



ELHAP's

Saturday Night

BIG

Sleep Over's





A Sleep Over Project?

Attending a typical teenage sleepover is something most young people want to do, the ELHAP Sleep Over Project gives young people with disabilities the opportunity to experience this.



How will Sleep Over's run?

Each Sleep Over will run from 6pm Saturday night to 11am Sunday morning for up to nine young people (each Sleep Over will be single sex). At each Sleep Over there will be a number of arranged activities, such as beauty sessions, sports matches, dance classes, late night bonfires and karaoke competitions, which young people can choose to join in with. The other parts of the Sleep Overs will be service user led, allowing young people to decide what they want to do at their sleepover and this does not have to include sleep!



Who can attend?

The Saturday Night BIG Sleep Over Project is specifically for teenagers over the age of 13 years with disabilities who want to hang out with friends.

To attend young people will need the following:

- A desire to attend the ELHAP Saturday Night BIG Sleep Over's (rather than other types of overnight respite)
- Have an interest in developing friendships
- Able to cope with the physical limitations and demands of a sleep over
- Be over 13 years of age (we may in exceptional circumstances allow slightly young people to attend)

Please remember that the Saturday Night BIG Sleep Over Project may not suit everyone. It is all about having opportunities to spend a sleep over with friends.



ELHAP is an adventure playground for disabled and disadvantaged children and young people. It is located on a woodland site on the edge of North East London and Essex and has lots of outside space. ELHAP also runs a Day Service, Transition Project and Supported Volunteering Project for disabled young people and adults.



Further Information

To find out more information, please contact us on:



020 8550 2636



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www.elhap.org.uk



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