



Unplug to Reconnect – Youth Event FAQs

What is the date, location and parking arrangements?

The event is on Saturday 18th October 2pm-6pm. We encourage you to arrive at 1.30pm to register and receive your Yondr phone pouch. Parking will be available on site, along Fonthill Road - please see the map on the main event page which highlights where this is located. Once you have parked please walk down between buildings 16 and 19, and over to the theatre at building 11.

Event address; Kingswood School, BA1 5RG.

How much are the tickets?

Tickets are £10 per adult and £5 per child (aged 10-18). Please be aware we cannot offer refunds for tickets less than 7 days prior to the event.

Who is this event for?

This event is designed for **young people aged 10-18 and their parents**, who are curious about taking a break from their screens, improving their mental health, and connecting with themselves and others in real life.

Do participants have to hand in their phones?

Yes, but in a safe and respectful way.

Phones will be **collected at the start** and kept securely in a Yondr pouch with you during the session to help create a truly distraction-free environment.

What should participants bring?

- A water bottle and snacks (or money to buy something from the bar)
- A notebook and pen (optional)
- Comfortable clothes suitable for movement or sitting on the floor

Who is running the event?

The event is run by experienced, fully vetted facilitators, Laura Hughes and Nicola MacDonald:

- A qualified **Youth Resilience Coach / Mental Health First Aider**
 - A trained **Offline Facilitator and Digital Wellbeing Educator**
- All staff are DBS-checked and experienced in youth work and mental health.

What's the goal of the event?

To give young people a **genuine break from tech**, help them understand how it impacts their mental health, and offer tools for feeling more grounded, connected, and confident, online *and* offline.

How do I book?

You can reserve a spot via our website:

👉 <https://www.digitaldetoxclub.co.uk/events>

Who do I speak to about further questions?

Please email us – hello@digitaldetoxclub.co.uk