

all or  
nothing

**Come & Fly  
with Us!**

**beacon**  
arts centre

# Creatability

Accessible aerial movement  
sessions

**8th & 9th July**

**Age  
8 +**

*At the  
Beacon Arts centre*

**FREE!**

**ASN  
sessions**

## Information pack



### What to expect

Aerial harness and movement sessions specifically designed for young people age 8 + with additional support needs. The sessions are fully supported by All or nothing's professional facilitators and are free! Sessions are themed and have a multi-sensory aspect, providing lots of alternatives to allow for exploration and play! If you have any questions we would love to talk to you so please get in touch.

"Such imaginative storytelling!  
When she was able to play  
freely she really blossomed"  
- Facilitator

**Quiet  
breakout  
spaces**

### Sessions include

- Aerial harness
- Cocoons
- Circus toys
- LED light up toys
- Music
- Storytelling





## Who will be there?

- The sessions are capped at 8 participants
- All or nothing's professional facilitators are fully trained and experienced in working with ASN young people. At least 3 members of staff will support the session.
- Parents & guardians are welcome to stay

## Preparing for your session

- We advise wearing comfortable clothes with a second layer of joggers or trousers for comfort in the harness.
- Water and snacks!
- Prior to attendance you'll receive a pack with information and photos so you know what and who to expect!
- Parents & guardians are more than welcome to stay, but you can also use the opportunity to take a break



**Sessions**  
**10am: 2 hours**  
**1pm: 2 hrs**  
**3.30: 1.5 hrs**

"That's was so cool, I haven't done anything like that before!"  
 – participant

*"There's so little we can do in the holidays that is safe for him to take part in. He can come here and get all of his sensory needs met. If he could play and learn in this way all the time it would be wonderful for him"*

– Parent

Creatability at the Beacon Arts centre offer weekly creative sessions for neurodiverse and physically disabled young people from 4 – 22 years

**beacon**  
arts centre

ALL  
or  
NOTHING

## Book a space



01475 723 723

[www.beaconartscentre.co.uk](http://www.beaconartscentre.co.uk)

## Any questions?

**Ask Us**

[info@aerialdance.co.uk](mailto:info@aerialdance.co.uk)

## Follow us

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