

Phoenix Plus (16 – 30 year olds)

Life skills, healthy bodies and healthy minds

TERM TIME AT PHOENIX

Active Wednesday 11am—6pm

Creative Thursday 11am—2pm

Please ask for details

Sip and Sign (BSL practice signing group) Wednesday 3rd July, 6pm—8pm. £1



Activity: Welwyn Deaf Club BBQ

When? Friday 28th June

Where and time? Ludwick family club, Welwyn Garden City, AL7 4PH. 7.30pm — 9.30pm **Cost?** £6

(This is not a Phoenix led activity, please book through the Welwyn and Hatfield Deaf Club Facebook page)

Activity: Picnic and Phoenix meet up

When? Saturday 13th July

Where and time? Fairland's Valley park, Stevenage, 11am — 2pm

Cost? FREE (bring your picnic)

Activity: Creative Thursdays (ART)

When? Thursdays 8th, 15th, 22nd, 29th August **Where and time?** Phoenix centre, 11am — 2pm **Cost?** FREE

Activity: Escape from The Panic Room (<https://thepanicroomharlow.com/>) and lunch out

When? Wednesday 7th August

Where and time? 11am at Phoenix if travelling with us. Finish 5pm at Phoenix

Cost? £10

Activity: Adult Obstacle Course then chill out at Phoenix

When? Wednesday 14th August

Where and time? The Obstacle Arena, Norton Road, Baldock. Meet 11am to have lunch and travel with us. Finish 5pm at Phoenix

Cost? £5

Activity: Indoor/outdoor swimming and chill out @Phoenix centre

When? Wednesday 21st August

Where and time? Hitchin pool and Phoenix Centre. 11am - 5pm

Cost? £3

Activity: Thorpe Park

When? Wednesday 28th August

Where and time? All day, times and collection points on route to be confirmed. **Cost?** £20

LEARNING - SOCIAL - TRAVEL TRAINING - LIFE SKILLS

PHOENIX PROGRAMME

for Deaf Children and Young Adults

Youth Group 13 — 17 years

Phoenix Plus 16 — 30 years



Some things you should know...

- We have a group for young people aged 13-17 and we have a group for young adults from aged 16 to 30 years. If you are 16 or 17 years old, you can come to both or either of the groups.
- Some people use British Sign Language and some people do not. There will be a British Sign Language Interpreter at all of the sessions.
- Everyone's hearing loss is different, ranging from mild to profound, everyone is welcome.
- We are a friendly and relaxed group, you won't be asked to do something that you don't want to.
- There is a community transport scheme in Hertfordshire that can help you get to Phoenix if transport is a problem. Please ask us for details.

Phoenix Group for Deaf Children and Young Adults

The Hyde Out, 2-6 The Hyde, Stevenage, Herts, SG2 9SE



Website: www.phoenixgroup.org.uk

Email: youth@phoenixgroup.org.uk

Tel: 01438 722142 Text: 07519 175575

Charity Number: 1180870

For more information, please contact Julie:

Email: youth@phoenixgroup.org.uk

Text/Call: 07519175575

or book activities online at www.phoenixgroup.org.uk

BSL USERS : Information where? BSL videos at
www.phoenixgroup.org.uk

Family ACTIVITIES

Activity? Welwyn and Hatfield Deaf and Signing Club, family BBQ

When? Friday 28th June

Where and time? Ludwick family club, Welwyn Garden City, AL7 4PH. From 7.30pm

Cost? £6pp for adult BBQ and £3pp for children

Please note that this is not an organised Phoenix activity but some Phoenix members will be attending. Tickets can be booked from their Facebook page: Welwyn Hatfield Deaf and Signing Club

Activity? Gulliver's Land (for all the family or individual members age 13+)

When? Monday 5th August

Where and time? Milton Keynes, Buckinghamshire (a coach will be provided from Stevenage, Hatfield, St Albans and Hemel Hempstead)

Cost? FREE but a £10 deposit is required (you will get this back on the day)

Activity? Phoenix get together and picnic

When? Saturday 13th July

Where and time? Fairland's Valley Park, Stevenage, outside café 11am—2pm

Cost? FREE (please bring your picnic)

Youth Group Activities: Please note that the times shown for off site activities (not at Phoenix) do not include meeting or collection times if travelling with Phoenix Staff. Full venue address online.

Details will be provided upon booking at www.phoenixgroup.org.uk

Youth Group (13-17 year olds)

Activity? Archery

When? Tuesday 6th August

Where and time? The Meadow, Hertford, 11am—12pm

Cost? £5



Activity? Water Wipeout!

When? Thursday 8th August

Where and time? White Water Centre, Waltham Cross, 11.15am - 1.30pm

Cost? £5 (please bring lunch)



Activity: Outdoor Obstacle Course

When? Wednesday 14th August

Where and time? Norton Road, Baldock, 1.30pm—3.15pm

Cost? £5

Activity? Baking at Phoenix, plus table tennis, pool, games ...

When? Thursday 15th August

Where and time? The Phoenix Centre 11am—2pm

Cost? FREE (Bring lunch or money for lunch)



Activity? Learn Horse care plus enjoy a horse ride

When? Tuesday 20th August

Where and time? Oaks Cross Farm, Hooks Cross, 1.15pm—3.30pm

Cost? £15 (please eat lunch before you attend)



Activity? Art

When? Thursday 22nd August

Where and time? The Phoenix Centre, 11am — 2pm

Cost? FREE (bring a packed lunch or money for lunch)



Activity? Bubble Football (as pictured on front page)

When? Tuesday 27th August

Where and time? Westmill Farm, Ware, 10.40am— 12.30pm

Cost? £10 (bring a packed lunch)



Activity? Thorpe Park (for 13+)

When? Wednesday 28th August

Where and time? Transport provided from various locations on route, meeting times and places to be confirmed.

Cost? £20

Over 16s activities on the next page