



Programme Overview

Connect with Respect is a community wellbeing project in Thanet for girls aged 7 to 18, funded for two years by the [National Lottery Community Fund](#). Based at [Pie Factory Music](#) and run by [SHIFTwithinCIC](#), Connect with Respect is designed to offer a safe space for connection, expression and respect.

Through movement, breathwork, mindfulness and creative expression, girls can explore their emotions and learn practical tools such as boundary setting, emotional naming and positive self-regulation techniques. These skills build self-awareness and confidence; group work supports self-esteem and a sense of community.

The programme will be delivered across 30 drop-in sessions each year, throughout term-time, on Wednesdays from 4.30 to 6:00 pm. Each term-time block of sessions will be followed by a 3 hour half-term/ holiday workshop for parents and carers to attend alongside. Each block of sessions will have a seasonal mini-theme and a group creative project that grows as the girls do, helping visualise progress and collaboration. Sessions are fully accessible and flexible, designed so children can join at any time during the 90-minute window and still feel welcomed and included.

Tara and Kim are two mothers with lived experience of separation, divorce & coparenting. They have combined professional training in yoga therapy, child & adolescent mental health yoga therapy, understanding domestic abuse, safeguarding, divorce coaching and working with female survivors of sexual violence. They are experienced, skilled and sensitive facilitators with extensive programme development experience delivering trauma-informed support and education on ending violence against women & girls, and on health & wellbeing. Both are enhanced DBS checked, and SHIFTwithinCIC is fully insured.

Connect with Respect aims to strengthen wellbeing, nurture kindness and empower girls to trust their bodies, voices and choices.



Block 1

January to February 2026

Collaborative Project: The Connection Mural

Block 1 lays the foundation for the Connect with Respect community programme by helping girls understand the concept of grounding and emotional steadiness. These first six sessions focus on simple, accessible tools that help girls explore and understand the many inner states we experience throughout a day and over time, as well as the sensations in their bodies that communicate needs and emotions. This develops into identifying safety cues and regulating emotions through breath, movement, creativity and sensory exploration.

Choice is at the centre of the programme. Each week the space is set up with five areas that the girls can move freely between:

Art Hive: A collaborative space to create, express and contribute through art activities while exploring grounding, boundaries, kindness, strength and gratitude.

Sensory Station: A hands-on area for exploring textures, scents and objects to discover comfort and connection to the senses.

Zen Den: A quiet retreat for practicing self-regulation, with a new calming tool or technique introduced each week.

Flow Zone: An open area for movement. Girls can learn a new pose each week and explore movements that connect them to their bodies.

Connect Corner: A practical, hands-on space for building and creating together, exploring teamwork, communication and supportive connections.

By the end of the session block, girls will have:

- Learned multiple grounding and self-regulation tools
- Begun to identify personal safety cues and boundaries
- Experienced community connection and kindness
- Explored emotional expression through colour, movement and creativity
- Contributed to a shared mural that reflects their strengths and growth

Block 1 provides a gentle, steady introduction to the emotional literacy and wellbeing themes that the rest of the year will build upon.