

Scott – paediatric nurse in an acute community team



I led my first holiday in 2019, and the first thing to tell you is you **will** be proud of yourself if you do it! It'll be an exhausting but incredible week - a chance to give holidaymakers a week of adventure they might not otherwise have access to and to offer parents and families a well-earned break.

There were too many highlights to count. I saw the holidaymakers I supported gain confidence – starting off shy, but singing and cracking jokes that had everyone in fits of laughter by the end. I got the chance to see the smiles on their faces when they were out sailing on a lake with the help of an accessible sailing club. I had the chance to take part in a sensory 'story massage' session run by a volunteer who had experience working with children with complex needs – a chance for everyone to engage in a whole group activity and to really relax in the middle of an action-packed week. Mostly though, it was incredible to see the bond formed between volunteers and holidaymakers, and the trust the young people formed with our team.

I discovered a passion for supporting the health and wellbeing of children and young people through working as a community carer, and jumped at the opportunity to volunteer on Sense Holidays when I first learned about them. On my second holiday as a volunteer, someone suggested I apply as a leader. A comment that has always stuck in my head, and that was a real motivating factor in me applying to undertake the role, was that the number of holidays that can run each year – and so the number of holidaymakers who get to go on holiday – is really dependent on having enough leaders (especially men!) who can step up to be a leader.





There is an enormous sense of pride to be gained in planning and leading a successful holiday. You need to be passionate about supporting people with additional needs, and willing to work hard, but Sense will ensure all essential training is provided so that no holiday leader feels uncertain about the health or care needs of their holidaymakers. Volunteers come from all backgrounds and bring amazing skills, but will always need somebody to pull everything together and guide the team through the week.