



All you need to know about CADS...

Seashell CADS programme offers a wide range of fully inclusive activities for children and young people. We are delighted that you have chosen to get involved!

The benefits that the CADS Programme offers children and young people is proven. As well as developing confidence, self-esteem and health and fitness; CADS encourages friendships to blossom!

Children and young people can try CADS activities during school holidays or even more regularly as weekly evening sessions. We offer everything from football and swimming, to climbing and art.

CADS, formally known as Children's Able and Disabled Sport, is a series of unique inclusive sport, health and leisure activities organised by Seashell. The programme, which first started in 2003, began as a one-off week of summer holiday activities, designed to bring children and young adults to Seashell for them to take part in activities alongside our students and residents. The event quickly grew in popularity as there seemed to be nothing of its kind being delivered locally.

CADS has been successful in gaining short break funding from Stockport MBC and the support of a private donor to provide vital one-to-one support for children and young adults with more complex needs, making the events accessible to all.

CADS has adapted and changed to meet the needs of all who attend and will continue to evolve to be as inclusive and diverse as possible in its delivery through supporting children and young adults with complex needs.

A typical day at CADS

Our holiday CADS provision sees 50 children attend over a two-day period, these attendees come from all over Greater Manchester and number of the attendees are Seashell students and residents. Children are split into four groups, which are age specific. Each of these groups are supported by two team leaders, with a large number of the children and young adults being supported on a one-to-one basis, to support with their needs and to include them in the group and sessions. The children are supported either by Seashell staff or CADS crew team members.

Each groups takes part in four activities during the day, and these can include swimming, football, multisport, climbing, rebound therapy, arts and crafts, cycling and much more!

Our events are about having fun, making new friends and enabling children and young adults to be active!

Timetable for the day:

- Volunteers arrive 8.45am – registering at the CADS Hut
- Volunteer briefing 9.00-9.15am
- 9.15-9.30am – CADS staff whole briefing
- 9.30-10.00am – children and young adults register and arrive
- 10.00-11.00am – First activity
- 11.00-12.00pm – Second activity
- 12.00-01.00pm – Lunch
- 01.00-2.00pm – Third activity
- 02.00-03.00pm – Fourth activity
- 03.00pm – Sign out / home time – children
- 03.00-3.30pm – CADS debrief

Registration staff and volunteers:

All staff and volunteers to register at the CADS hut off the main drop of zone, when you enter site. Please sign in with the CADS coordinator on arrival and get a visitor's sticker.

What to bring:

- Appropriate sports gear and trainers ready to take part in activities
- Pack lunch
- Plenty to drink

Your role as a corporate volunteer at CADS:

As a corporate volunteer, your role is very important throughout the course of the day. You will be given a briefing by our staff in the morning, and we will explain what is expected.

Please see below details of the role:

- Help register the children and young adults on arrival to the CADS hut and hand out bag tags and wrist bands
- Escort families and children and young people to their groups on the first day
- When in a group to help support, encourage and support children and young adults to be included in the sessions and activities
- Have fun and take part in the activities!

Roles at CADS:

- **CADS coordinators** – (Orange Hi Vis)
- **Team Leaders** – 2 per group (purple Hi Vis)
- **CADS crew** (Blue Hi Vis –Seashell lanyard)
- **Agency staff** (Blue Hi Vis – Yellow lanyard)
- **Corporate volunteers** (Pink Hi Vis – visitors' sticker)
- **Young leader Volunteers** (Pink Hi Vis – visitors' sticker)

CADS registration – Children and young people:

1. First registration point – CADS hut on the sensory garden (the drop off zone)
2. Child receives a wrist band, name tag and bag tags
3. If child has medical needs or medication volunteer to take them to HCA station near reception
4. Volunteers and staff take them to allocated group
5. Participant to sign in with team leader

Each child will be given a coloured wrist band depending on their group, with a name on and 3 bags tags.

The children will then be split in to 4 groups of 10-12 children.

The groups will register and sign out in the following locations before and after each event:

- **Red group** – College Common room A – left side
- **Pink group** – College Common room B – right side
- **Green group** - Sports hall
- **Blue group** -College Dining room

Safeguarding our children and young people

Please be aware that the children and young adults we support are very vulnerable and have complex needs.

Any information you find out about the child or young adult is confidential and must not be discussed outside of Seashell.

Please keep yourself and others safe by not supporting a child one-to-one or being on your own with a child. Our staff are there to support the children at this level and have been trained to do so.

Some of the children and young adults at the event may display behaviors you have not seen before or experienced. Please do not hesitate to ask any questions or if you have any concerns, please do speak with a Seashell member of staff and we will be happy to support.

CADS is a truly unique event and your support is important! We hope that you get as much out of your experience as the children and young adults do on the day.

We are really looking for to your visit.

Thank you for your support!