

ADLINGTON SATELLITE YOUTH GROUP 2025

Empowering Our Youth:
Impact & Achievements



We're excited to share some of the wonderful things we've been doing at the Adlington Satellite Youth Group. Through photos and stories, you'll get a glimpse into the creativity, learning, and fun that happens in our sessions. We hope you enjoy seeing the impact these experiences have had on our young people and we hope the smiles in the photos speak for themselves!



OUR HIGHLIGHT THIS YEAR

One of the highlights this year has been our Learning Through Cooking sessions. It's not just about making delicious food – it's about learning new skills, teamwork, and building stronger connections as a group. From basic knife skills to creating full meals, everyone has been learning valuable life skills. Working together to prepare meals has helped us build stronger bonds and improve communication. We explore dishes from around the world, broadening our understanding of different cultures and traditions.

Parents have noted
improved communication
and independence.



Once a month, we host a cooking and basic life skills sessions. These include activities like meal prep, budgeting and hygiene. We also run fun food challenges that encourage creativity, team-work, problem-solving, and laughter. These sessions help build confidence and independence in a supportive environment.

WHY COOKING?

Cooking is an excellent way to help young people develop practical life skills, from following instructions to measuring ingredients and understanding nutrition. It also enhances their creativity, problem-solving skills, and independence. Through hands-on experiences, kids can build confidence, make better decisions, and learn the value of patience and persistence – skills that go far beyond the kitchen.



RESPECT & FRIENDSHIP WORKSHOPS

We host regular workshops focused on building respect, empathy, and friendship. Through role-play, group, discussions, and interactive activities, young people learn how to communicate effectively, resolve conflicts, and support one and another in a safe and inclusive space.



CREATIVE SESSIONS

CLAY WORKSHOPS



TEXTILES & CREATIVITY SESSIONS



Our creative workshops have expanded to include textiles, where young people explore sewing, fabric painting and design. These sessions foster patience, fine motor skills, self-expression, allowing participants to create something meaningful and personal.

