



The Cherish Outdoors service started 2020 as a direct result of the pandemic: immersion in the great outdoors in small groups, responding to physical & mental health welfare (green social prescribing). Journeying to The Weald & all parts of The South Downs to roam the hills & woodland, all year round, in all but the harshest of weather; trying to foster a sense of purpose & accomplishment, as well as fun, to everyone's day.

All staff, other than the Service Co-ordinator are non-contractual, this means that staff availability is directly linked to places available. Cherish tries to staff 1:1 or 1:2 to ensure engagement, in addition to close support. Door to door transport is integral to the service. Places are strictly limited to those most suitable to the service (see below).

Cherish Outdoors caters to MLD/SLD individuals, with the following considerations, that relate specifically to the safety and welfare of all when out in the community & travelling on the minibus:

- Enjoying the company and attendant noise of others, while not exhibiting behaviour that poses a challenge or increases anxiety in other participants.
- Ability to follow/understand instruction, with specific regard to road safety.
- Allowing for the possibility that toilet facilities are not accessible for longer periods.
- Ambulant participants.

Evaluation of this service by parents/carers and staff has shown demonstrable benefits in health and wellbeing, not only stretching the young people, but discovering qualities previously unknown, leading to greater self-esteem (confronting learned helplessness) and allowing for achievement and skill acquisition in a non-academic setting.

Fees: holiday period 'scheme' rate: £45 per day include easter/summer/half terms etc. In addition, there is a separate term time service rate. All days include door to door transport.

Originally formed by parents and carers in the mid nineteen eighties as Children's Extra Recreation In School Holidays ,instigating fun for the sake of fun, tackling social isolation ,at a time when there were no specialist holiday services .

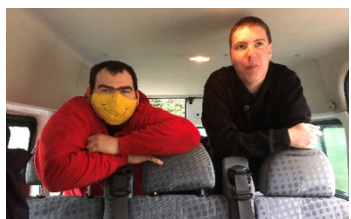
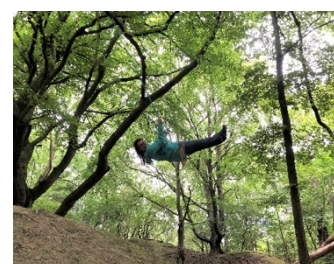
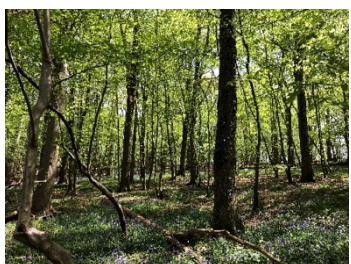
Cherish became part of Brighton & Hove's disability service in 2004.

Over the intervening years Cherish have run venue-based holiday services, minibus-based teenage schemes, and from 1998- 2020, evening specialist youth clubs.

All bookings and enquires via the Cherish office/Wellington House:

Telephone 01273 295171/296240

Email the service co-ordinator : [chris.kerridge@brighton-hove.gov.uk](mailto:chris.kerridge@brighton-hove.gov.uk)



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