



aspens

Empowering people on the autism spectrum and with learning disabilities.

School Holiday Information Pack



An information pack for parents, carers and young people to know a little bit more about what we offer and what to expect.

Website: aspens.org.uk
Charity no: 1171446

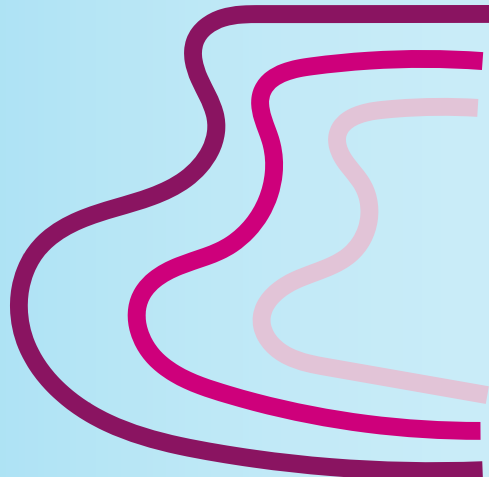


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Who we are

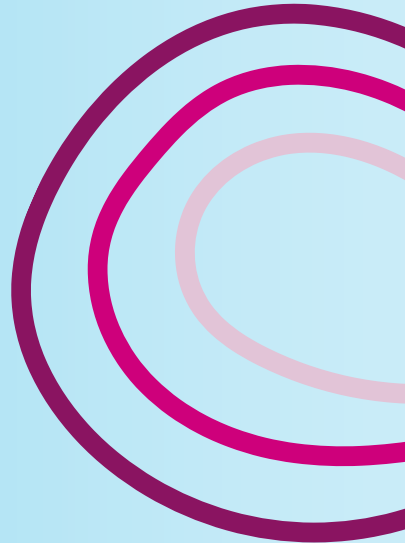
Aspens offers young people on the neurodevelopmental pathway and related conditions access to a range of support and activities to young people aged 8-18 years* (18-25 with an EHCP) living in West Sussex. Our services are aimed at those who may be in or out of education, facing social isolation or unable to access mainstream group-based activities.

Our Services support young people to develop the skills required to become independent and confident young people, through a range of provisions and activities at outreach centres, in the community and in their own homes.



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What is this offer?

Our Short Breaks School Holiday Programme has been designed specifically for young people aged 8-18 years on the neurodevelopmental pathway.

Working closely with our innovative and inclusive partners to provide an excellent choice of activities, all fully supported by our trained Aspens staff.

Some of our partners for 2023/2024 are:

- STEM Innovation,
- Yellow Brick Lab Robotics and Coding
- Wannado Street Dance
- Nick Cook Circus
- Creative Waves Community Arts
- Crocodile Encounters
- Sussex Forest Activities
- FA Qualified Sports Coach

Sessions can have up to 12 young people with 3 adults supporting.

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About the sessions



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School Holiday Clubs 8+

This Short Breaks Programme offers a venue-based scheme where you can have the opportunity to engage in lots of fun and interesting activities such as arts, crafts, science experiments and many more. Each venue provides a safe environment to socialise and you will have the freedom to be as creative as you would like.



Forest School Sessions with Sussex Forest Activities 8+

Join us for our woodland activity sessions with Sussex Forest Activities. A session that enables you to understand about the world and learning a tech free approach. Each session gives you the opportunity to be independent whilst carefully having the freedom to explore your surroundings & let your imaginations run free. The perfect opportunity to connect with nature. Activities can include: den building, tree climbing, outdoor games and more.



About the sessions



The EMPOWER Programme 12+

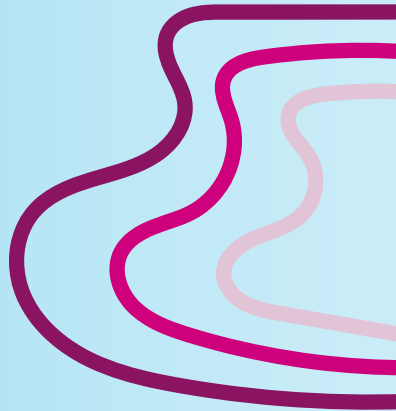
The EMPOWER programme is a group of workshops based around a variety of important and interesting topics. These fun and engaging workshops are for young people (aged 12+) and include tailored activities to support you to understand yourself as well as have lots of fun! This programme is run by our Behaviour Specialists and Specialist Intervention Advisors.

