

# Young Adult Saturday Socials

Following feedback from families, our Young Adults weekend socials in will alternative between Saturdays and Sundays. We will also be splitting the workshops into two groups, running on separate dates, to better suit the needs of our young people.

***Group A** - is aimed at young people looking to grow their independence and develop life skills. Age appropriate activities will be young person led. The talks will be suitable for the young people and parents/carers, topics will be guided by the young people's needs and interests. We hope to cover topics such as navigating public transport, further education and independent living.*

***Group B** - will focus on providing developmentally appropriate social opportunities for young people and educational talks for parents/carers. The social activities for young people will be led by our Play Specialist and include sensory activities, crafts and games.*

The social days 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 this in advance. The events 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.

Families can self-identify which group they think is most suitable to attend, the Care Team can also advise if needed.

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



## 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 independently. This will allow parents and carers to listen to the talk uninterrupted in the room next to the Care Floor.

## What will the talk be about?

The topics for the talks have not been confirmed yet, if you would like to make any suggestions please email [lsummers@havenshospices.org.uk](mailto:lsummers@havenshospices.org.uk).

## Do we have to stay for the whole day?

You are welcome to come to attend all, or some of the day. Some families may want to access the facilities and activities, some the talk and others both. 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?

Please visit the Family Area on our website to register your interest [www.havenshospices.org.uk/familyarea/transition-zone/](http://www.havenshospices.org.uk/familyarea/transition-zone/)

## What dates are the sessions running?

**Group A** – Sunday 26th February, Saturday 15th July, Sunday 17th September

**Group B** – Saturday 18th March, Sunday 11th June, Saturday 18th November

## Any other questions?

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

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