

Targeted Short Breaks – Activity Breakdown

RJ4All is hosting a range of activities for young people with SEND. Offering both creative, physical activity, music, art, and theatre, we are excited to offer young people and families a chance to express themselves and be active in the holidays. We are excited to offer a welcoming and engaging space to make connections for young people and families. All activities will take place/start from the RJ4All Community Centre in Rotherhithe.

Level of support available for all activities:

We will have 2 support workers and volunteers delivering our activities coordinated and supported by the RJ4All team. The number of families accepted per activity will be based on the required level of support for each participant.

Summer 2024 – Sensory Walking Groups

Dates: Monday the 12th and 19th of August from 3pm-5pm

Activity: Join us for a sensory exploration of Southwark Park, where you can engage with the sights, sounds, and textures of nature. Starting at the RJ4All Community Centre, we will embark on a journey through our local green space, experiencing all that Southwark Park has to offer.

October 2024 – Creative Workshops

Dates: Monday the 28th, Tuesday the 29th, and Wednesday the 30th of October from 4pm – 5:30pm

Discover your creative side with three engaging sessions where you can enjoy making and listening to music and get involved in dancing and movement.

- October 28th at 4pm-5:30pm– Musical Session:
An opportunity to try various instruments, learn basic techniques, and create music as a group, fostering collaboration and creativity.
- October 29th at 4pm-5:30pm – Drama Workshop:
Explore creative storytelling methods through drama and role-playing, enhancing your imagination and building confidence in a supportive environment.
- October 30th at 4pm-5:30pm – Dance Session:
A chance to move your body, get active, and express yourself through music and dance, improving physical fitness and encouraging self-expression.

February Half Term 2025

Wellbeing and Exercise Sessions

- February 17th at 3pm-5pm, Animal Sensory Farm Walk: Experience the calming presence of animals on a sensory farm walk. Engage with various farm animals, enjoy the fresh air, and stimulate your senses in a peaceful, natural environment.
- February 18th at 4pm-5:30pm, Dancercise: Combine dance and exercise in a fun and energetic session. Get your heart pumping, improve your fitness, and express yourself through rhythmic movements to lively music.
- February 19th at 3pm-5pm, Wellbeing Walk to the Docks and Local Garden: Take a relaxing walk to the docks and explore a local garden. Enjoy the scenic views, connect with nature, and promote your mental and physical wellbeing through gentle exercise.