



SUMMER PROGRAMME

Dealing with Feelings

Would you like to:

- Have a better understanding of your emotions and how to deal with them?
- Meet other young people who feel like you do?
- Have fun?



When: 5th - 9th August

Where: Didcot

Who: 12-14 year olds

A one week programme designed to develop self awareness, build a toolkit of coping strategies and communication tools and explore new ways to express emotions.



For your fully funded place

[Book now](#)

Dealing with Feelings



A 5 day programme for 12-14 year olds who are looking to reflect on their coping strategies



The Dealing with Feelings Programme helps children to develop their emotional literacy, understand their own emotions better, and explore healthy ways to cope. In particular, this programme might be helpful for children who self-harm, but we also encourage supportive friends or family of the same age to take part.

Dates & Times

5th- 9th August
9 - 1.30pm daily

Venue

The Community Hub
Didcot
99 Station Road
(in the SOHA building)

WHAT WILL BE INVOLVED?



Please let us know if you have any questions; we'll be more than happy to help.

Once you are booked on the programme one of our facilitators will be in touch to organise a quick chat with you to get to know you a little better and answer any questions that you may have.

The programme is a mixture of exploring topics together (psychoeducation) and trying out some different ways to express our emotions. Each day there will be an opportunity to take part in an enriching activity that supports the programme. We have the amazing Emily Louisa lined up to introduce us to Sound Meditation and will be learning how we can use Art to express emotions as well as exploring movement through various exciting activities.

Daily Schedule

Additional details about the sessions and lunch choices will be provided for participants prior to the programme

9 - 9.30am - **Breakfast** (cereal, Fruit, Pastries, Hot and cold drinks)

9.30 - 10.30 am - **Session 1**

10.30 - 10.45 am - **BREAK** (Fresh fruit, snacks and drinks available)

10.45 - 11.30 am - **Enrichment Session**

11.30 - 11.45 am - **BREAK** (Fresh fruit, snacks and drinks available)

11.45 am - 12.45 pm - **Session 2**

12.45 - 1.30 pm - **LUNCH** (a varied light lunch will be provided)

Please let us know if you have any additional questions; we'll be more than happy to help.



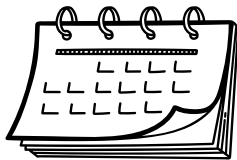
How much does the programme cost?

The programme is fully funded so there are no costs to pay. We will also be providing breakfast & lunch as well as drinks and snacks through the day.



Do I need to book in advance?

Yes, we have limited places on the programme so booking is essential.



Does my child have to attend all the sessions?

Yes, we encourage young people to complete all 5 days of the programme as each day builds on the previous days work.



Is my child too young to talk about self-harm?

We know that this can be a scary topic, so don't worry, we'll handle it really sensitively and in an age-appropriate way. However, it is important to talk about - rates of self harm in children has doubled in the last 6 years. We think that talking about wellbeing, emotions, and self-care strategies early helps children to find healthy ways to cope.



Who are the facilitators?

We'll have 2 friendly and experienced facilitators, running the programme, Justina and Frankie. They have a strong foundation of both lived and learned experience of the topic and a background in running programmes like this one. They are of course fully DBS checked and are more than happy to answer any questions you may have before or after each session.



Where will the session be?

The sessions will be held in the Didcot Community Hub. This is a warm, secure and inviting space with sofas, tables, a kitchen area. There will be a dedicated chill out zone in case your Young Person needs a quiet moment.

Young People FAQS



Please let us know if you have any other questions; we'll be more than happy to help.



I am not sure I want to talk about my feelings!

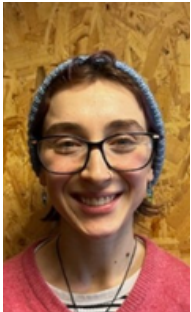
Don't worry - we will never ask you to participate in anything you don't feel comfortable doing.

How many other people will be there?

We keep the group small so there will be no more than 8 other Young people in the group with you/.

Who are the facilitators?

We'll have 2 friendly and experienced facilitators, running the programme, Justina and Frankie.



What if I need a break or to move around?

There will be lots of breaks and chances to move around during the sessions. The space we will be in has lots of different areas, there are sofas, tables and chairs, a kitchen area and a space where you can move around. We want you to be happy and comfortable so if you need a quiet moment or to move around - no problem just go for it! If you would like to see video of the space and how to find it then follow the link.



Can I come see the space before the programme?

Yes, no problem. Just let us know and we will arrange for you to come and visit us and see the space.

What do I need to bring to the sessions?

Just yourself!

We'll provide everything you need; from pens and pencils to games and activities. If there's anything that might help you to feel comfortable you are welcome to bring it along.

If you would prefer to bring your own food then that's ok too.

