

Springboard

STEPPING STONES Social Club

Are you aged 18-30 with SEND looking for a club to meet new friends, hang out and try new things?

Join our Social Club and discover a supportive space where you can build self-confidence, grow your independence, strengthen decision-making skills, improve money management, and form lasting friendships

What do we do?

We create a welcoming space where you can enjoy exciting day trips to local attractions, relaxed social evenings, and a variety of engaging activities, including:

- Cinema
- Restaurants
- Escape Rooms
- Bowling
- Shopping
- Theme Parks

Price
varies by
session

All sessions meet in either Horsham or Crawley

For more information please get in touch.

CONTACT THE TEAM ON

hello@springboardproject.com

01403 218888



www.springboardproject.com
Reg Charity No. 1014270



Springboard

Youth Group

Are you aged 12-18 with SEND looking for a club to meet new friends, hang out and try new things?

Join our Youth Group and discover a supportive space where you can build self-confidence, grow your independence, strengthen decision-making skills, improve money management, and form lasting friendships

What do we do?

We create a welcoming space where you can enjoy exciting day trips to local attractions, relaxed social evenings, and a variety of engaging activities, including:

- Cooking
- Games night
- Escape Rooms
- Bowling
- Shopping
- Theme Parks

All sessions meet in either Horsham or Crawley



**For more information
contact the team on**

hello@springboardproject.com

or call 01403 218888



www.springboardsupport.org
Charity No. 1014270

Springboard

STEPPING STONES

Cooking With Confidence

Are you aged 14-30 with SEND looking for an opportunity to improve your cooking skills?

Join our Cooking with Confidence Programme and discover a fun and supportive space where you can build self-confidence, grow your independence, enhance teamwork and communication, strengthen problem-solving abilities, and celebrate your achievements together!

What Will You Be Doing?

Over the six weeks, you'll have fun learning how to cook, but you'll also gain essential skills in food hygiene and kitchen safety.

Location: Springboard House, 52 Hurst Road, Horsham, RH12 2EP

Day of the Week: Fridays

Times: 17:30 - 19:30

**£60 per
6 week
programme**

For more information please get in touch.

CONTACT THE TEAM ON

hello@springboardproject.com

01403 218888



www.springboardproject.com
Reg Charity No. 1014270



Springboard

STEPPING STONES

Life Skills

Our Life Skills pathway will give young adults with SEND the opportunity to build on their independent living skills.

Over a 8-week course, we will focus on the following topics:

- Money management
- Independent travel and shopping
- Kitchen safety and making breakfast
- Online Safety
- Personal hygiene
- Kitchen safety and making a main meal
- Home skills (Tidying bedroom and laundry)
- Celebration meal!

**£100 per
8 week
programme**

Location: Springboard House, 52 Hurst Road, Horsham, RH12 2EP

Day of the Week: Fridays

Times: 17:30 - 19:30

CONTACT THE TEAM ON

hello@springboardproject.com

01403 218888



www.springboardproject.com
Reg Charity No. 1014270



STEPPING STONES

Volunteering & Employability

Are you aged 16-30 with SEND, looking to develop your workplace skills?

Join us for our Volunteering and Employability programme to build your confidence, teamwork, communication skills, and professionalism in the workplace.

What Will You Be Doing?

Over your time with us, you will learn about:

- Health and Safety
- Interviews
- Emailing
- Developing work-ready skills
- Writing a CVs
- Exploring volunteering opportunities
- Gaining hands-on experience

**Fully
Funded**

Location: Springboard House, 52 Hurst Road, Horsham, RH12 2EP

When: Weekdays

Times: 2 hour sessions - AM or PM

Programme Length: 6-12 weeks

CONTACT THE TEAM ON

hello@springboardproject.com

01403 218888



www.springboardproject.com
Reg Charity No. 1014270



STEPPING STONES

Work Experience

Are you aged 16-30 with SEND looking for an opportunity to gain work experience?

Our Work Coach will work with you to develop your confidence in communication skills, teamwork, time management, adaptability and active listening in the workplace.

What will you be doing?

We will work with you to provide a work plan that you will enjoy while learning these skills. Tasks can include:

- Office admin
- Food and beverage sales
- Tidying, sorting, resetting and cleaning
- Creating and delivering children's activities within our inclusive Stay and Play Centre.

**Fully
Funded**

The programme is delivered at our centre in Horsham over four consecutive days, with each session lasting two hours

For more information please get in touch.

CONTACT THE TEAM ON

hello@springboardproject.com

01403 218888



www.springboardproject.com
Reg Charity No. 1014270

