

SUTTON

KEEN  
2GO!



MAKE FRIENDS  
MAKE MEMORIES  
MAKE YOUR MARK

25/26





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# WELCOME

We're back for another action packed year following our biggest summer holiday period yet - with over 1000 individual session bookings over the six weeks!

It was an incredible holiday schedule and the feedback we have received has been amazing. We now look forward to carrying momentum into our term-time sessions as we continue to deliver a service that is person-centred and led by the interests, ambitions and imagination of our members.

We continue to see our team grow and evolve to meet the ever increasing demand on services. Through all the bustle and noise of service growth we are working hard to ensure that we always stay true to our founding values and that every decision we make is in the best interest of those we support. It is on us to make sure that our growth only benefits our members through increasing opportunities and creating greater choice and control, whilst maintaining the same service quality that we have become known for.

I am proud to once again share our schedule for the upcoming academic year, and after 7 years of incredible moments, fun, friendships and personal development, I am more excited than ever to play a role in each of our members' individual journeys.

As always, I would like to thank all of our members and their families, along with our amazing staff team, for coming together to make Keen2Go the welcoming, inclusive and energetic community it has become. We look forward to welcoming you in and having you shape your own Keen2Go journey around your goals, ambitions and interests.

Together we grow.

**Robbie Keen**  
Director





# WHO WE ARE

Keen2Go is a respite service delivering a diverse programme of events and activities for people with autism and/or learning disabilities across Sutton and Richmond upon Thames.

Specialising in building key social interaction skills and supporting people to form meaningful relationships, we provide an inclusive environment for members to make friends, make memories and make their mark.

We root everything we do in the values of person-centred care and the empowerment of individuals to exercise choice and control over their own lives. We support our members to turn their goals and ambitions into reality and instil a culture within our experienced staff team in which our members goals become our goals too.

We are commissioned by the London Borough of Sutton and neighbouring local authorities to deliver our Sutton based service and work with those we support to develop a member-led schedule that reflects their goals, interests and ambitions. As a result, we have a wide ranging catalogue of themed groups that we are keen to ensure offers a suitable place to all.

As of September 2025, we are proud to support over 200 members across our term-time and holiday programmes and prouder still to remain committed to our founding vision and values throughout this growth.

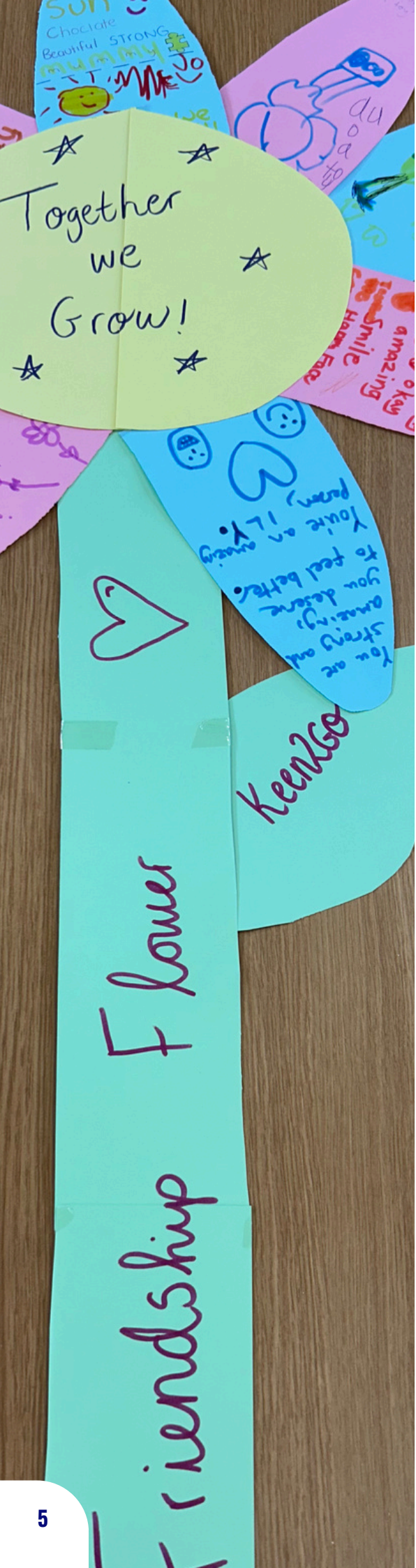
We receive exceptional feedback from members and parents/carers and are proud of our achievements in effecting positive outcomes for individuals and their families. It can be a confusing and often difficult path and we will be here through every step of the journey.

