

FREE for young people with
a West Sussex address, aged 14-25 year old
with a learning difficulty or disability.

MOVING.FORWARD@BARNARDOS.ORG.UK

**Zoom Meeting & Paperwork
necessary to join first session.**

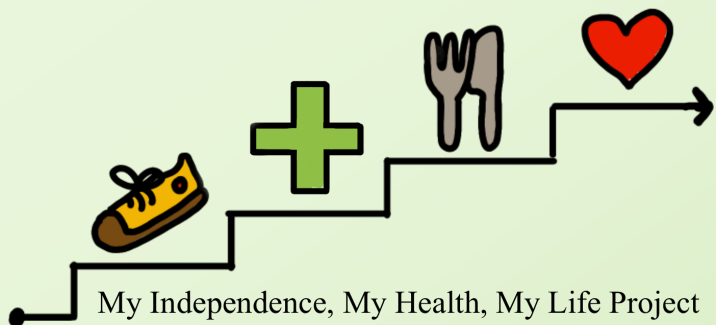
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Cooking	Fun Session	Youth Group	Face to Face
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17th April	18th April	19th April	20th April	21st April	22nd April
			5:30pm-6:45pm Exercise and Keeping Fit		
24th April	25th April	26th April	27th April	28th April	29th April
		6:00-6:45pm Fruit Salad	5:30pm-6:45pm Making Healthy Choices		
1st May	2nd May	3rd May	4th May	5th May	6th May
	5:00-6:00pm Bingo	4:45-5:30pm Chicken Tray Bake	5:30pm-6:45pm Mental Health and Wellbeing		
8th May	9th May	10th May	11th May	12th May	13th May
	5:00-6:00pm Storytime	4:45-5:30pm Pizza and Potato Wedges	5:30pm-6:45pm Personal Hygiene		
15th May	16th May	17th May	18th May	19th May	20th May
	5:00-6:00pm Quiz Night	4:45-5:30pm Veggie Pasta	5:30pm-6:45pm Exercise and Keeping Fit		
22nd May	23rd May	24th May	25th May	26th May	27th May
	5:00-6:00pm Games Night	4:45-5:30pm Sausages, Mash and Veg	5:30pm-6:45pm Making Healthy Choices		Emotional Health Workshop Bognor Regis - 1:30-4:30pm



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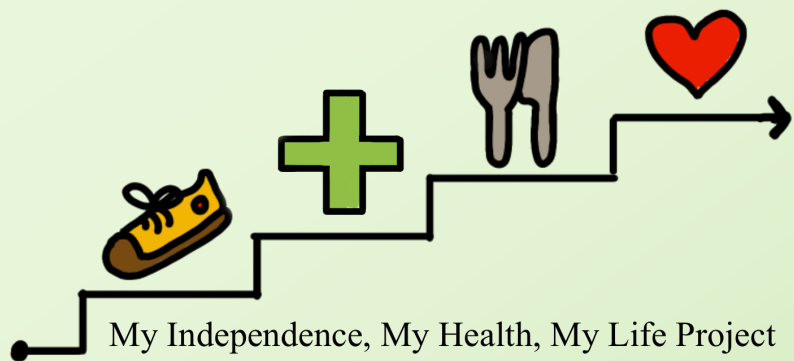
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Cooking	Fun Session	Youth Group	Face to Face
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5th June	6th June	7th June	8th June	9th June	10th June
	5:00-6:00pm Quiz Night	4:45-5:30pm Chicken Skewers	5:30pm-6:45pm Mental Health and Wellbeing		
12th June	13th June	14th June	15th June	16th June	17th June
	5:00-6:00pm Name that Tune	4:45-5:30pm Chorizo Pasta	5:30pm-6:45pm Personal Hygiene		
19th June	20th June	21st June	22nd June	23rd June	24th June
	5:00-6:00pm Games Night	4:45-5:30pm Beef/Veggie Burgers	5:30pm-6:45pm Exercise and Keeping Fit		
26th June	27th June	28th June	29th June	30th June	1st July
	5:00-6:00pm Bingo	4:45-5:30pm Chickpea Curry	5:30pm-6:45pm Making Healthy Choices		
3rd July	4th July	5th July	6th July	7th July	8th July
	5:00-6:00pm Storytime	4:45-5:30pm Chicken Fajitas	5:30pm-6:45pm Mental Health and Wellbeing		
10th July	11th July	12th July	13th July	14th July	15th July
	5:00-6:00pm Name that Tune	4:45-5:30pm Sausages, Mash and Veg	5:30-6:45pm Personal Hygiene		Southwater Country Park Walk and Lunch 10am-3pm



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OUR FAQs

Who can refer in?

If you live in West Sussex, aged 14-25yrs old with a learning difficulty or disability you can join us. Referrals can come from home, education, GPs, social workers. We will then contact the family/carer directly to organise the initial meeting.

Why is there an initial meeting before my young person can join sessions?

