

ELEVATE FOUNDATION ACTIVITY CALENDAR 2024

JANUARY - MARCH

JAN
23



FLAVOURS COOKERY SESSIONS

6pm-8pm, Ages 8-11 years

A fantastic guided workshop creating 2 dishes in 2 hours

Location: Flavours School of Cookery, BH7 6BQ £5 plus Eventbrite Fee

FEB
06



FLAVOURS COOKERY SESSIONS

6pm-8pm, Ages 12-16 years

A fantastic guided workshop creating 2 dishes in 2 hours

Location: Flavours School of Cookery, BH7 6BQ £5 plus Eventbrite Fee

FEB
10



BUTTERFLY MIND AND MOVEMENT

10am-3pm, Ages 11-16

Dance workshop that transforms mindsets through self-acceptance.

Location: Mad4dance, BH23 1QE

£5 plus Eventbrite Fee

FEB
13



STRESS RELEASE KICKBOXING

11am-12pm, Ages 11-16 years

A fun 1 hour kickboxing session to help alleviate stress.

Location: Mad4dance, BH23 1QE

£5 plus Eventbrite Fee

FEB
15



SKI TASTER SESSION AND RINGO'S

1.45pm-3pm, Ages 10-16 years

A Ski taster session followed by bouncing down the slope in a ringo.

Location: Snowtrax, BH23 6AW

£5 plus Eventbrite Fee

FEB
16



BUSHCRAFT SESSION

1.30pm -3.20pm, Ages 10-16 years

An enjoyable outdoor session teaching valuable wilderness skills.

Location: Avon Tyrell, BH23 8EE

£5 plus Eventbrite Fee

FEB
25



EMPOWERING YOUNG MINDS

4-5:30pm, For school years 7-11

Covering self-awareness, stress release, mindfulness, self-care, positive relationships, purpose. Feb 25th, March 3rd, 10th, 17th & 24th

Location: Mad4dance, BH23 1QE

£10 plus Eventbrite Fee

PARENT COURSES



We offer parent courses, please visit our website, and register interest.
www.elevatefoundation.co.uk

1:1 COUNSELLING



We recognise that some children and young people may need extra support and are able to offer 1:1 counselling service to 8-18 year olds in partnership with Relate.

TO BOOK OR FIND OUT MORE VISIT:
WWW.ELEVATEFOUNDATION.CO.UK