After seven incredible years of building this community, we look ahead to leading the line on a diverse and inclusive social offering for the people of Sutton and the surrounding area.

## WE ARE:

**INCLUSIVE**  
**PERSON-CENTRED**  
**MEMBER-LED**  
**EXPERIENCED**  
**DIVERSE**





## OUR TEAM

We are proud to work with an incredible team of support workers, each bringing their own unique life experiences and skillsets to the community.

We have support workers join us from educational settings, care providers, charities and sports coaching roles, and are keen to assist in their professional development.

Many of our support workers have been with us for a couple of years or more, and we have been excited to see some of them develop into Session Co-Ordinators and to take on other new responsibilities in the management team.

## WHO WE SUPPORT

- ✓ We support members with a wide variety of needs
- ✓ Support delivered on 1:4, 1:2, 1:1 and 2:1 ratios
- ✓ Age appropriate groups for both children (11+) and adults
- ✓ No upper age limit on adult service
- ✓ Experienced in supporting people with complex needs and managing behaviour that challenges



# WHAT OUR FAMILIES SAY

"Thank you for providing such a great range of activities & to all the K2G staff for looking after my child with such kindness and care."

"Robbie's team are absolutely amazing, they have provided care, and accommodated all aspects of our family's needs in a polite and professional manner, all of them have shown diligence and thoughtfulness, moreover they understand that it's the carers that also need looking after not just the young adults that they have in their care, the Keen2go service is that of excellence, I definitely would have struggled to look after my daughter the last couple of months without all of their help, kindness and support."

"Robbie, you and your team are amazing and the service you offer is fantastic. Always so enthusiastic to see our young people and make them feel valued and safe."

"Thanks for being such important people in our special kids lives and helping them grow into confident, happy teenagers."

"Thank you to all of you at Keen2Go for your amazing dedication and support of our young people. Each and every one of you are amazing and appreciated hugely."

"We are so grateful for your service and appreciate everything you do. Thank you!"

"We love what you have achieved and the community you have established and (my son's) life would be so less colourful if he were not part of the K2Go family."

"The support you've shown us on what was a tough summer has been incredible. The respite we desperately need kept us afloat."

"My son gets more independence and so do I - it's invaluable for both of us."

"I feel there is a great variety and something for everyone."



# THIS IS US



## MISSION

To empower people with autism and/or learning disabilities to exercise choice and control over their own lives.

## GOALS



To create an inclusive community that members are proud to call their own.

To create a broad programme of activities and events that offers something for everyone through age appropriate experiences.

To give people with learning disabilities the platform to express themselves and share their voice.

To develop social interaction and life skills to benefit independence and general wellbeing.

To provide respite for families and to support their needs.





## VISION

To lead on a world where people with autism and/or learning disabilities' goals, aspirations and personal choices are at the forefront of social care provision.

## VALUES



We believe that people with autism and/or learning disabilities deserve a healthy, varied social life.

We respect individuality and work in partnership with those we support.

Everything we do is guided by the goals and aspirations of our members.

We push boundaries and change perceptions.

# TERM-TIME SCHEDULE



# MONDAY

## ENERGIZERS

MONDAYS / 09:00 -15:00

Start the week off as you mean to go on with the Energizers. We aim to get out and active with walks, inclusive cycling and trampolining just a few of our favourite Monday activities. We're here to support members to enjoy an active, healthy lifestyle with their friends in a fun and relaxed environment.

## MONDAY CLUB

MONDAYS / 16:30 - 20:30

One of the originals and a long-standing favourite of our members. The Monday Club blends in-house and community based activities with lots of gaming, challenges and themed nights. We love our now legendary staff vs members challenge nights with staff defeats living long in the memory of the victors.

## FEEL GOOD MONDAYS

MONDAYS / 17:00 - 21:00



Planned, named and implemented by members, Feel Good Mondays is a new session that combines gym sessions with a pool and dart league on alternate weeks. We are excited to see how they get on and love to see a new option for our Monday night crew!

# TUESDAY

## KEEN EXPLORERS

TUESDAYS / 09:00 - 15:00

Keen Explorers sees members build confidence and learn new skills whilst exploring new and exciting locations and activities. We look to work around our members interests and involve them fully in the planning and organisation of a diverse schedule of trips out into the community.

