



Inclusive activities for young people with additional needs

We have extensive experience of delivering a wide range of activities to groups with additional needs. These have included: the physically impaired, sensory impairments, learning difficulties (ADHD, ASD, MLD, SLD, and PMLD), challenging behaviour, acquired brain injuries and life limiting illnesses. Our instructors have received training on how to communicate and encourage personal and social development for those of all abilities. Trips typically vary from a day's activity to week long residential, structured programmes, through to independent living workshops.

Team Tasks:

Team tasks is a fun range of problem solving activities focusing on our model of teamwork which consists of five elements (communication, co-operation, trust, planning, and leadership). Because of its flexible delivery and broad variety of tasks; it is fully accessible and inclusive to those of any ability, simultaneously.

Orienteering:

Orienteering consists of navigation and exploration. Groups are taught skills so they are able to independently guide themselves around our onsite course, which has also been made accessible to our off road wheelchairs. Offsite navigating on Box Hill and Headley Heath is also available as well as other local orienteering courses.

Archery:

Our archery sessions are fully inclusive and we have specialised equipment to meet a range of needs simultaneously. A typical session will feature archery games and coaching, as well as learning about the equipment and sport. We have our own archery ranges and a field archery course.

Climbing:

The climbing wall has a range of options for people of all abilities. There is a low angled slab for easy climbing, a high angled slab as well as vertical and overhanging routes. We also have an adaptable hoist system that a climber can use to ascend fully independently, with assistance or fully assisted. There is also a powered mobile hoist that is available for chair transfer if required. The wall also features a high and low abseil. We also have a mobile climbing wall available.

Woodland Skills:

Woodland Skills studies the environment and how to best adapt to it. Immensely variable, our sessions focus on survival skills as well as environmental knowledge. Typical Woodland Skills activities can be: fire lighting; shelter building; environmental games; nature walks; cooking; cordage; tracking and tool use. Cooking in particular provides for an enjoyable sensory experience that also teaches transferable practical life skills.

Journeying:

We have an adventurous onsite route to explore that can be navigated using our off-road wheelchairs. There are also many possible beautiful offsite routes on our doorstep. Journeying can be adapted to include: bug hunting, team tasks, giant seesaw, navigating and teaching about the local environment.

Angel Blue:

Our 63ft fully accessible canal boat docked at Dapdune Wharf in Guildford can be used as a residential boat and can sleep up to 10 people. Equipped with two lifts for entry, toilets, showers, a kitchen and space for up to four wheelchair users. Trips can last a single morning/afternoon, or several days.

Water-based activities:

We have a variety of paddle sports available that can be adapted for a range of needs. Including: canoeing, kayaking, raft building, bell boating and sailing. At Thames Young Mariners we also have two specifically designed, highly accessible sailing boats also available.

Other activities:

Two challenge courses (team task based low ropes course), five high rope courses and mountain biking are also available and adaptable depending on the needs of the group. Our Henley Fort centre offers a Home Front living history day where students can learn and experience being a part of the Home Guard during World War 2.