

SPACE NI – Families with Disability Day Trip – August 2020



SPACE NI – Background

Throughout Covid-19 families with disabled children were telling us how exhausted, frustrated and worn down they were feeling. With the loss of many respite opportunities; no schools and lockdown they had no time to spend with their other children and hadn't had a day out for months as they struggled to manage the care of one child with additional needs, whilst keeping siblings safe and entertained.

In response on a beautiful Wednesday morning we headed to Mount Panther Farm with 6 families (23 children and 7 adults) and enough staff to ensure that each parent had someone to help them share the care throughout the day. Feedback from parents, children and staff was amazing.

At the end of the day we had tired kids, new friends and happy mums who swapped telephone numbers and have all signed up to join our walking group in September.



SPACE NI – What did we do?



Using the principles of the **Take 5** steps to wellbeing we helped families to:

Connect – We brought together families that are all living with disability.

Be Active – The parents and children loved getting outdoors and active, knowing they had help to ensure all stayed safe.

Take Notice – Parents shared information and the children made friends.

Keep Learning – Parents learnt so much from each other and were happy to support each other, lots of phone numbers shared and plans made to keep in touch.

Give – Giving the gift of memories and quality time to parents and children.



SPACE NI – How much did we do?

23

Children

7

Parents

3

Support
Staff

100%

Rated the day
trip a success

8

Hours of
Delivery

100%

Said they would
like to attend
similar outings

SPACE NI – What changed for the families?

"Very useful to enjoy time out with my family with help and support as would not be possible otherwise. Great location as needs to be a quiet place suitable for those with additional needs."

"It was great to meet new people, the kids had a ball and the staff made everything so easy."

"Just knowing that there was others there to support me with the children."

"It was fantastic to enjoy quality time with my children. My daughter is selective mute, she made loads of new noises. Felt really safe having the staff there for support for me and the children"

"100% of parents said they found this trip very useful for them and their children to get out together"

Space NI – Finally....



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