

Teen Hub @ Dormans

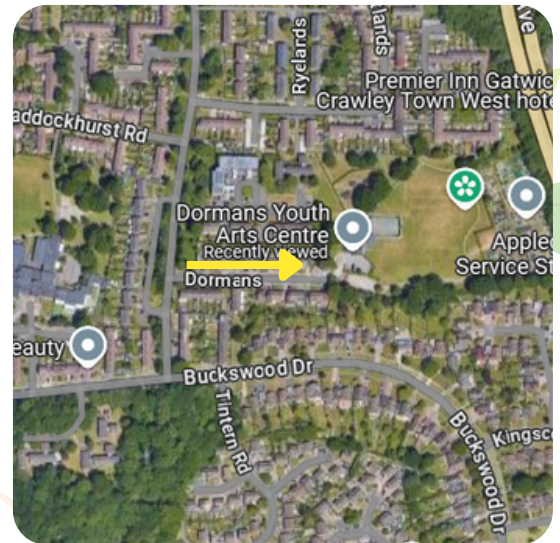
(Tues PM, weekly)



Address: Dormans Youth Arts Centre, Crawley, RH11 8HZ
Time: 12:00 - 3:00 (arrive when you can, leave when you need to)
Bring: special drinks, snacks & lunch if needed (free tea, coffee & squash)

Where is it?

Dormans Youth Arts Centre is in Gossops Green, in Crawley. It is close to the A23 and easy to find at the end of a street called Dormans. There is a free car park. It is next to a big playing field, with a park next door, a sports court next to the building and an allotment across the field.



What will it be like?

There will be teenagers (and their adults) who do not currently attend school all the time.

There will be resources to use as you like, including a Wii, pool table, board & card games, instruments and sports equipment. There is an art room, a big kitchen and small side rooms for quiet spaces. There will be a baking activity & a gardening activity on offer.

We will not tell you what to do. We might write a question on a notice board to inspire you or invite you to join. We will help you if you would like to join in a group activity but find it hard.

I'm here, now what?

Get yourself a drink and have a wander or a seat. See what is on the tables and check the notice board for activities on offer. There will be different things each week. What are others doing? Would you like to join in? Adults - model getting stuck in! Start something yourself and watch the magic happen!



How it works...

Wild Soul Woods CIC exists to support the well-being of young people & their families by offering CONNECTION - connection with each other, ourselves, and the natural world around us.

How do I want other people to communicate with me?

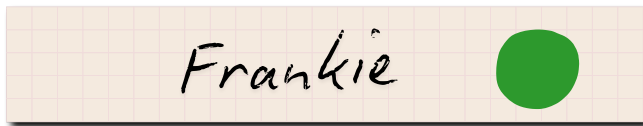
We use the Traffic Light system so that the Community knows how each individual would like to be supported. There are labels to write your name, choose a colour & stick on your top (somewhere visible is helpful!)




Red Mark: "Please don't talk to me, I'd like to watch, settle in slowly and take part in my own time."



Yellow Mark: "I'd like to get involved, but I find it tricky to join in with new things at first. I'd like a gentle invite and support please!"



Green Mark: "I'm feeling confident today and I'm happy to chat - ask me anything you like!"

This can change throughout the session! Feel free to change your label if you want to 

What if I need help?

You will be introduced to the team on the day - you can approach them in person, or with a note.



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How do we communicate with other people attending?

The **PACE (Playfulness, Acceptance, Curiosity, Empathy) model** is a therapeutic approach developed by Clinical Psychologist Dr. Daniel Hughes, aimed at helping individuals, especially young people, to heal from trauma and develop secure attachments. We have found it incredibly helpful when used with anxious young people.

Playfulness uses humor to reduce fear and build trust.

Acceptance promotes safety by valuing feelings without judgment.

Curiosity explores the individual's experiences through open questions.

Empathy fosters connection by validating and sharing feelings.

PACE In action:

Scenario: Two young people argue over the rules of a game they are playing...



Playfulness: Adult: "Hey guys, who needs old rules anyway?! How about we make new 'forest' [capture the flag] rules together?"

Acceptance: Adult: "I see that you both have different ideas about the game. That's okay."

Curiosity: Adult: "Can you each tell me your favourite part of the game and what rule you think is most important?"

Empathy: Adult: "It's really hard when you both want different things. Let's find a way to make it fun for everyone."

The different elements can be used however is appropriate for the situation. Usually, recognising & validating emotions is the most effective first step.

"Hey guys, I can see you both feel very strongly about this. That's okay. It's really hard when two people want different things at the same time. Maybe we could make some special 'Hub' rules? What do each of you think are the most important?"



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What do we mean by SAFE?

Physically safe - our environment, the space we're in, the tools we're using, the way we are moving and the impact we have on the people and space around us.

Emotionally safe - our feelings about something that is happening, the way are communicated with and the people we are interacting with.

RISK vs HAZARD

RISK

A potential danger that you are aware of and can manage appropriately to reduce the risk

HAZARD

A potential danger that you CANNOT see, so cannot manage to reduce risk

DYNAMIC RISK ASSESSING

When a new activity is suggested, we ask the following types of questions:

- “What do you think I might be worried about?”
- “What do you think could ‘go wrong’?”
- “How do you think we can keep everyone safe if we do this?”
- “What do you think we need to do to make this a safe activity?”

With this approach, we rarely have to ‘stop’ a young person doing an activity. We can think about the situation together, and invariably we either figure out a safe way to do it, or we reach an agreement together that it has to be done in a different way, or in a different place, or at a different time.

