

Look at what we got up to this month!

Our first newsletter of the year... As you know we're fully focussed on creating safe and supportive environments where SEND young people can flourish and make friends. This month we launched our services in Cheshire East with our first meet and greet. We settled into 2026 with themes such as 'New Year, New Me' and provided lots of sensory based fun.

Life recently in Oxfordshire

Our groups in Oxfordshire have been continuing to enjoy a range of engaging sessions to support the needs of each and every one of our young people. They particularly enjoyed the sensory based activities that included lots of bubbles and smiles. Eddie the Teddy paid a visit to meet our young people and listen to their feedback.



'New Year, New Me'

In Knowsley our Huyton group celebrated going into 2026 with the theme of New Year, New Me. The group set goals and understood the importance of setting, planning and achieving their goals. The older group created self-portraits, focused on self-reflection and the things that meant a lot to them. Some young people used this task to develop fine motor skills with the support of our staff.



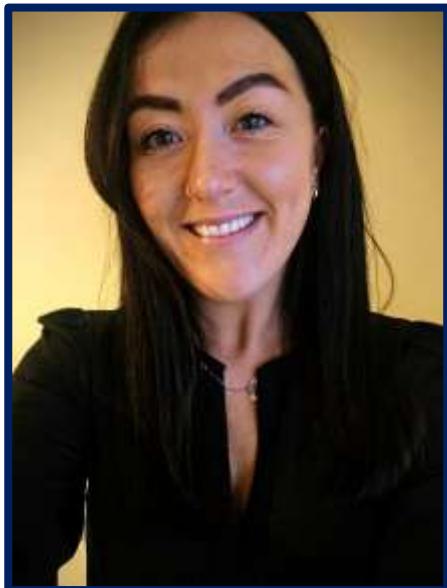
Cheshire East Launch: Meet & Greet

We were delighted to host our first Meet & Greet session as part of our new East Cheshire Short Breaks contract. Our Crewe session marked the beginning of our work with children and families across the borough and focused on relationship-building, inclusion, and creating a welcoming first experience. Parents and carers shared positive feedback about the welcoming nature of the session, the range of inclusive activities available, and the opportunity for their children to meet staff ahead of future sessions.



Meet the Team

Ellie Labron: Area Care and Quality Coordinator for the North East



Please welcome Ellie to The Endorphins Family!

"I'm the Area Care and Quality Coordinator for the North East, which means I get to travel around and visit all the amazing Endorphins sessions happening in our area. One of my favourite parts of the job is meeting all the brilliant young people and their families. I want to make sure that every time you come to Endorphins, you feel happy, safe and excited to join in the fun."

- I used to live in Tunisia and worked in Kid's Clubs, playing games and having adventures with children from all over the world.
- I'm a huge Harry Potter fan—so if you ever want to talk about spells, houses or magical creatures, I'm always ready.
- I love spending time outdoors, whether that's exploring, walking or just enjoying the fresh air.

Feedback

We love hearing what you and your young people think about our sessions! We use your feedback to improve our sessions so that they are the best they can be. Look at the feedback we received this month from our parents/careers.

If you have any feedback that you would like to give, please contact our customer service team

E: bookings@endorphins.uk ☎



Our February Half-term dates will be released very soon so keep an eye out for more information.

To find out more about our sessions or to book a place please contact our team:

E: bookings@endorphins.uk T: 0330 133262

Take a look at our YouTube channel to see our 2025 recap video, that highlights our key moments from last year!

YouTube: The Endorphins Group – 'Endorphins 2025 Recap'

<https://www.youtube.com/watch?v=kh8PpX4gRiE>