## TUESDAY SOCIAL

TUESDAYS / 16:00 - 21:00

This year the Tuesday Social has grown from one session to three separate groups! With one group alternating between Flip Out and bowling each week, another between trampolining and Flip Out and the third a smaller group focused on individual interest. After a spot of dinner, all three groups give members the opportunity to attend the legendary Tuesday Club Disco to round the evening off with dancing and games with all of our Keen2Go friends.



# WEDNESDAY

## ACHIEVEMENT PROGRAMME

WEDNESDAYS / 09:00 -15:00

The Achievement Programme offers a person-centred approach to achieving personal goals and ambitions. In the past we have worked with our members on projects such as; planning for and ultimately visiting Paris, writing and completing weekly fitness plans and developing ideas for an ice cream and milkshake shop. We are keen to work in partnership with members to help transfer skills and knowledge attained through their personal interests to help reach personal goals.

UNDER 16s

## KEEN TEENS

WEDNESDAYS / 16:30 - 19:30

Our Wednesday Keen Teens session has taken off like a rocket and we now have three separate groups running each week with lots of active games, challenges and trips out into the community. As with all our sessions, we are led by our members ideas and craft the termly programme with them at the start of each half term - expect swimming and bowling as optional trips out and lots of themed nights in.

# THURSDAY

## TRIPPERS

THURSDAYS / 09:00 -15:00

The Trippers are back in town... for now. They may well be off for an exciting new adventure; including days out in London, trips to the coast or exploring the royal parks. We're all about getting out and enjoying new experiences with friends, whilst learning travel and trip planning skills along the way.

UNDER 16s

## KEEN TEENS

THURSDAYS / 16:30 - 19:30

Our Thursday Teens session gives members a safe and supportive environment to enjoy sensory play and develop communication skills. Members love to play with a multitude of resources, as well as getting out to the park and tucking into some dinner with friends. After dinner we like nothing more than getting the sensory lights and calming music on as our food goes down.

## A LOT TO TAKE IN?

We get that.

One of the first stages of our welcoming pathway is a home visit for a Keen2Go staff member to meet any prospective member and their family. They will work with you to decide the most suitable sessions to try out.

# FRIDAY

## SKILL SEEKERS

FRIDAYS / 09:00 -15:00

Skill Seekers is here to allow members to learn key skills in a fun and laid back environment. From travel skills to managing money, and cooking skills to social interaction, we develop lots of vital skills for everyday life beneath a top layer of games, dancing and trips into the community. It's not about learning to cook - it's about having a crack at the Great Keen2Go Bake Off. It's not about learning shopping skills - its competing in the Keen2Go Bargain Hunt. That's the way we like it, and that's the way we find works best.

## FRIDAY SOCIAL

FRIDAYS / 16:30 - 20:30

The weekend is here and boy have we got the session to see it in. Complete with trips to the pub, pool hall and meals out, on top of parties and games nights indoors - we are all about delivering exciting age-appropriate social activities for our members. There's no reason why our members shouldn't enjoy the pub and other social nights out as others their age might - we're just here to ensure everyone is enjoying their night with their friends.

# SATURDAY

## SUPER SATURDAY

SATURDAYS / 10:00 -14:00

Saturday is here and the show goes on! Join us for a nice and relaxed social morning with games, walks to the cafe and lots of chatter. The sun might not be out as much as we'd like - but when it is we don't half make the most of it, enjoying more than our fair share of picnics and games in the park. Grey skies won't stop us either with games at the centre and trips out to places such as the carvery and bowling.

UNDER 16s

## CLUB KEEN

SATURDAYS / 11:00 - 15:00

Club Keen is our weekend offering for young people aged 11-16. Blending in-house and community based activities, Club Keen offers a relaxed environment for its members to meet friends and unwind. We love to head off for lunches out, to visit the cinema, trampolining and other exciting activities as chosen by members, as well as enjoying arts and crafts, team games and baking back at the base.

# SCHOOL HOLIDAYS

## ACTIVE DAYS/EVENINGS

09:00 - 15:00 / 16:00 - 22:00

Active Days and Evenings allow members to get out and active during the school holidays. Past sessions have included football at Power League; inclusive cycling and a dance class; swimming and trampolining; and team building challenges in Richmond Park. We look to run around four Active Days or Evenings in each school holiday week.

