

# 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