

# ASD Helping Hands

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## Easter Residential 2019: Project Report



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# Background

## Background of Project

As part of our ongoing commitment to support those affected by an Autism Spectrum Disorder and increase their independence and access to opportunities to access activities and life experiences each year, we arrange a residential break specifically for these young people.

In 2019 we decided to hold our residential at Norfolk Lakes, Manor Adventure an all-inclusive package offering a wide array of indoor and outdoor activities including trained instructors and full board (accommodation and catering) included in the price



### Manor Adventure:

“Norfolk Lakes Adventure Centre has become our water sports and outdoor pursuits flagship on the eastern side of the UK. Norfolk Lakes is located on the edge of the village of Lyng, situated on the River Wensum only 11 miles north west of Norwich.”

### Priority outcomes:

- Inclusion
- Encourage a healthier approach to recreational time
- Increased physical activity
- Increase independence
- Increase self-esteem
- Improving on social integration and communication

# Activities

Over the course of the three day (2 night) residential break, two groups of nine young people took part in 9 activities including rifle shooting, film making and rock climbing.

The programme at Norfolk Lakes allowed us to choose from a selection of outdoor and indoor activities, all based around educating and involving the young people at decision making while allowing them the freedom to explore new activities and gain new skills:

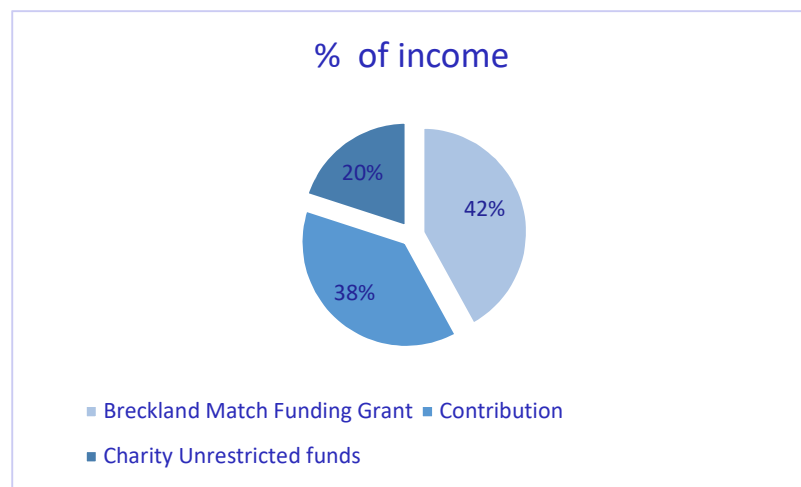
The activities we offered were:

- Rock Climbing
- Obstacle Course
- Giant Stand Up Paddle Board
- Raft Making
- Film Editing
- Caving
- Rifle Shooting
- Quiz Night
- Film Night



# Finance

The project was funded by a combination of contributions from the young people attending, contributions from the charities un-restricted funds and by a match funding from Breckland County Council managed by Norfolk Community Foundation.



## Profit and Loss Statement

Profit & Loss Statement		
	£	£
<b><u>Income</u></b>		
Breckland Match Funding Grant	1,600.00	
Attendees contribution	1,435.00	
Charity unrestricted funds	770.20	
<b>Total Income</b>		3,805.20
<b><u>Expenses</u></b>		
Manor Adventure	3,805.20	
<b>Total Expenses</b>		3,805.20
<b>Profit / (Loss)</b>		<b>0.00</b>