Youth Club 14-18 years

Youth club is a venue based sessions which provides a safe place for you to build friendships & have fun. You have the freedom and space to ask questions that others may not understand. In this group we have a range of activities to be inclusive for all, encouraging your ideas and feedback.

Teens Holiday Activity Days 14-18 years

Our teens activity days are carefully planned days out for you to enjoy yourself whilst having the freedom to interact with peers and relax. Sessions encourage independence and expand on self-awareness



Venues



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**FELPHAM METHODIST
CHURCH**
118 Felpham Way
Bognor Regis
West Sussex
PO22 8QL

**HERONS DALE
PRIMARY SCHOOL**
Hawkins Crescent
Shoreham-by-Sea
West Sussex
BN43 6TN



**ALBEMARLE CENTRE AT
OATHALL COMMUNITY
COLLEGE**
Appledore Garden
Haywards Heath
RH16 2AQ





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Venues



**SUSSEX FOREST
ACTIVITIES**
Furzefield Scout
Campsite
Dapper's Lane
Angmering
West Sussex
BN16 4EN

THE MILL COMMUNITY HUB
Collins Road
Bewbush
Crawley
West Sussex
RH11 8FN



**PARKLANDS
COMMUNITY PRIMARY
SCHOOL**
Durnford Close
Chichester, west Sussex
PO19 3AG

Checklist

Clothing



We would recommend comfy clothing and shoes that are suitable for physical activities and games, if necessary, you might want to bring some spare clothes to change into should you feel uncomfortable if something gets dirty or damp whilst doing activities.

Special Items



We do not require you to bring any personal items with you, however, we understand that you may want to bring something from home that provides comfort or supports you to regulate or concentrate

A Bag



We would recommend a bag to put all your personal belongings into. This helps us to support you to make sure all your items are in a safe space and you can find things more easily.

Food and Drink



You will need to bring a refillable water bottle, a snack and a packed lunch to the session. Sometimes if you are booked onto a day trip activity in the community we might suggest you want to bring some money along with you to purchase an ice cream or a treat for example.

Communication tools



If you use any communication tools we would encourage you to bring these with you to the sessions. This will aid us to adapt our communication styles and use tools you are already familiar with.



Meet the team



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Gemma



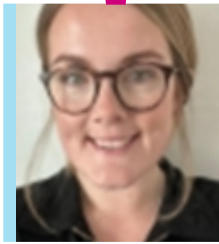
Abi



Emily



Reece



Amber



Rob



Sian



Sabrina



Amanda

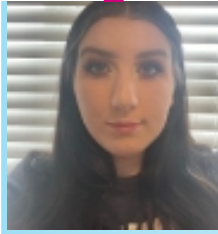


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Meet the team



Ross



Alex



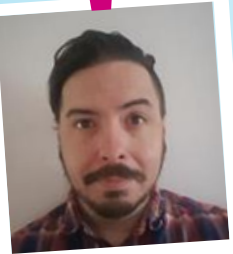
Jenna



Caehryn



Daisy



Dan



Rosie



Simon



Chris

How we support you



In the sessions

There is no expectation to participate, although activities are offered. We believe in freedom of choice and recognise that you may not be comfortable completing or taking part in particular activities.

Some of the sessions are young-person led such as the Youth Club. This allows you to choose what you would like to do. If you find choice difficult, we can suggest a particular activity.

Individually

Support is person-centred as we recognise that you may have different, individual needs compared to another young person. We offer support that best suits you based on your one-page profile. Help is offered but there is no expectation for you to take it, as we understand that being supported by someone unfamiliar may be difficult.

What we ask from you

We ask for an individual one-page profile to be returned after registration so that we can best support you in our sessions. This also helps us get to know you better so that you have the best possible experience while with us.





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BOOK NOW

Contact Information:



<https://www.aspens.org.uk/childrens-services-in-west-sussex>



01243 214120



childrenreferrals@aspens.org.uk



Aspens West Sussex Young People's Service, First Floor Office,
Rear of 27-29 Beach Road, Littlehampton, BN17 5JA



<https://www.facebook.com/aspenschildrensservices>

Website: [aspens.org.uk](https://www.aspens.org.uk)

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