

April is the perfect time of year for growth and new beginnings. This month we have started not just one, but two new sessions! All about growing as people and growing plants for the environment.

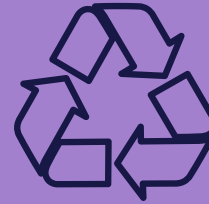


Wellbeing Holistic



We have been diving deep into our brand-new dedicated Wellbeing Sessions. These sessions provide a safe space for our young adults to step back and explore the different pillars that support a healthy life, focusing on the essential balance between physical, mental, and emotional health. By looking at wellbeing from every angle and breaking each element down into manageable chunks, our young adults are gaining a toolkit of strategies to help them navigate the challenges of early adulthood with resilience.

The sessions started off with the young adults deciding their own ground rules as a group, with every single person contributing and agreeing on how to make the space inclusive for everyone. With those rules in place, the group has been exploring how their physical habits and behaviours, such as movement, rest, and diet, interact with their mental and emotional states.



Ecohub Reduce, reuse, recycle!



We are thrilled to announce that our vision for a dedicated outdoor space has finally bloomed into life. Over the past few months, we have watched our brand-new outdoor classroom take shape, and it is now officially home to our Eco Hub Sessions. This vibrant space was built to provide our young adults with a hands-on environment where they can step away from their screens and dive deep into the world of sustainability.





It has been inspiring to see the group engage in open and honest conversations about how they process stress, manage their emotions and physical health, and support one another. By creating this safe environment, we are helping our young adults build a stronger connection with themselves and their peers whilst fostering healthy behaviours. Through group discussions and filling in worksheets, everyone is now curating their own “Wellbeing Toolkit” where they can keep a note of all the strategies that help them personally.

Wellbeing Sessions aim to empower our young adults with the tools they need to lead a healthy and successful life.



To kick the Eco Hub off, we started with a series of "escape room" challenges. The groups had to work together to solve complex environmental puzzles and prove that they are “eco-warriors” to "unlock" the new space.

The Eco Hub sessions are youth-led with our young adults choosing what they want to plant, researching the best conditions for their new plants and taking ownership of their area. We have some very keen gardeners who want to grow everything from potatoes to avocados. We have also done litter-picking sessions, which are very popular with our young adults! These sessions not only make our local area nicer, but has a lasting positive impact on the environment and the people who live in it. Our young adults aren't just growing plants, they're growing their confidence in the garden and learning how they can make a real impact in their community.

