

Heads Up!

Offers a 10 week Programme which provides activities and opportunities to build self-esteem and confidence and a chance to have fun.

South Cheshire Clasp adheres to child Protection Policies and Procedures. All staff and volunteers are DBS checked.



Buzzin Project

For more information please contact:

Emma or Stuart at South Cheshire CLASP

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By referral only.

Heads Up!

Promoting Emotional Wellbeing

For Young People
aged 13-16

(From lone parent and step parent families)



3.30pm - 5.30pm

Tuesday: @

Jubilee House

Crewe

CW1 2QA



What is Heads Up?

Heads Up creates a relaxed and friendly group environment with qualified, enthusiastic and supportive staff.

We provide a specially designed 10 week programme which contains games, crafts, and group activities, and a chance to meet new people, socialise and have fun.

Heads Up

A fifteen week Programme

Including:

Learning about myself

Happiness

Understanding family relationships

Learn to cope

with family breakdown

Acquiring life Skills

Improving self confidence

How might it help you?

We believe that this group can give individuals the chance to become a more capable resilient young person who is better equipped to cope fully with life!!

