



**THINK
18**

MAKE FRIENDS HAVE FUN

Tessa Denison, Hilary Freeborough and
Louise Collins



Hilary Freeborough and Louise Collins

THINKOUT is a THINK18 project, focusing on community based activities enabling our young adults to live, learn and work in their local community.

We develop positive relationships with workplaces and local projects in the local area providing work experience and volunteering opportunities for our young adults.

The young adults have a weekly 1:1 mentoring session to explore how they feel and their hopes and dreams, which can support their next steps. We have been developing individual pathways with some of them.

We are running activities that promote and develop effective communication and independent living skills, including making their own lunch; exercises to develop motor skills, strength and balance and a daily walk to enhance 'green' health and well-being.

THINKOUT are working closely with the Chichester Community Development Trust and other local communities.

What do we offer?

The THINK18 Charity is a post 16 provider for young adults with additional needs.

The THINKOUT Project helps get them ready for the world of work through community engagement and activities, which is run from Tuesday to Thursday during school hours as a necessary alternative provision.

The activities that we offer ultimately aim to unlock their potential as an integrated member of their community.

At THINK18, we provide other activities hosting x7 weekly zoom sessions and run regular Saturday morning activities.

Outside term time THINK18 run walks, theatre trips, workshops and have partnered with Mencap and Halow to meet other new young adults through activities.

This helps develop important social skills and offers young adults a relaxed and fun environment and to be around friends.



Who is eligible to join?

Anyone 16 or older can join many of our THINK18 groups such as ThinkFun and ThinkSaturday.

THINKOUT is run throughout the week (Tuesday to Thursday) during school hours as a much needed alternative. Young adults can attend all three days, or just one or two.

The plan is for this to be soon increased to 5 days per week.

In order to become a member of THINK18, the young adults must complete a detailed 'Getting To Know You' assessment with their parent or carer.

THINK18 has been commissioned since May, but there are currently fees for the services that we provide, all of which can be found on our website at www.think18.org.uk



Where are we located?

We are located primarily in and around the Chichester area.

We have developed a close working partnership with the CCDT at Graylingwell and with Seal Bay Resorts in Selsey.

Common venues include:

- The Apuldram Centre,
- One-O-Four on The Hornet,
- Graylingwell Park including The Pavilion and The Chapel,
- Crimsham Farm,
- Seal Bay Resorts
- The Retro and Vintage Charity Shop in town.

We offer Pub Night with young adults, families/carers in pubs around Chichester once a month.



THINKOUT Opportunities

At THINKOUT, we provide access to useful opportunities for our young adults.

These include coffee shop work, farmyard work, charity shop shifts, restaurant and bar work and termly work experience at “Sleeping Bunnies,” and a local early years setting.

These provide a good introduction to the world of work and develop important skills, all within a safe and supportive environment.



Involvement

Our parents can get involved with our parent committee, and we have a parent volunteer who acts as a link communicating between the parents and ourselves.

We also offer a WhatsApp group which can be joined to keep up to date.

Our 'Parent Committee' is organising ThinkCamp this year.

We hold regular zoom meetings with a Q&A section to address any queries that might be had.



Contact details

Our website can be found at www.think18.org.uk

You can reach us at **07768 765865** or drop us an email at hilary@think18.org.uk and tessa@think18.org.uk