



Summer Project

We know during the summer holidays can be really boring and so we have loads of daytime and weekend activities running during the summer. We have art and sport days, with lots of competitions and prizes to give away, it's a really good chance to meet new people!



Duke of Edinburgh

Learn a new skill, become active and do some voluntary work in order to gain the Award. As a team you will take on two camping adventures, learning lots of new skills and having so much fun along the way: cooking your own meals, walking up mountains and setting up camp will all be part of your challenge.



OCN Accreditations

The Foundation can give you the opportunity to gain qualifications and skills, working as a group and with the support of a friendly tutor. These OCN qualifications look great on your C.V and will help you to get a job in the future, they run all year long, and the rewards at the end are great too.



Trips

When our young people achieve something, we like to reward them! The young people decide on the rewards themselves and then at the end of a project off we go. Trips include: Alton Towers, Go Ape, Go Carting, Camping, Kayaking, Bowling and anything else you can think of!



Healthy Lifestyles

One of our main projects is about healthy lifestyles, the project consists of: understanding food and nutrition, sport and exercise, hygiene, relaxation and stress relief. We don't do things the boring way and instead do loads of activities like; cookery, sport's days, food tasting and folder building to showcase your work.



Drug and Alcohol Project

Another project which is very popular is Drug and Alcohol, here you will have a chance to gain an understanding; in how alcohol affects the body, the recommended guidelines, experience what it is like to be under the influence of alcohol and look at the effects it has on society. Projects have loads of activities included and you can also gain an accreditation.



Youth Board

The youth board are a steering group who give all of our young people a voice, and with that the power to have their say and be heard! Our youth board help advertise the Foundation through presenting to young people and organisations as well as organising events and fundraising. This year they intend to raise the profile of ADHD and reach out to as many young people as possible.

