



# InSync

YOUNG PEOPLE | CHILDREN | FAMILIES | TEENS

## JOIN US FOR Drop In Sessions!

**MONDAYS** at The Clanfield Centre  
2 Endal Way, Waterlooville, PO8 0YF

Promoting positive wellbeing, confidence building and an opportunity to socialise with others in the same position

Every Monday from the 15th Sept 2025

£4 per  
young  
person\*

**3 Slots** for different groups, drop in  
at a time that suits you best!

### InSync

**2.15pm - 3.15pm**

For those who will not be in  
the classroom at this time

### InSync Family Drop In

**3.30pm - 4.45pm**

KS1 and KS2 family drop in  
session



### Teen Tea & Talk

**5pm - 6pm**

Support and activities for  
teenagers \*teens go free



Scan to see our website  
and learn more about  
what we do at InSync

Price includes games, arts and crafts, messy play and each session you will be provided with a sensory activity or strategy your child will make or learn to use and take home.

Plus, resources for the family and specialist advice and support for parents and carers.

# WHO ARE WE?



InSync offers support for **young people** as well as **parents** or **carers** who are looking for a safe space to grow, have fun and access advice. We specialise in adapting our sessions to suit all needs and abilities. We help young people and families to **understand emotions** and offer activities to provide positive outlets as well offering practical solutions and support.

Everyone that works or volunteers for InSync has first hand experience of navigating the challenges faced and looks to empower young people and families to access the services and advice they deserve.



## COMMUNITY

Services created based on community needs.



## INCLUSIVITY

Using innovative tools and interventions to engage even the busiest of brains.



## AWARENESS

Sharing knowledge in an accessible way.



## DEDICATION

Never settling for second best.



## BRIDGE BUILDING

Breaking down the barriers within communities and advocating for families.

“

All of you really helped Olivia and me. The knowledge you all have is amazing. Would highly recommend you. Thank you

”

“

My daughter is now more positive as she feels more supported and has ways of overcoming anxiety.

”

“

This course has been super helpful to us a family unit. The support we have received is outstanding. Thank you

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