



Family Information Pack

Building **confidence, life skills** and **friendships**.





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Welcome to Sirens & Sparkles

Welcome to Sirens & Sparkles First Aid CIC.

Our clubs provide a supportive environment where young people build confidence, develop life skills and make friendships while taking part in fun and engaging activities.

We understand that every young person learns and develops in their own way. Our aim is to create a welcoming community where members feel safe, supported and encouraged to explore new skills at their own pace.

Through teamwork, games and practical activities, young people are supported to grow in confidence and feel proud of their achievements.

Quick Overview

Sirens & Sparkles clubs are designed to support young people aged **5 to 25**.

Our clubs provide a supportive environment where members can:

- build confidence
- develop life skills
- explore first aid awareness
- make friendships
- take part in fun activities

Sessions follow a clear structure to help young people feel comfortable and confident.

Families can register interest through our website when they would like their child to join.





About Sirens & Sparkles

Sirens & Sparkles First Aid CIC is a community organisation focused on supporting young people through inclusive youth clubs and practical learning experiences.

Our clubs aim to create opportunities for young people to develop confidence, independence and life skills while feeling part of a supportive community.

Our Values

We aim to create an environment where young people can:

- feel welcomed and supported
- learn at their own pace
- develop confidence
- build friendships
- celebrate progress and achievements

Our Clubs

Sirens & Sparkles clubs support young people as they grow and develop new skills.

Members progress through three stages based on their age and development.

Sea Turtles

Ages 5–10

Sea Turtles is the first stage of the journey.

Young children explore activities that help build confidence, communication and teamwork through play.

Otters

Ages 11–17

Otters continue developing confidence while learning new skills and working together as a team.

Members begin exploring more challenges that help build independence and problem-solving skills.





Dolphins Ages 18–25

Dolphins focus on developing stronger teamwork, communication and leadership skills.

Young people take part in activities that build confidence and practical life skills.

The Sirens & Sparkles Club Journey

Members progress through the stages as they grow and develop.

 Sea Turtles →  Otters →  Dolphins

Each stage builds on the previous one, helping young people grow in confidence and independence over time.





A Typical Club Session

Sessions follow a clear and consistent structure to help young people feel comfortable and confident.

A typical session may include:

- Welcome and introductions
- Circle time
- Lesson/Activity
- Game
- Reflection
- Home Time

Having a clear structure helps members know what to expect.

Support and Safety

The safety and wellbeing of young people is always our priority.

Our clubs aim to provide:

- a supportive and welcoming environment
- clear session routines
- guidance from leaders and volunteers
- opportunities for young people to learn at their own pace

We aim to ensure that all members feel safe, comfortable and supported during sessions.





What to Bring to Sessions

Members should usually bring:

- comfortable clothing suitable for activities
- a drink (with name clearly labelled)
- any required medication (Needs to have Full Name, along with written instructions and given to Youth Manager)
- anything that helps them feel comfortable

Families will be informed if special items are needed for particular activities.

What Young People Can Gain

By joining Sirens & Sparkles, young people can develop:

Confidence

Trying new activities in a supportive environment helps members build confidence.

Friendships

Clubs provide opportunities to meet others and develop friendships.

Life Skills

Members explore teamwork, communication and practical life skills.

First Aid Awareness

Young people are introduced to basic first aid awareness and safety skills.

Independence

As members progress through the stages, they gradually build independence and confidence.





Joining Sirens & Sparkles

Families can register their interest through our website to be notified when spaces become available.

Registering interest allows us to:

- understand demand for our clubs
- contact families when places become available
- share information about upcoming registrations

We look forward to welcoming you

Sirens & Sparkles aims to create a supportive community where young people can develop confidence, friendships and life skills.

If you would like to join our clubs, please register your interest through our website.

www.sirensandsparklesfirstaid.org

Contact

For more information, please visit our website.

Website: www.sirensandsparklesfirstaid.org