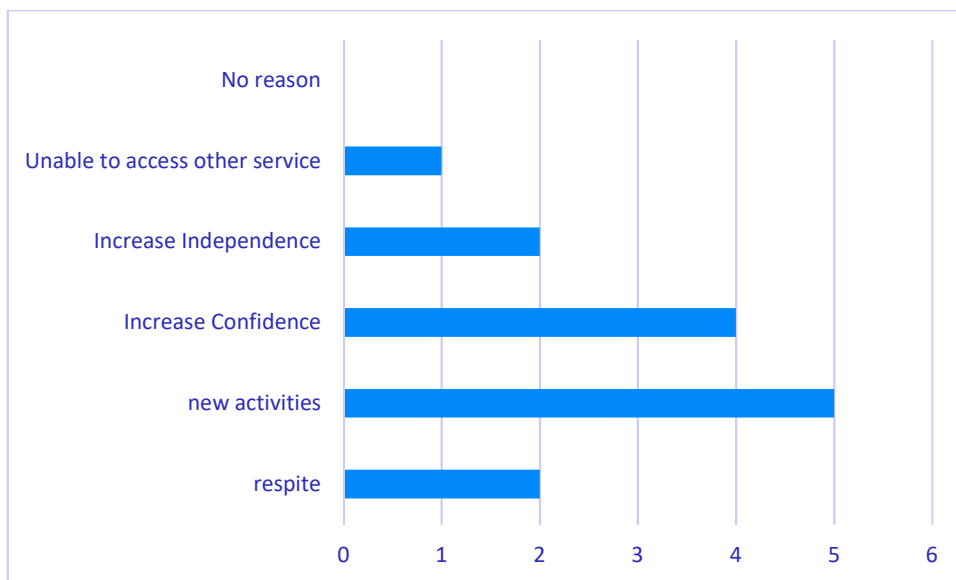


# Feedback

**These responses are based on a reply rate of 67% (14 out of 21 participants responded to our feedback from)**

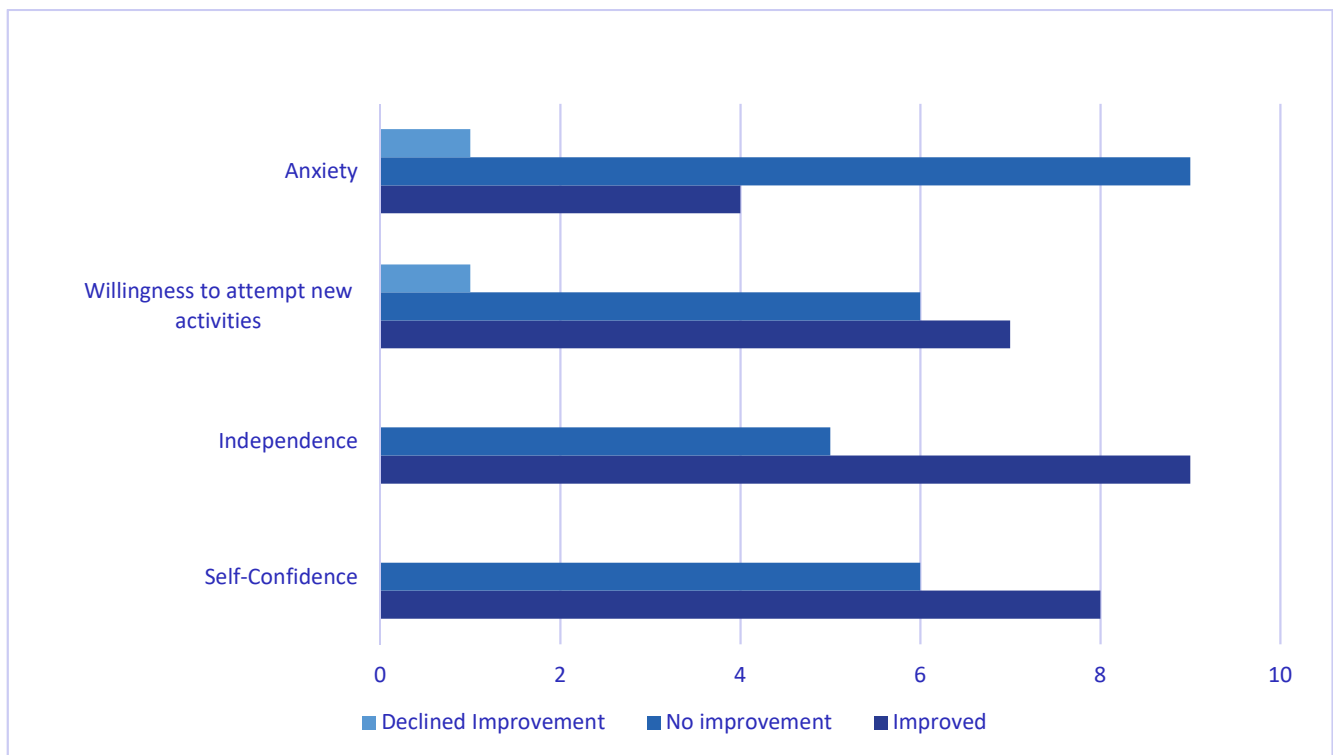
**Answers shown here are for questions related to impact and not for administration details.**

*What was the main reason for booking you're your young person on the residential break?*



**“Liam thoroughly enjoyed his break and has asked to go again. He especially liked the rifle shooting. We would have liked the break to be longer! Thank you”**

*Please select whether your young person has returned with an improvement, no improvement or declined improvement in the following areas?*



**“Jack enjoyed the trip and would love to go again; he was not keen on going but really enjoyed it and spoke about it a lot on the way home and that”**

**“Grateful for all the staff, helpers who put this break together, thank you. It was lovely for my son to have a relaxed, enjoyable break away without being judged or under pressure to conform/fit in.”**