



## Newsletter Autumn 2 2024

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### Creative therapy hits the high street.

When our core provision needs something more... Introducing "Plan B'rendan" creative therapy. Launched this half term and based in our new building in the Precinct area of Gosport high street, this new provision was kindly opened by the Mayor and Mayoress of Gosport on the 9th of December. This is a huge development in Plan B's service delivery. It not only gives a much-needed area of high needs student support, but also an expansion of our premises, service and our skilled team to help reduce the barriers to learning for our students.

At Plan B, we constantly question what more we can do to support our students, their families and ultimately our wider community. Everyone agrees that we have a core model and strong unique selling point of marine and industry skills that drive our daily operations at our Park Street workshops. This model of vocational education is designed for our locality and skill set. It is interesting and engaging, has a track record of success because it is a diverse industry, and meets with Plan B's goal of equipping students for independent living and employment. Our feedback is consistently positive as we strive to help create a bright future. But our model of working closely with Special Educational Needs students dictates that we have some in our cohort needing extended wrap-around support to help them cope and give them strategies when outside of Plan B's nurturing environment. This is where we feel we can help more and where Brendan comes in as our creative therapist lead. Brendan's skill, experience and talent in this area of delivery is already proving infectious and our students are seeing the value in this area of our provision. They are designing, drawing, creating, painting and making pottery, alongside getting counselling and therapeutic support from our newest team members within our fabulous new premises.



## Opening day and the return of Canvas Creations.

And what an opening day it was. Firstly, we cannot say thank you enough for the ongoing support from our Mayor and Mayoress. Not only did they do the honours of officially cutting the ribbon on our new building, but they also continued to engage with students, staff, volunteers and supporters all morning. Talking all things Plan B, Gosport and future aspirations, they brought so much more to the day and made everyone smile throughout. A huge bonus in the run-up to the opening of this creative space was the return of the much respected and very talented Pablo the sailmaker. For those who may not know the connection, Pablo has worked alongside Plan B staff for many years in a training and social enterprise capacity. He uses his creative skills and talent to get students in front of a sewing machine, then watches them step away, heads held high, with a handmade holdall, bag, wallet, rucksack or many other desirable items. We have recreated this role to compliment our therapy through creativity model. But we also understand that the skills Pablo can teach our students also open up a route to employability within a great sector of the marine industry. This area of training will grow and evolve with our students and will become another strong option to aid transition into employment. The feedback from students so far has been very positive. The creativity, self satisfaction and enjoyment has been a joy to witness. Welcome back, Pablo, and well done to all involved. We look forward to building on this area of delivery soon.





Pizza

Barista & front of house



## Football Fridays, indoor rowing and boxing.

All comers are welcome to Football Fridays. We are lucky to have a very useable five-a-side football pitch only two minutes walk from our Park Street base - and it has certainly been put to good use this half term. We have seen some epic skills, team work camaraderie and a range of emotions on the pitch as some seasoned veterans have welcomed new players to the game. What a way to bring students together, using sport for development and providing exercise through fun and competition. Our indoor rowing challenge, using our Concept 2 rowing machine, has been well supported this half term, as students have competed to row the furthest distance in one minute. It has been quite infectious as students have listened to coaching tips and techniques in training and warm-ups before going all out to raise their personal best and hopefully gain a place or two on the leader board. We are developing a good number of proficient rowers at Plan B, so much so that we can clearly see that this activity will become a larger area of our operations in 2025. Our Plan B staff team is so dedicated to student development that, for our Christmas get together, we chose to complete a non contact boxing course. Not only did this present a great opportunity for further team building, but it will also give us more capacity to support students in another sport for a development pathway. Ten of us attended the Heart of Portsmouth facility. Led by the highly skilled and experienced Q Shillingford, we undertook six hours of intense training, from warm-ups to pad work, drills and skills, and much more. We already had one boxing coaching staff member, but now we have a full team to support this growing area of our provision. It will continue to be mentored by Q and the Heart of Portsmouth boxing club.



## Going the extra mile for SEN students...

This half term, Plan B students visited The Natural History Museum. As Plan B is a student-centred project. We listen, react and adapt to our students' needs and demands when we can. So, when one of our students suggested this may be a magical place to go, and cited genuine reasons for wanting to see some of the amazing exhibits in the museum, we considered his request thoroughly. After a debate within the team over risk versus reward, consultation with parents and carers, analysis of the distance to travel and whether it would meet other student needs, we (of course) booked the excursion. And what a trip it turned out to be. Seven intrepid students travelled to London with five staff members on a rite of passage to make secondary school-age memories.

A successful day for Plan B students.

Here is just some of the feedback from parents, carers and commissioners this half term...

