

A Halloween Evening

Spooktacular fun and connection for families

The True Colours Trust



nourish

Nourish Support Centre families arrived at dusk, eager for an exclusive Halloween event designed to delight, educate, and connect. Thanks to our provided transport, families who may have struggled with the remote location were able to join us, reinforcing our commitment to accessibility and inclusion. Wells green Farm opened its gates solely for Nourish families, the atmosphere was warm and inviting, even if a few skeletons and pumpkins popped up along the way!

With more than 60 visitors representing approximately 18 families, the event truly showcased the joy and diversity of our community. The farm buzzed with energy as little ghosts, goblins, and ghouls explored the venue in fancy dress.

Feedback from our families included:

“The farm was so welcoming, and the kids absolutely loved it!”
“Getting to feed the animals was amazing. My daughter has always been a bit nervous, but she was smiling the whole time. She even asked if we could visit again!”
“Having an evening event meant I could actually take part. It's rare that I get to attend things with my kids after work, so this meant a lot to us.”



While the focus was on fun, children and adults alike had the chance to connect with Wells green's friendly animals. Feeding them and learning about their care built both confidence and resilience, with many discovering comfort in close interactions with nature. Designed as an evening event, it welcomed working parents and caregivers, ensuring nobody missed out on the magic. The Wells green Farm Halloween Event wasn't just a seasonal celebration—it was an opportunity to spark curiosity, promote wellbeing, and make meaningful memories.

Christmas Time



A Season of Calm, Connection and Christmas Magic



Nourish Support Centre transformed holiday tradition into something profoundly thoughtful, joyful, and inclusive. Over 20 family groups took part in our specially designed Sensory Santa Sessions, ensuring every child could experience festive wonder on their own terms.

Held across eight sessions throughout weekends and weekday evenings, families were welcomed into the enchanting Santa Wonderland Grotto, a space intentionally created to be calm, engaging, and accessible. By scheduling individual 30-minute time slots for each family, the grotto became not just a visit, but an immersive experience where time slowed down, senses came alive, and each child felt seen.

By hosting sessions after 6:00 PM and on weekends, we opened the door for working families and created a quieter environment, reducing sensory overwhelm and easing access for those who might otherwise feel excluded.

The Sensory Santa Sessions reflect Nourish's belief that inclusion isn't an add-on, it's the starting point.

By honouring each child's pace, preferences, and potential, we gave families the gift of connection, confidence, and Christmas spirit.

Here's what families shared about their experience:

"We didn't think visiting Santa was possible this year. The quiet, calm space and friendly elves made it magical for Callum."

"The time slot meant we weren't rushed. We felt really special, the elves knew our child's name and made her feel at ease all the way through."

"The grotto was stunning but gentle, my sensory-seeking child loved touching the textures."



Nourish Youth Group

Creating connections, creativity, and calm every Wednesday



Every Wednesday, the Nourish Support Centre Youth Group turns our Community Hub into a lively space of imagination, music, friendship, and well-earned chill time. With a welcoming mix of regular attendees and occasional drop-ins, the atmosphere bubbles with warmth, laughter, and shared snacks.

Whether diving into intense campaigns of Dungeons & Dragons, getting hands-on with LEGO builds, trading tales about Pokémon, or enjoying spontaneous music sessions, there's always something for every young person to explore. We've also created quiet spaces to decompress, supporting emotional wellbeing and giving everyone the option to take part at their own pace.

The group's flexible format makes it accessible for families juggling different schedules, and its consistent popularity is a testament to how deeply it resonates.

One parent shared, *"It's the one evening my child always looks forward to, they feel relaxed, accepted, and excited to share what they've made or played."*

Whether crafting something new or simply kicking back, Nourish Youth Group offers a place to belong, grow, and be heard.



Teddy Bears Picnic

A Day of Sunshine, Smiles and Community Spirit

On 10th July, we marked National Teddy Bears' Picnic Day with a heart warming community event in the park and it was a roaring success! A total of 11 families joined us, with 39 people attending for a day filled with laughter, connection, and teddy bear adventures. Families took part in a sponsored approx. 2 mile woodland walk, raising funds to support future activities at Nourish. After the walk, we enjoyed a sunny picnic, traditional outdoor games like sack races, egg and spoon and parachute play. The event ended with a medal ceremony, where every walker received a medal for their brilliant effort. A day where families gathered, bringing inclusion through play.

100% of participants said they had fun



3 participant said they made a new friend



All but one participant said they saw their parent or carer smiling or laughing during the day



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Feedback from our families included:

“Thanks for a fab time at teddy bears picnic Holly and Kate and Olivia had amazing time” (Stacey)

“Ty for a lovely afternoon have came back burnt and kids had a fab time till the next time so ty to all staff that put it on” (Chantelle)

Circus Family Day

Giggles, Glue and a visit from the Zoo!

The Circus Family Day at Nourish Support Centre welcomed 28 individuals from 9 families, with children ranging from 2 years to 13 years. The session offered a relaxed and inclusive environment that encouraged choice led participation and supported children with additional needs.

Across a structured 4 hour programme, attendees engaged in tailored activities, including clown face crafts, circus themed games, face painting, and balloon sculpting, all designed to nurture creativity, social confidence, and sensory comfort.

A communal lunch of hot pizza provided a moment of shared connection, while the afternoon's hands-on session with the Mini Zoo Man created learning experiences through inclusive animal interactions. Feedback was gathered through both visual photo evaluation and an evaluation developed for children, with 95% participation, and captured strong indicators of emotional safety, engagement, and family bonding.



Pirates & Princess's Planks, Peas, Parrots & Piñatas!

Nourish Community Hub was transformed into a magical kingdom and high-seas adventure as part of our Pirates & Princesses themed family day, delivered in collaboration with *Play on Wheels*. The event was designed to support inclusive, self-directed play in a welcoming space where fantasy met freedom.

Children explored at their own pace, from treasure hunts and finding "peas from the Princess's bed" challenges, to walking the plank across shark-infested waters (complete with a shark piñata!). Life-sized pirate boats and a princess castle brought imagination to life, offering dress-up, storytelling, and sensory-rich discovery.

The crafting station was packed all day with activities suitable for a range of ages and abilities, from balloon sculpting, to sewing parrots and from tattoo transfers to scratch off crowns and much more!

THE STATS & FEEDBACK

- 18 children
- 11 families
- 14 adults
- 8 practitioners and facilitators

- *"The day and details were brilliant, from the piñata to the dress-up corner. Our whole family enjoyed the day."*
- *"It was great seeing the children choosing what they wanted to do without pressure. You could tell it was inclusive from the moment we arrived."*

Each child received a themed lunch pack, and the day closed with shared games and story time. The day embodied Nourish's values of inclusion, creativity and community connection



Beach Litter Pick Day

Seafield Shoreline Clean-up



Our Beach Litter Pick Day at Seafield Beach brought families, staff, volunteers, and environmental advocates together for a meaningful afternoon of coastal care. In collaboration with the Fife Coast & Countryside Trust, the event began with a warm welcome and safety briefing, followed by a hands-on beach clean supported by litter pickers and rubbish bags.

Participants of all ages collected rubbish, bottles, and debris from the shoreline, learning along the way about the environmental challenges facing our coast.

Our beach litter pick event fostered community connection, environmental awareness, and pride in our local area. Huge thanks to our partners at Fife Coast & Countryside Trust, and to every family who helped restore the shoreline.



FAMILY FEEDBACK:

"It felt great to work together as a family, my children better understand why protecting the beach matters."

"A relaxing and purposeful afternoon we'd love to come again."

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