

Horizons Short Breaks

*Friendship • Fun •
Future Pathways*

Safe, structured, and therapeutic short breaks for young people aged 13–15 and 16+.



BOOKING & ENQUIRIES

**FOR FURTHER INFORMATION OR TO BOOK A
CONSULTATION:**

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Welcome to Horizons

Horizons is KCL's therapeutic short breaks programme for young people aged 13–15 and 16+.

We provide safe, structured, and creative experiences that help young people:

- Build confidence and independence.
- Develop friendships and social skills.
- Explore creativity, resilience, and fun.

At Horizons, every session is designed with SEND-trained, trauma-aware staff, ensuring that young people are supported in a way that helps them thrive, not just attend.

“At Horizons, we believe every young person deserves friendship, fun, and the chance to build their future.”



Horizons is for young people who deserve more than just care – it's for those ready to grow in confidence, skills, and independence while having fun.

Horizons Short Breaks are designed for young people with SEND and additional needs, aged 13–15 and 16+, who would benefit from safe, structured, and creative short break opportunities.

Young People

Those with Special Educational Needs and Disabilities (SEND), including learning, social, and emotional needs.

Young people with an EHCP or identified additional needs.

Disabled young people who need accessible, inclusive activities.

Those who may struggle with confidence, friendships, or resilience – and who would benefit from small group, therapeutic support.



Families

- **Parents and carers who need respite and reassurance that their child is safe, engaged, and supported.**
- **Families who want their child to develop friendships, independence, and future skills in a nurturing environment.**

Commissioners & Professionals

- **Local authorities seeking therapeutic short break provision.**
- **Social care teams needing safe, creative respite opportunities.**
- **Schools, colleges, and supported housing providers looking for structured programmes to complement education and care plans.**

Pathways & Progression



Horizons is more than a short break – it's a journey of growth.

Each stage is designed to help young people develop confidence, friendships, and independence as they move towards adulthood.



Horizons 13–15

Friendship • Fun • Social Skills

- Build confidence in small groups.
- Develop resilience through creativity, teamwork, and outdoor activities.
- Learn practical life skills in a safe, therapeutic setting.



Progression into
Horizons 16+

Horizons 16+

Skills • Independence • Future Pathways

Gain practical independence skills (budgeting, cooking, travel training).

Explore creative and digital industries through hands-on projects.

Build resilience outdoors and in the community.

Preparing for Adulthood

From early teens to independence, Horizons supports every step of the journey



Independence • Confidence • Community

Horizons aligns with the Preparing for Adulthood framework:

- Friends & Relationships – building social networks.
- Independent Living – daily life skills.
- Employment & Skills – tasters and vocational projects.
- Community Inclusion – trips, showcases, and teamwork.

Programme Overview

How Horizons Works

Horizons offers a balanced mix of:

After-School Clubs – to recharge, regulate, and reset.

Weekend Clubs – for creativity, teamwork, and resilience.

Holiday Programmes – extended sessions for adventure and growth.

Together, these strands provide short breaks that are therapeutic, engaging, and fun – while giving parents and carers confidence and respite.



Horizons 13–15

✦ Friendship • Fun • Future Pathways

Horizons 13–15 offers a rich blend of creative, active, and therapeutic short breaks. Our programmes nurture confidence, resilience, and social skills, giving young people space to grow.



◆ **Core Strands**

Ignite – After-School Clubs

• 2 hours per session

Recharge, regulate, and grow after school.

🥊 **Boxing Clever – fitness & resilience**

🎭 **Creative Expression – drama, movement, arts**

🔍 **Independent Living Skills – cooking, budgeting, routines**

Pathfinders – Weekend Clubs

Saturday & Sunday • 3 hours per session

Weekends focused on creativity, teamwork, and resilience.

🎵 **Music Tech & Creative Media**

🎨 **Arts & Crafts and group challenges**

🎭 **Art of Change – exploring identity, resilience, and change**

Wild Horizons – Outdoor & Forest Activities

Weekend & Holiday Sessions

Nature-based activities inspired by Forest School principles.

