

CH – Physical Needs

In the past C had difficulty understanding how to manage his physical needs when outside of Pace and this was affecting his confidence to take part in activities.

Over the last 12 months we have introduced C to the gym and set up a bespoke programme for him, supported by Pace staff. This has allowed C to improve his physical fitness, health and confidence. C has gained increased motivation, and this has really shown in all aspects of his day with less support from staff.

C has also been taking part in 'wellbeing' sessions and has improved his communication around understanding his emotions and also advocating for his body and health.



One of C's goals is for him to communicate when he is in pain, which was a barrier previously. We have seen a great improvement in this area and is gaining a real understanding in how to manage his disability by using exercise in a positive way, which is having a great impact on his mental health.

C's mum has also expressed the difference she sees in C and that he is really proud of himself after every gym session that he does. This has also had a real positive impact on his mental wellbeing outside and in the community. Looking ahead it is vital that C is able to advocate for himself, that he can understand his disability and what his body is capable of doing should he give it the care and exercise that it needs.

This step of branching out into more community-based exercise regimes is giving C a taster of activities he will be able to do when he leaves school and beyond, and is setting him up for a healthy and independent future – a future where C can manage his own needs and be his own advocate.

