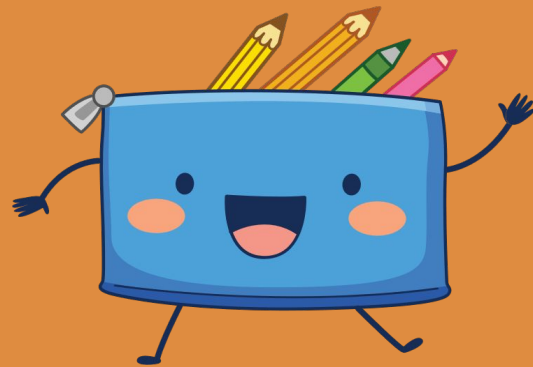
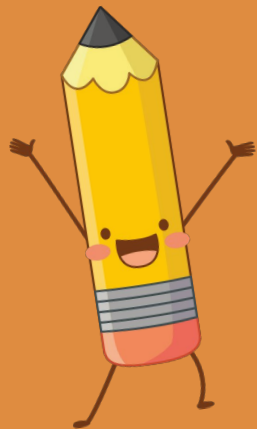


Momentum

Life Skills Activity Center

Activity Brochure



CONTENT

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3. Session Booking



4. Centre activities



Health living & wellbeing



Life skills foundation



Community engagement



Practical skill & creativity



Social skill & shared activity



Independent living & leisure



Rest routine & community inclusion

About Us

Our Core Mission & Aim



- Providing high-quality short-break opportunities for children and young people with additional needs in Sutton and surrounding boroughs.
- Aiming to give them somewhere to go, something to do, and someone to talk to through informal, experiential learning for knowledge and life skills.

Activities & Personal Growth



- Offering a wide range of personal and social development activities, including arts, drama, music, and sport.
- Committed to providing fun and high-quality experiences that improve lives.

Our Team & Support Structure



- Delivered by a dedicated, experienced team of PAs in our safe spaces and the wider community.
- Parent-free zone (apart from community activities), with a higher staffing ratio.
- Contact us to discuss additional support options and signposting.

OUR MISSION, VISION & VALUES

Inspiring and engaging young people through high-quality activities and experiences.

MISSION & VISION



MISSION:

To inspire and engage young people in high-quality activities and experiences that improve and enrich their personal and social development, raising their achievement, success, and aspirations in life.



VISION:

To provide access to high-quality leisure activities and experiences for those who have reduced opportunities elsewhere.

CORE VALUES & PROMISE



Fun



Develop positive relationships



Exceed expectations



Deliver high-quality opportunities



Prioritise additional needs



Valuing our people



OUR PROMISE

Delivered By:

Professional, approachable, experienced, and highly trained staff.

Committed To:

Inspiring, engaging, improving personal & social development, raising achievement, success & aspirations.

LEARNING OUTCOMES



PERSONAL

Developing skills to maximise personal achievement



PHYSICAL
Increasing physical movement and ability



KNOWLEDGE

Growing understanding relating to the wider world



SOCIAL
Improving behaviours to engage better with others



EMOTIONAL

Fostering positive feelings, emotional literacy, and mental health

Get Ready to Book Your Activities



1. Contact
info@bettercaregroup.co.uk
for availability



2. Receive confirmation of
availability



3. Make payment (A/C:
63917289, Sort: 60-14-41)



4. Receive booking
confirmation reply

Cancellation Policy



**More than 48
hours notice:**
100% session credit
issued



**Less than 48 hours
notice / No show:**
Full cost forfeited



Exceptions

Serious illness/injury
with doctor's certificate
considered for credit.

We show discretion in
exceptional
circumstances.

Health Living & Wellbeing

Stay healthy and workout! Our Fitness Sessions provide a safe, friendly, and active environment for young people to become more physically active. Our sessions provide a comfortable environment that combines many types of training in a sociable setting where young people can spend time, improve their physical and mental wellbeing, and catch up with friends.



Gym

Park Play & Community Walks



Trampoline



Yoga



Healthy meal preps



Social Activity

LIFE SKILLS FOUNDATION

A focus on practical independence, social-emotional learning, and vocational readiness, using tailored activities like sensory engagement, life-skills, and personalised curricula to build confidence, communication and critical thinking.



BUDGETING & MONEY MANAGEMENT

Budgeting basics,
Managing money.



KITCHEN SKILLS & SAFETY

Kitchen safety, Basic
cooking, Baking.



CREATIVE EXPRESSION (DJ)

Disc jockey activities.



SENSORY & LIFE SKILLS

Sensory engagement,
personalised curricula.



SOCIAL-EMOTIONAL LEARNING

Communication, confidence building.



VOCATIONAL READINESS

Critical thinking, practical skills.

Community Engagement

Focuses on inclusive, supportive environments where young person and families feel heard, connected, and empowered through tailored activities, peer support, and real-world experiences, moving beyond isolation to shared learning.

The key strategy is to create a safe spaces for youth participation, providing family support and integrating learning with community activities.



Farms / Gardens



Cinema



Playground



Travel training



Lunch in the community

Volunteering



Practical Skill & Creativity

Fostering imagination, problem-solving, and self-expression through open-ended play, arts, nature exploration, storytelling, music, and varied sensory experiences, focusing on the process, embracing mistakes, and providing adaptable materials to build confidence and unique ideas.



Messy play



Music



Art & crafts



Digital skills



Organising/cleaning



Divergent thinking

Social Skills & Shared Activities

Developing core abilities through play, role-playing, visual aids, and consistent modelling. Focusing on understanding social rules.



Independent Living & Leisure

Involves various support options, from living at home with skill-building assistance to focusing on **developing life-skills** like **budgeting and cooking**, often planned through their **Education, Health & Care (EHC) plan reviews**.



Life skill practice

i.e. shopping list, meal planning, budgeting and accessing education/employment.



Community shopping trip



Leisure activities

i.e. swimming, basketball, creative projects



Music & Sound

Play simple instruments (percussion), sing songs, or create a sensory environment with lights and music to explore sound and rhythm.

Rest, Routine & Community Inclusion

Essential routine skills with focus on building independence through breaking down daily tasks into small, visual steps, establishing predictable routines for clarity & security.

Incorporating activities that build life skills and emotional regulation, all supported by patience, flexibility, and positive reinforcement from PAs.

These sessions include activities such as:



Planning for the week ahead



Yoga & aromatherapy



Optional community activity i.e. café, park walk, faith/religious visits