Every time T\*\*\*\*\* comes to Plan B she's asleep, wiped out more or less, as soon as she gets home. Please may u stop working her so hard as I don't know how to cope with the peace 😊 😂 😍 😊.

Thank you for all the work and support for our students this year.

I appreciate everything you have done for me. LoL O\*\*\*\*\*.

Thank you to every student, every adult and every dog for making me welcome.

I am not sure where F\*\*\*\*\* would be without all of you guys supporting him. Thank you.

Thank you for everything you guys have done this year for A\*\*\*\*. He has absolutely loved it. Merry Christmas and a happy new year to you and all at Plan B.





## This term, we have also...

Provided more work experience for our Level Up Gosport partners. Made finger boards and mini skateparks. Trained a staff member to do in-house PAT testing. PAT tested every item of electrical equipment on site. Got driving lessons for one of our post 16 students with the fabulous Steer to Success. Donated a car to a post 16 student to aid driving lessons. Been donated an industrial sewing machine from our old friends at Arthur's Chandlery. Learned how to use a laser level. Refurbished a Hobart food mixer. Hosted more supporters' lunches. Invested in and were donated lots of Lego. Made canvas bags. Did Yachtmaster training. Made lots more Christmas decorations and sponsored a Christmas tree at The Alverstoke Christmas tree festival. Distributed loads more food to our beneficiaries. Built a smoothie bike. Attended The Saddlers company dinner as a guest. Were supported by the Alverbank Hotel anniversary party. Wrote, sang, recorded and uploaded more songs. Painted our logo on our new boat build, and much, much more...

Extra thanks to The Mayor and Mayoress of Gosport, Bosham SC, Good Directions, Lil Les, Able Steel, Moreland Motors, Warner Goodman, Mike and Sophia, all our staff, supporters, commissioners and amazing students.



## Thanks again for support this half term from...

Treebeard Trust. Howdens Insurance. Britannia Corporate Events. Haslar Marina. Fairview Sailing. Penelope Holdings. Howden Joinery. Langstone Adventure Rowing. Peas in a Pod Consulting LTD. Boatfolk. Dauntsey's School and Jolie Brise. YouBoat Chandlery. ATRacing. GBC. Dame Caroline Dinenage DBE MP. Councillor Jamie Hutchinson. Flick Drummond MP Hampshire CC. Councillor John Beavis MBE. Councillor John Gledhill. Hardway SC. The Alverbank Hotel. Wessex Resins. Cromwell Tools. Dream Yacht Charter. Inclusion Hampshire. British Marine. British Rowing. British Canoeing. Boatshed IOW. Lyn Hill Designs. MCO sailing, Phil Hadley. Nowmarine. Minerva Technical and MinervaEurope. The Royal Yachting Association. STANLEY Smallcraft, Alex Ward AKA Mini. Councillor Zoe Huggins. Councillor Lesley Meenaghan. Gosport Borough Council. The Friends of Hardway. Music Matters. The Luna Foundation. Gosport Road Runners and the Gosport Half Marathon fund. Mary Montagu-Scott. Jonathan Cheshire and Sail Training International. Malcolm Hicks and family. Jon Carver. Chris Best and the Mound Close. ASDA foundation. Councillor Martin Pepper. Lord Mayor Councillor Richard Earle. Pitt Street Indoor Skatepark project. Moreland Motors. The Marine Advertising Agency (MAA) RS Sailing. UK Harvest. The Trash Cafe. Able Steel. Marvels and Meltdowns. The Worshipful company of Saddlers. Martin Glanville. Last Cast Saloon. XW Rigging. Greene King. Hays travel foundation. The innkeepers. The KFC foundation. Land Securities. Team BCN, Lil Ies, Good Directions, PBO/Yachting monthly and Kay Stickland, Adam Seager. T by the Sea. Warner Goodman. Jacobs well centre. Our esteemed Members, and all our fab volunteers who have helped us so much so far...



## TEAM PROFILE: Workshop Manager

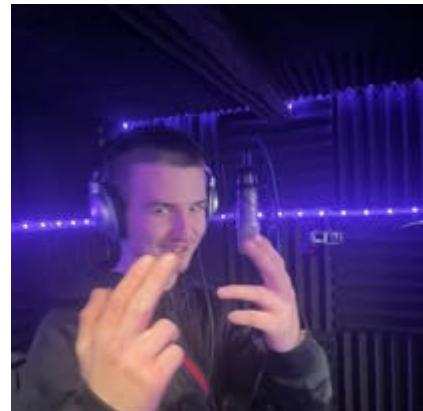
## Joseph (JJ) Swindale

Bringing marine engineering experience to the students of Plan B.



### STUDENT PROFILE: Jack B

A talented young man with a great future ahead.





An Alternative approach to Education



**MERRY CHRISTMAS**  
and a happy new year  
from all at Plan B





An Alternative approach to Education

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