

ENABLE

Enable young people with SEN
the opportunity to access activities
which support and encompass
Recovery & Mental Health Awareness



CONTACT INFORMATION



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WHAT WE OFFER:

6 week programmes
2hr weekly sessions
Regular reviews
Focus on Recovery & Mental Health



Physical Wellbeing

Walks, small exercise sessions, sports activities



Self-Reflection

Emotional literacy, journaling, scrap booking



Mindfulness

Colouring, movement, meditation, reading.



Calming Crafts

Wreath making, themed workshops, designing.



Nurturing Nature

Horticulture, Animal Care, Outdoor learning