🌳 **Fire-building, shelters, nature crafts**

👟 **Bootcamp-style teamwork challenges**


🌿 **Gardening, sustainability, and farm visits**




Quest – Holiday Programmes

School holidays • 5 hours per day

Extended holiday adventures and creative projects.

 Art of Change projects – storytelling & performance

 Learn-to-Do tasters (Hair, Beauty, Cooking)

 Cultural outings and trips

 End-of-week showcases

Why Choose Horizons 13–15?

Safe, structured, and therapeutic short breaks
Delivered by SEND-trained, trauma-aware staff
Mix of creative, active, and outdoor opportunities

Measurable outcomes:

confidence • resilience • social skills • independence

Horizons 16+

Horizons 16+

Friendship • Fun • Future Pathways

Horizons 16+ supports young people preparing for adulthood. Through creative projects, life skills, and outdoor experiences, participants build friendships, discover new strengths, and move towards independence.




What We Offer


Elevate – After-School Clubs

2 hours per session

Reset, recharge, and build confidence.

 Boxing Clever – non-contact fitness


 Creative Media – photography, podcasting, editing

 Independent Living Skills – budgeting, cooking, routines

Explore – Weekend Clubs

Saturday & Sunday • 3 hours per session

Try new things, develop resilience, and build friendships.

 Music Tech & Games Design


 Life skills & community projects

Wild Horizons – Outdoor & Resilience

Weekend & Holiday Sessions

Build resilience outdoors through nature and fitness.

 Woodland walks & team challenges


 Outdoor bootcamps


 Gardening & sustainability projects




Experience – Holiday Programmes

School holidays • 5 hours per day
Immersive holiday activities that
inspire growth.

 Hair, Beauty & Barbering tasters

 Creative arts, cooking, digital
projects

 Cultural outings & team trips

 Showcase events

Why Choose Horizons 16+?

Safe, therapeutic short breaks for older teens

Small group sizes, personalised support

Staff trained in trauma-aware and SEND practice

Outcomes:

confidence

• **independence** • **practical skills**

Innovation at Horizons

***At Horizons, short breaks
are more than safe spaces***

***– they are co-designed,
inclusive, and family-
focused.***



Young Ambassadors

Give young people a real voice in shaping Horizons.

Share feedback, design activities, and celebrate achievements.

Older members mentor younger ones, creating a peer-led progression pathway.



Accessibility for All

Adaptive tools and sensory supports built into every session.

Staff trained in communication-friendly approaches.

Exploring assistive and digital technologies to ensure every young person can take part fully.

Partnership with Parents & Carers

Families receive regular updates and invitations to showcases.

Coffee mornings and parent panels create opportunities for connection.

Short breaks provide confidence and respite as young people grow in independence.

"Horizons is co-designed with young people and built on family partnership. It is inclusive, creative, and future-focused."

Impact & Outcomes

Horizons delivers measurable outcomes in:

- ★ Confidence – feeling more self-assured in new environments.
- ★ Resilience – developing tools to cope with challenges.
- ★ Social Skills – forming friendships and working in teams.
- ★ Independence – building life skills for the future.



Key Objectives

Improving Emotional Regulation

Teach techniques to manage anger, anxiety, and stress through controlled breathing, mindfulness, and movement.

Building Confidence and Resilience

Develop self-belief through achieving milestones (e.g. Arts Award) and overcoming challenges.

Developing Employability Skills

Integrate soft skills such as goal-setting and problem-solving

Promoting Social Inclusion

Foster teamwork, communication and respect through group activities and peer-led exercises.

Enhancing Physical and Mental Health

Encourage regular physical activity, which boosts mood, reduces anxiety and promotes overall well-being.



Aligned Outcomes

These outcomes align with the Preparing for Adulthood framework and SEND Code of Practice, giving families and commissioners confidence that Horizons is both impactful and future-focused.



Why Choose Horizons?

Delivery Methods

Face-to-Face
Group
Blended Learning

Tailored Support

Every programme is customised to meet the unique needs of each group or individual.

Expert Team

Qualified professionals with extensive experience in SEND and SEMH education.

Holistic Approach

Interventions designed to boost confidence, improve engagement, and foster resilience.



Proven Impact

Focus on friendship, personal development, and well-being, emphasising life readiness.

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 Contact Us

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