



Welcome to Summer 2015. We have an action packed programme for your child to enjoy this summer with some new activities added.

Please read through this with your child/young person, show them the photos and help them to choose the activities that they will most enjoy

This year we are collecting payment in advance, we have various payment options which will be sent to you with allocation notification.

We have tried to keep costs as low as possible, transport from the pick up point and back for the outdoor pursuits is included.

Centre activities £3 Members £5 Non-Members

Outdoor Pursuits £15 Members £20 Non-Members

Checklist:

1. Read through this booklet with your child / young person
2. Read the booking page to check you are up-to-date on the booking process this year.
3. Provide all your availability for the centre based activities.
4. Provide your child's/young persons choices for outdoor pursuits activities.
5. Complete the details on the last page & return to us by **10th June 2015**

What we are offering your child

- A minimum of 2 days outdoor pursuits activities.
- As many centre based activity sessions as we can offer, siblings are welcome to attend these sessions.
- Transport for all of our outdoor pursuits activities, Transport provided for centre activities based on numbers from the city and county pick up points.

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ADHD SolutionsUK



ADHD SolutionsUK



Activities at St Gabriel's

Mondays & Tuesdays Ages 8+ including siblings

Our Centre sessions offer a variety of activities from sports and the play ground to arts, craft, cooking, photography and dance. We are currently applying for funding to enable us to offer some very exciting arts projects so keep an eye on the Newsletter and Facebook for updates, hopefully we won't be waiting too long to find out!

These sessions are open to siblings , and we will offer as many sessions as we can.

Extra stuff—



Our centre activities are very busy and very noisy

'Great fun, keeps us busy not bored its FAB!!!'

Water sports at Hinckley—

Our water activities are lots of fun, we will once again be based at Hinckley, you will be able to try 3 different activities during the day these will vary from Kayaking, Canoeing, Raft building or bridge building plus what ever else Steve and Ernest can think up!!

For those young people who have been with us before and have experience of paddling we are offering a days river trip



Extra stuff—

It is essential that your child wants to take part in water based activities as we can't provide child care for those who just want to watch. They will get wet, have to change in communal changing rooms, and there are no shower facilities.

'Great fun, Kayaking was cool and I liked it when we got to jump in!'

Climbing High Ropes and Zip Wire Days at Beaumanor Hall

Our Beaumanor activities are lots of fun, you will be able to try at least 3 different activities during the day these will include the Zip wire, Climbing wall, Abseiling and Highropes plus whatever extra activity Steve and his team dream up! Last year it was crate stacking!!



Extra stuff—

It is essential that your child wants to take part in activities that involve climbing and travelling round a runway at height, these can be very scary activities PLEASE discuss this with your child, we only have 60 places over the 2 days and they will be very over subscribed!

'it was Brilliant and I enjoyed it, it was a bit scary as it was high!!!'

Woodland Adventure — Burbage Common

Our Woodland adventures are lots of fun, you will be able to try at least 3 different activities during the day these will include Den building, tree climbing and orienteering, this year there will be new stuff added which Steve and his team will surprise you with on the day!!!



Extra stuff—

It is essential that your child wants to take part in this activity that they like the woods and getting mucky and know that there will be walking and running involved! If they came last year, PLEASE discuss this with your child and make sure that they want to come again. We only have 60 places over the 2 days and they will be very over subscribed!

'Had a great time, climbing trees and the fire !!!'

