngsters struggling with 'big' emotions.

This introduction to our termtime programme focuses on developing self-awareness and teaches self-regulation techniques through activities such as crafts, sensory fidget exploration, and active calming games.

Drop-off session **Primary School ages** (6-10) 10.30 - 11.30am
Secondary School ages (11-16) 1 - 2pm



Booking is essential by emailing us:
info@sensationall.org.uk

Week 2 Westhill

Monday 19th

Creepy Craft & Chat

A fun session filled with arts and crafts with a range of options to suit all ability levels. Promotes confidence, enhances communication, boosts self-esteem and fosters well-being through the expression of art within a nurturing environment.

£6 per child
Drop-off session

Primary School ages (6-10) 10.30 - 11.30am
Secondary School ages (11-16) 1 - 2pm

Family Soft Play

Come along as a family to explore our soft play area and relax in our sensory room. Our facilities offer a safe and nurturing environment for you and your family to relax and play together. This session is supported by our staff but parents/carers will need to stay onsite.

£8 per family
Parents stay onsite, siblings welcome

For families with children aged 0-5yrs 3 - 4pm

Tuesday 20th

SociALLise

Our social groups give youngsters a safe space to make friends and build positive relationships while having fun! Through team activities and games they develop connections, build social interaction skills and improve communication. Sessions are relaxed and supportive of those with social anxiety.

£6 per child
Drop-off session

Primary School ages (6-10) 10.30 - 11.30am
Secondary School ages (11-16) 1 - 2pm

Wednesday 21st

Energy Buster

This Energy Buster session is a fun, active and social session which will help youngsters to understand their energy levels and emotions as well as other peoples'. The session will include games, tips for managing our energy levels and some high energy exercises to music.

£6 per child
Drop-off session

Primary School ages (6-10) 10.30 - 11.30 am

Teen Girls group

For girls experiencing social anxiety, or having difficulty with social interactions or making friends During fun activities such as arts/crafts and games we improve their confidence by encouraging conversations about their experiences in a nurturing and supportive environment.

£6 per child
Drop-off session

Girls aged 11-16yrs 1 - 2pm

Booking is essential by emailing us:
info@sensationall.org.uk

Week 2 continued

Westhill

Wednesday 21st

Family Soft Play

Come along as a family to explore our soft play area and relax in our sensory room. Our facilities offer a safe and nurturing environment for you and your family to relax and play together. This session is supported by our staff but parents/carers will need to stay onsite.

£8 per family
Parents/carers stay onsite
Siblings welcome

For families with children aged 0-5yrs 3 - 4pm

Thursday 22nd

Chill-OOT

A fun session for youngsters struggling with 'big' emotions.

This introduction to our term-time programme focuses on developing self-awareness and teaches self-regulation techniques through activities such as glitter bottle crafts, sensory fidget exploration, and active calming games.

£6 per child
Drop-off session

Primary School ages (6-10) 10.30 - 11.30am
Secondary School ages (11-16) 1 - 2pm

Friday 23rd

Spooky Sensory Disco

Dress up and come along to our spooky sensory disco! There will be games, sing-along songs, sensory activities and optional Bluetooth headphones for a silent disco.

£6 per child
Drop-off session

Primary School ages (6-10) 10.30 - 11.30am
Secondary School ages (11-16) 1 - 2pm

Booking is essential by emailing us:
info@sensationall.org.uk

October holidays
Outreach locations

sensationALL

Inverurie, Fly Cup

Monday 12th October



Chill-OOT

A fun session for youngsters struggling with 'big' emotions. This introduction to our termtime programme focuses on developing self-awareness and teaches self-regulation techniques through activities such as glitter bottle crafts, sensory fidget exploration, and active calming games.

Primary School ages (6-10) 10:30 - 11:30am

£6 per child
Drop-off session



Primary SociALLise

Our social groups give youngsters a safe space to make friends and build positive relationships while having fun! Through team activities and games they develop connections, build social interaction skills and improve communication. Sessions are relaxed and supportive of those with social anxiety.

Primary School ages (6-10) 12:30 - 1:30pm

£6 per child
Drop-off session

Balmedie, Balmedie Leisure Centre

Friday 16th October



Big & Stay Play

Come along as a family for a fun-filled session with sensory spaces, games and a bouncy castle! Our facilities offer a safe and nurturing environment for you and your family to relax and play together.

£12 per family
Parents stay onsite
Siblings welcome

For families (0-12)
10:30 - 11:30am OR
1 - 2 pm

Booking is essential by emailing us:
info@sensationall.org.uk