## SOCIAL DAYS/EVENINGS

09:00 - 15:00 / 16:00 - 22:00

Social Days and Evenings are here to get members meeting their friends and socialising over fun and exciting activities. Some of our favourites include karaoke; themed parties for events such as Halloween; and trips to the cinema. In a typical holiday week, you can expect to see around six Social sessions - split between daytime and evening.

## TRAVEL DAYS

09:00 - 16:00

We love our Travel Days and they have provided countless moments that will live long in the memories of both us and our members. We love Brighton; trips into London; the theme parks; Coral Reef Waterworld; and Top Golf. But what we love more is hearing all of our members brilliant ideas for new trips and turning them into reality. We aim to offer around three Travel Days in each holiday week.

**Over Summer 2025, we  
were proud to fulfil over**

**1,000**



**individual session  
bookings across a diverse  
six week schedule**



# WEEKENDS AWAY

We aim to run at least five weekend away trips each year, running from 16:00 Friday to 16:00 Sunday. We like mix it up when it comes to our weekend offerings - with both active and adventurous weekends and those with more of a social focus, often enjoying places that we may not have the time to enjoy during our regular sessions.

The active weekends are complete with all the outdoorsy favourites - including archery, low ropes, team building and camp fires.

Our social activity focused weekends away have seen us put our glad rags on for a day at Goodwood Races, explore a big water park near Bournemouth and watch the sun go down on Brighton beach.

Whether you attend a socially focussed or active and adventurous weekend away, one thing is for sure - you will be learning.

From practical skills such as cleaning and washing up, to learning how to adapt to new environments and spend time away from home - we see so many positive outcomes come from our weekends away and it is incredibly rewarding to see friendships developing through new shared experiences.

“

*The weekends are really fun. I love the different activities we do and the staff are always really helpful.*

”



# ACTIVE SOCIAL TRAVEL







# FAMILY EVENTS

We are committed to building a strong family community that extends above and beyond our day to day service.

We understand the benefits that parent networks can offer, including providing advice, reassurance and feeling understood through shared experiences, and also recognise the impact that members needs may have on siblings and the rest of the family.

We have, therefore, worked hard to build a programme of all family events that we look forward to expanding over the next academic year.

Last year, we welcomed in a big crowd for our Halloween Disco, decked the halls for our Festive Fun Day and got together for our quiz night that also turned into an impromptu karaoke.

This year we look forward to adding more great events to the schedule, including a fun day held in partnership with the Change Foundation and the Fantastic Freddie Foundation and all the thrills and spills of a fundraising race night.

Please keep an eye on our social media accounts for any upcoming events, and if you are a member of Keen2Go be assured that we will provide lots of updates in group chats and newsletters.

Keen2Go's

# WHEELY BIG QUIZ Night

raising money for our minibus fund

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**11 APRIL 2025    18:30 - 21:30**  
**THE CENTRE WALLINGTON**

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**PRIZES TO BE WON**

**£10**

per person

Quiz Raffle Heads or Tails

Bring your own drinks / snacks

Teams 6 max

Contact us to book your table

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**KEEN  
2Go!**

Awesome events and activities for people  
with autism and/or learning disabilities

[www.keen2go.org](http://www.keen2go.org)



THE KEEN2GO  
MINIBUS FUND



# REFERRAL ROADMAP



Please contact us for further information

**THAT'S US - BUT WE'RE MORE INTERESTED IN YOU**

**HERE'S SOME OF THE ADVENTURES OUR MEMBERS HAVE  
TAKEN US ON...**

**BOWLING GAMING CRAFTS FOOTBALL DISCOS PARTIES  
TENNIS MEALS OUT CINEMA MINI GOLF TRAMPOLINING  
GO KARTING CRAFTS TAKEAWAYS SOUTH BANK BOCCIA  
CYCLING DANCING TOP GOLF LASER QUEST OUTDOORS  
POOL QUIZZES COOKING SHOPPING SWIMMING THORPE  
PARK BRIGHTON HYDE PARK GYM JUMPIN FUN THEATRE  
CARDS MUSIC ART BOAT TRIPS DODGEBALL HORSE  
RACING WEMBLEY FARMS ARCADES MUSEUMS ARCHERY  
BATTERSEA CHESSINGTON FLIGHTCLUB LITTLEHAMPTON**

**WHERE WILL YOU TAKE US NEXT?**

**Join the Keen2Go crew.**

**Where your goals become our goals too.**



together  
we grow

KEEN  
2G<sup>o</sup>!