



Ambition Aspire Achieve

# Positive Transitions

Free Life Skills Support for Young People (16-24) with Additional Needs

At **Terence Brown Arc in the Park**, Bethell Avenue, London E16 4JT



★ Exciting weekly sessions and activities ★ Helping to build confidence and develop new skills ★ Safe, fun, social and interactive opportunities for young people with additional needs who are transitioning into adulthood

**Activities Include:** Life-Skills, Personal Development and Confidence Building Workshops, Multi-Sports, Health and Exercise Sessions, Cookery, Growing and Gardening, Accredited Music, Photography and Arts Workshops, Supported Work Experience, Exciting Day Trips and Experiences, and **much much more!**

**Tuesday (1:30pm to 3pm) - Multi-Sports, Health and Exercise Classes**

**Thursday (3pm to 4:30pm) - 'Have a Go' Activity Sessions**

**Thursday (4:30pm to 7:30pm) - Social Club**

**Thursdays (Monthly) - Personal Development & Life-Skills Sessions**

To find out more: please contact  
**Paula Blake** on 07432024002 / 0207  
5114253 or [paula@theaaazone.com](mailto:paula@theaaazone.com)

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## Terence Brown Arc in the Park

### Additional Information

**At Ambition Aspire Achieve, our main priority is to keep all young people and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19 we have introduced a number of measures to ensure clubs and activities are delivered safely at all times**

### Safety Measures will include:

- **Pre-booking required for all sessions**
  - **Smaller 'group bubbles'**
- **Additional controls in place to access Arc in the Park including symptom checks and non-invasive temperature checks**
- **Extra hygiene and cleaning measures, before, during and after all sessions**
  - **Maintaining social distancing measures**
- **Adapted activities that are safe, fun and engaging**

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