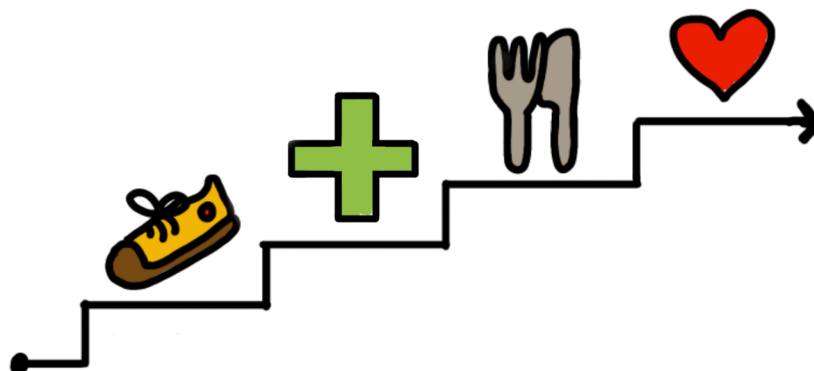




# Barnardo's

## My Independence, My Health, My Life



### Online Youth Group

Our online youth group runs on a 4 week rotation, on Thursdays, term time. The topics we cover are: healthy eating, personal hygiene, mental health and well-being and exercise.

**ALL OUR SUPPORT  
ONLINE OR FACE  
TO FACE IS  
FREE**

### Online Fun Sessions

Our online fun sessions often happen during the school half terms. We run a variety of sessions including cooking, storytime, bingo, arts and crafts, and quizzes!

### Personal Support

If you feel your young person would be unable to attend our online youth group we can offer the learning face to face, available upon request. 1-1 support can be offered at all our face to face sessions.

### Cooking Sessions

We can liaise with schools across West Sussex to offer cooking support for students at school where the school has cooking facilities. We also include online cooking sessions during the school holidays.

### Face to Face Sessions

We plan face to face sessions during the school holidays\*. These are a variety of learning workshops and fun sessions. Held across West Sussex in different areas.

\*minimum attendees required

### Recent Feedback

‘I just love Barnardo’s’

‘You are amazing, and whole Barnardo’s team of course!’

‘The support has been fantastic’

‘We love your cooking sessions’

‘The activities are always very engaging’

**Refer in by emailing - [moving.forward@barnardos.org.uk](mailto:moving.forward@barnardos.org.uk)**

Team Manager - Rosie Calmiano - [moving.forward@barnardos.org.uk](mailto:moving.forward@barnardos.org.uk)