This is so we can introduce ourselves, explain more about the service, complete the paperwork including an 'all about me' form which allows us to gather all the information we need to support your young person online and face to face.

Do Parents/Carers have to be with them during the sessions?

With our online sessions the young people can independently access these sessions, you can plan your involvement based on your young persons needs, whether that means you're next to them, in the same room, or just in the house. With our online cooking sessions we do ask for adult support and/or supervision at all times. Even if your young person is competent in the kitchen, we politely ask for you to be close by and at home. If your young person lives on their own we would organise a risk assessment before the young person joins a cooking session. With our face to face sessions you do not need to stay with your young person but you are very welcome to if you feel you need to. If your young person has complex needs this is all discussed at the initial meeting so we can work out a care plan.

Is all your support free?

Yes, all you will need is:

email us which sessions you want to book on

access to the internet for our online sessions

laptop/computer/smart tablet to access the online groups

transport to our face to face sessions

ingredients for the cooking sessions/kitchen access

(recipe card emailed out, we consciously plan the recipes with reasonably priced products and the recipes can be adapted for any dietary needs)

Recent Feedback

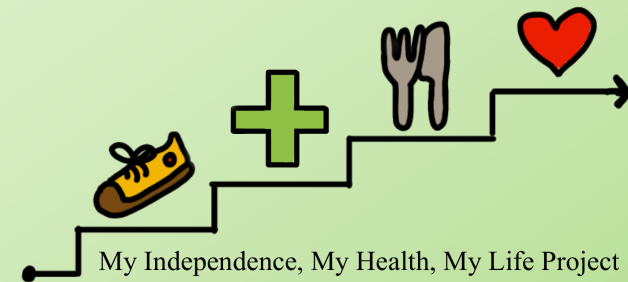
*** would absolutely love to join the online sessions...was wondering/hoping these were going to start again

Yes, we would be really interested to know what is happening in half term

I just wanted to say thanks for tonight's cooking session for ***. He really does enjoy it and gets so much out of it...It's a very welcoming group and you are so enthusiastic and patient with the young people. Thank you.

I love coming to these sessions I have been waiting all day at school for tonight

Wednesday 26th April-6:00-6:45pm—Fruit Salad
Thursday 27th April-5:30pm-6:45pm—Making Healthy Choices
Tuesday 2nd May-5:00-6:00pm-Bingo
Wednesday 3rd May-4:45-5:30pm-Chicken Tray Bake
Thursday 4th May-5:30pm-6:45pm-Mental Health and Wellbeing
Tuesday 9th May-5:00-6:00pm-Storytime
Wednesday 10th May-4:45-5:30pm -Pizza and Potato Wedges
Thursday 11th May-5:30pm-6:45pm-Personal Hygiene
Tuesday 16th May-5:00-6:00pm– Quiz Night
Wednesday 17th May-4:45-5:30pm-Veggie Pasta
Thursday 18th May-5:30pm-6:45pm-Exercise and Keeping Fit
Tuesday 23rd May-5:00-6:00pm-Games Night
Wednesday 24th May-4:45-5:30pm-Sausages, Mash and Veg
Thursday 25th May-5:30pm-6:45pm-Making Healthy Choices
Saturday 27th May-1:30-4:30pm- Emotional Health Workshop- Bognor Regis
Tuesday 6th June-5:00-6:00pm-Quiz Night
Wednesday 7th June-4:45-5:30pm-Chicken Skewers
Thursday 8th June-5:30pm-6:45pm-Mental Health and Wellbeing
Tuesday 13th June-5:00-6:00pm-Name that Tune
Wednesday 14th June-4:45-5:30pm-Chorizo Pasta
Thursday 15th June-5:30pm-6:45pm-Personal Hygiene
Tuesday 20th June-5:00-6:00pm-Games Night
Wednesday 21st June-4:45-5:30pm-Beef/Veggie Burgers
Thursday 22nd June-5:30pm-6:45pm-Exercise and Keeping Fit
Tuesday 27th June-5:00-6:00pm-Bingo
Wednesday 28th June-4:45-5:30pm-Chickpea Curry
Thursday 29th June-5:30pm-6:45pm-Making Healthy Choices
Tuesday 4th July-5:00-6:00pm-Storytime
Wednesday 5th July-4:45-5:30pm-Chicken Fajitas
Thursday 6th July-5:30pm-6:45pm-Mental Health and Wellbeing
Tuesday 11th July-5:00-6:00pm-Name that Tune
Wednesday 12th July-4:45-5:30pm-Sausages, Mash and Veg
Thursday 13th July-5:30-6:45pm-Personal Hygiene
Saturday 15th July-Southwater Country Park Walk and Lunch 10am-3pm



Please send us an email with which sessions you would like to join.

If you book on a session but then cannot make it please let us know as soon as possible, ideally 2 hours before the start of the session.

If you didn't book onto a session but then change your mind please email us 24 hours before the start time to book on.