

GoExplore Young Adults Social Club

Parent Impact Snapshot 2025

Building confidence, independence and friendships for young adults with learning disabilities and autism

Satisfaction & Inclusion

100%

Overall satisfaction rated 4–5 stars

100%

Feel welcomed and included by staff & volunteers

100%

Recommend GoExplore to another parent or carer

100%

Communication rated “Excellent” or “Good”

“Love all the photos on social media and seeing all the young adults enjoying themselves. You all do such a wonderful job – thank you.”

-Parent

How The Club Helps My Young Adult

Confidence

Parents report **improved confidence** – “Our son has loved attending GoExplore... his confidence has grown and he was welcomed the minute he walked through the door.”

Independence

Young adults are gaining **increased independence** – “We are more relaxed knowing he is happy and building up his confidence and independence in a friendly, happy, safe environment.”

Friendships & Belonging

Families talk about **reduced isolation** and new social connections – “Mencap has made fantastic improvements to his social life and given him lots of new things to try and opportunities.”

Communication & Social Skills

Parents see **better communication** and social skills, even for non-verbal young adults – “Being non-verbal it’s hard to know what he gets from club but the friendliness of the group keeps us coming back.”

Trying New Things

GoExplore supports a real **willingness to try new activities** – “He was very wary before club... now he is much more open to changes and willing to compromise.”

Reduced Loneliness

Parents highlight **reduced feelings of isolation or loneliness** – young adults are out in the community, enjoying bowling, music, animals, games nights and trips instead of staying at home.

“She loves coming to GoExplore. She joins in more quickly now and is more independent in doing so.”

“Our Wednesday club is run exceptionally well – all young adults are included.”

-Parents

Impact on Families

What Parents Tell Us

- **Reduced stress & breathing space:** “Yes, we are more relaxed knowing he is happy... it also provides valuable time for us as parents.”
- **Time together:** “Gives parents the house to themselves without carers” and space to rest from 24/7 caring and medical responsibilities.
- **Doing more as a family:** “We can do more things together these days with his willingness to try new things.”
- **Feeling safe & welcome:** “I love knowing he is at a club where he is safe and welcomed... I would like to thank Keynsham for another year of ‘Mencap magic.’”

“GoExplore has given our young adult a social life that feels fun, safe and inclusive – and given us as carers time to breathe.”

-Parent

Looking Ahead

Parent Priorities

- **More skill-based activities:** Photography, woodwork, gardening, drama coaching, science and music workshops, and visits to workplaces in the community.
- **Social, learning & fun:** More games nights, party games, bowling, trips to see bands and behind-the-scenes experiences at theatres and venues.
- **Holiday opportunities:** Parents would love to see holidays for 18–25s reinstated to build independence, confidence and give carers vital respite.
- **Practical tweaks:** A few families mentioned things like more sensory resources, healthy snacks and enough time to prepare for changes.

With sustained funding, GoExplore can keep being the place where young adults grow in confidence, build friendships and feel truly included – while families get the breathing space and hope they urgently need.