

Winter HAF

Ascent Trampoline Park, Blackpool

Our first day was a trip to Ascent Trampoline Park where the young people took part in trampoline skills, indoor caving, total wipeout challenges, and trampoline dodgeball.

This was a great day out and we saw young people create new friendships, engage in physical exercise, and challenge themselves in a fun and rewarding way.

Quotes from young people:

“It made me want to be more active.”

“When I went in the cave it made me step out of my comfort zone. I made new friends and I enjoyed it too”.



Winter HAF
Christmas Celebrations



Ascent Trampoline Park Blackpool



Christmas Crafts and Celebration Day

The second day was a Christmas Crafts and Celebration Day. The young people took part in various crafts such as making their own Christmas crackers and decorating their own Christmas baubles.

Some young people helped to prepare the meal they had planned, and dodgeball was available (their favourite game).

After dinner the young people played games, one was a game created by two of the young people. They planned and prepped for the game, looking at how they would lead the young people in the activity. They then went on to deliver the game to the whole group. This was a new experience for these young people. They really enjoyed the whole process and are keen to do more.

This was another lovely day, where young people challenged themselves creatively and enjoyed themselves very much!

Activity & Food Pack

The virtual element was the activity packs, these contained various crafts and challenges alongside a dry food pack. A favourite was the ‘create your own comic book’; one young person filled the whole book over the Christmas period!

Feedback from the young people included:

“I learnt how to make a wool Wreath.”

“I did my comic book” and “I had something to do over Christmas, and it was a fun surprise”.



Winter HAF
Christmas Celebrations



Christmas crafts & Celebration Day

