

The Starfish Way

‘Unlocking Positive
Futures’





The Starfish Way programme

The Starfish Way is our flagship 25-week programme designed to support and enable young people with ASN to access opportunities and to achieve.

We offer 10+ achievement awards to young people with additional support needs. We support young people from 5-25 years old, including:

- Duke of Edinburgh's Award
- Saltire Award
- Heritage Hero
- Wild Journey (PKCT)
- Junior Award Scheme for Schools (JAS)
- National Outdoor Learning Award
- National Navigation Award Scheme
- John Muir Award
- ReVivR CPR
- Paddle Start



Our work goes way beyond delivering Duke of Edinburgh's Award. Through the framework of The Starfish Way we can help young people by:

Developing	Developing confidence and resilience
Supporting	Supporting them to develop a range of soft skills; communication, teamwork and problem solving
Offering	Offering support with employability and college
Building	Building positive and trusting relationships
Giving	Giving them purpose, meaning and structure in their life
Supporting	Supporting personal, social, emotional and educational development.



Barriers to participation...

Poverty, homelessness

Parents Who Don't Value Education

Mental Health

Disability

Learning Difficulties

Lack of Confidence/Belief/Ambition

Young Carers

Child Protection Issues/Edge of Care

Refugees/Asylum Seekers

The Starfish Way experience includes:

- Planting and maintenance of flowers, shrubs, fruit and vegetables
- Bushcraft, green woodworking and outdoor cookery
- Archery, orienteering, navigation and expedition skills
- Mental health support
- Forest bathing, wellness walks, relaxation
- Team building and leadership challenges
- Green woodworking
- Physical activities including paddle boarding, cycling, climbing, golf, cricket, team sports
- Voluntary work – litter picking, conservation, wildlife investigation
- Intergenerational support and mentoring
- Employability and independent living skills





Partnership approach...

- Megginch Walled Garden
- Bamff Eco-estate
- Denmarkfield Rewilding
- Cultybraggan Camp
- Quarrymill

Benefits of The Starfish Way

- Nurture, connection, self-belief
- Physical movement and skill development
- Attainment
- Mental wellbeing
- Personal development
- Social opportunities, meaningful relationships
- Resilience

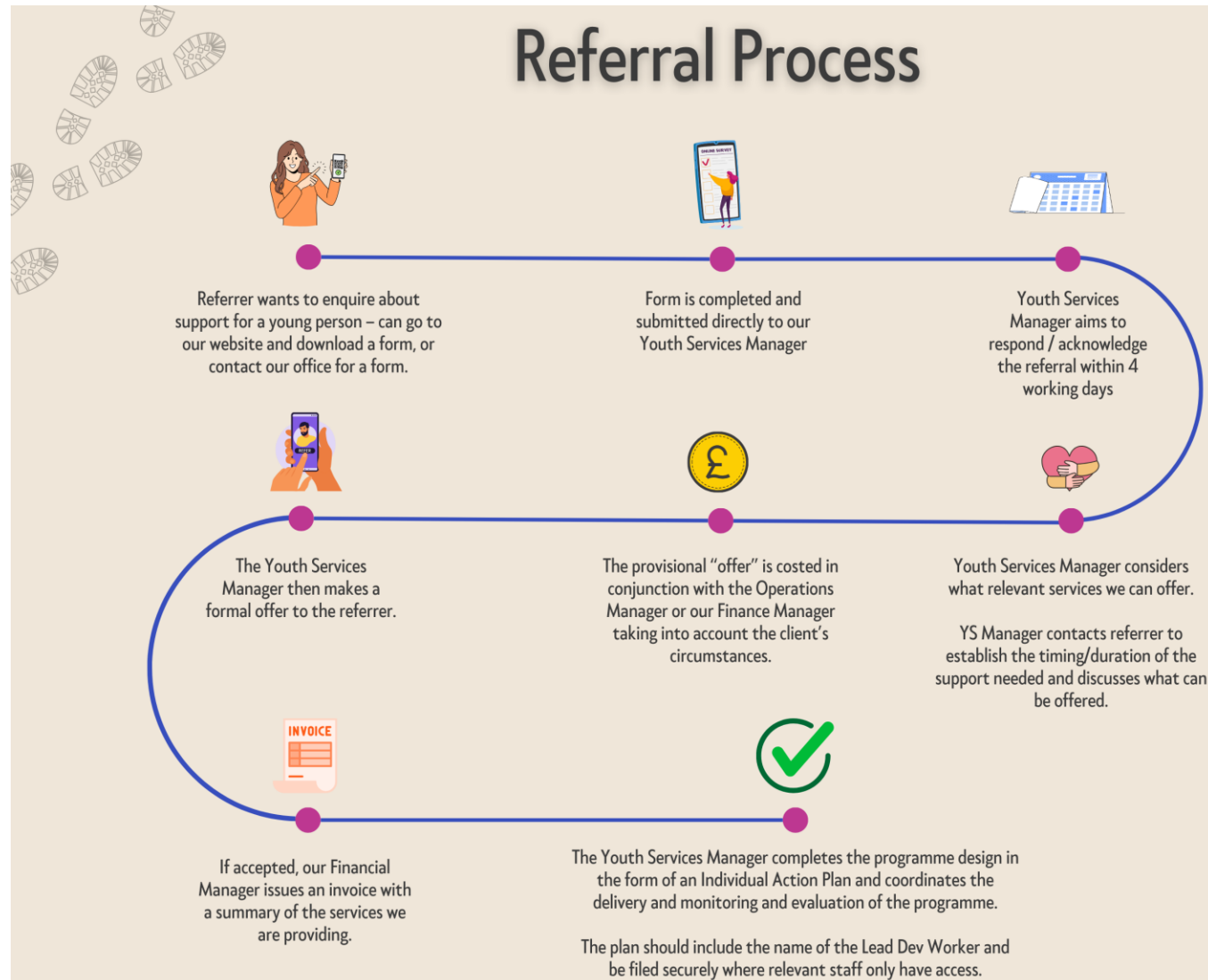


Mini Starfish Way blocks

- Customisable programmes
- 121 or small groups
- 6, 8 or 12-week blocks
- Nature and nurture
- Attainment
- Personal development
- Positive outcomes



Referral Process





Cultybraggan – activity and respite centre
– coming 2026/27

What our young people, parents and carers say:

Callum, "I liked camping at Cultybraggan and being a leader for the bronze kids."

Parent of young person, "We appreciate the opportunities that have been offered to Andrea and are enjoying seeing her growing in confidence and her own abilities"

Andrea, "It is fun, and I feel like everyone else; it is nice being in a group"

Personal assistant to a young person, "The SFW programme has helped him so much. He is speaking and contributing. His café visits with the group have given him the confidence to do this himself. He has been applying for volunteering positions and has a new lease of life. He still experiences bad days, but his life skills toolkit is constantly evolving and expanding to help him tackle the hard times."

"The Starfish Way programme has been incredibly beneficial for our son over the past few years. It gave him structure, purpose, and achievable goals that boosted his confidence and independence. The physical and volunteering sections helped him build routine and social skills in a supported environment. It's been a huge part of his personal growth and a real source of pride for him and us. Alex was an amazing leader, and if it had not been for her leadership skills and personality, I don't feel my son would have engaged."



To find out more or make a referral

Please contact Erica or Alex for further details:

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Thank you