

# Young Adult Saturday Socials

Throughout 2022 we will be piloting Saturday Socials specifically for our young people at transition age (14 – 25 years).

The events will include a series of workshops and talks helping to guide young people and their families through the next major step in their lives. We'll also create an inclusive environment for young people to have fun and meet others in similar situations.

Booking will open soon, but in the meantime please save these dates:

**Saturday 19th March**  
**Saturday 21st May**  
**Saturday 23rd July**  
**Saturday 17th September**

The sessions are for young people aged 14+ with a parent or carer. (If a young person's siblings need to attend please contact the Care Team to discuss.) The event will run from 11am to 3pm with lunch provided, along with activities for young people and a talk from a professional or expert in young people's care.

Our Wellbeing Team will be available throughout the day to answer questions and offer advice on specific topics. You can also arrange a 1-2-1 chat with Lauren Summers, Transition Lead Nurse, to discuss any questions or concerns you and your family have.

**Every one of us**  
**Making every day count.**



## **Who can attend?**

These events are specifically for young adults aged 14 – 25. We will be running other Saturday Socials throughout the year for young children. If siblings need to attend please contact the Care Team to discuss. A maximum of one parent or carer can attend.

## **Who will look after the young person?**

The families will be responsible for the care of all their children (including siblings), but our Care Team and volunteers will support the young people to engage with the activities.

Young people are welcome to attend the talk however it will be aimed at parents and carers. So our Care Team will be on hand to support the young people allowing parents and carers to listen to the talk uninterrupted in the room next to the care floor. You must however not leave the building as the Care Team will not be providing 1-2-1 care.

## **What will the talk be about?**

The topics for the talks have not been confirmed yet so please email your suggestions to [lsummers@havenshospices.org.uk](mailto:lsummers@havenshospices.org.uk).

The talks will cover topics relating to young people and the transition to adult services such as mental capacity assessments, applying for funding and independent living helping the whole family feel more confident, and the young person to maintain independence.

## **What if the talk is not relevant to my family?**

You are welcome to come to the Young Adult Saturday Socials just to use the facilities at the hospice, meet other families and engage with the activities. Or, you can also attend just the talk. We will be recording the workshop session so if you are not able to attend it will be available to watch back later.

## **How can I book?**

We will contact all families once bookings open later this year.

## **Any other questions?**

Please contact [lsummers@havenshospices.org.uk](mailto:lsummers@havenshospices.org.uk)

**Every one of us**  
**Making every day count.**

Registered Charity Number 1022119

