



Social Interaction

Specifically, we encourage social interaction through use of “social games” which promotes teamwork and resilience. These sessions aid participants to develop and maintain relationships. Furthermore, we participate in group fitness sessions which includes football, basketball and dodgeball which has social and health benefits that young people benefit from. The viewpoints and values of our young people are at the heart of our sessions and this is reflected in the activities that we provide.

Aspiration and Self-Motivation

Another popular session is self-motivation. We actively work with our young people in small groups and encourage them to discuss long and short-term aspirations. Following this, as a group we co-operate to constructively analyse. As professionals, we hold our young people accountable and review progress and provide advice and guidance during every session to ensure achievement. This has encouraged transparency and open communication between young people and staff and the success of this is largely attributed to the community ethos of the respite which includes respect and support for others.