Walking in the Peak District

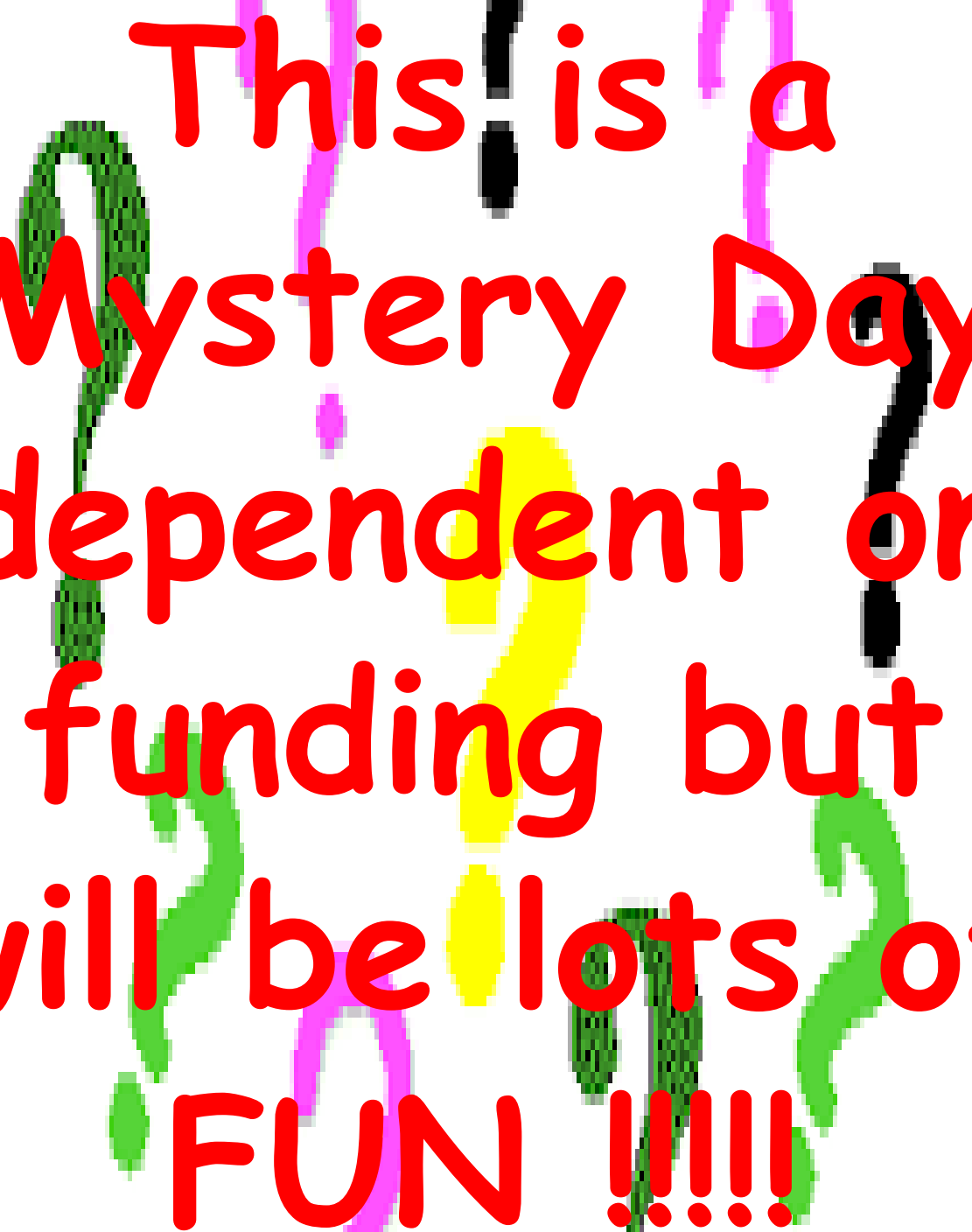
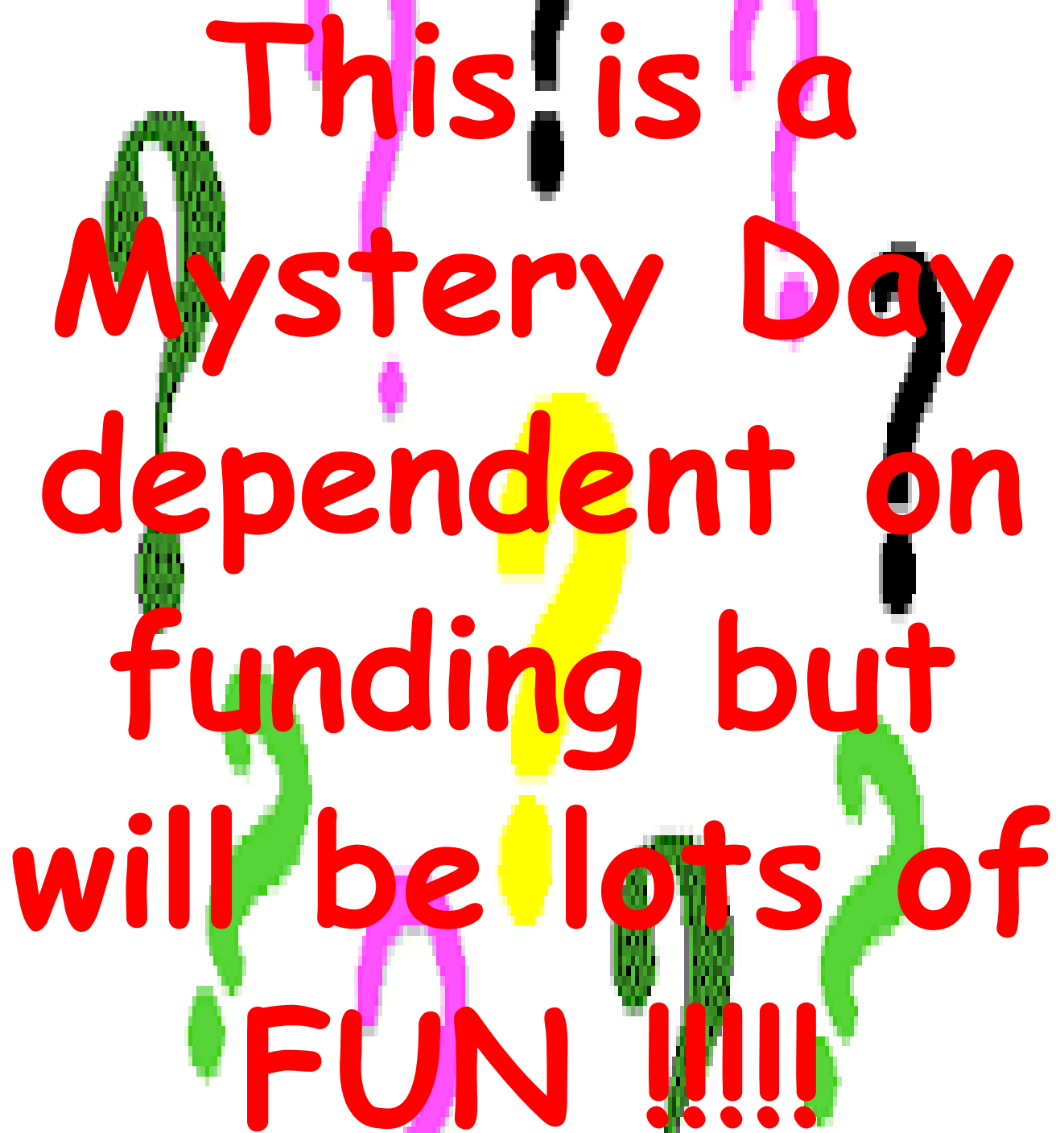
This is a very exciting new activity that we trialled at Easter, we will be traveling up to the Peak District to walk, taking in a variety of trails and experiences. The length of the walks will be approximately 7 miles.



Extra stuff—

It is essential that your child understands that they will have to complete the whole walk and wants to take part!! PLEASE discuss this with your child and make sure that they want to come. It is essential that they have strong shoes/boots or trainers that support their feet and that they have broken in so that their feet don't get sore. Places are limited by transport.

'Thank you for taking them, XX has loved it and wants to go again'



This is a
Mystery Day
dependent on
funding but
will be lots of
FUN !!!!!

Your child needs to be 8 years old to attend, if they are due to turn 8 during the summer activities programme (i.e. between 20/7/15 to 14/8/15) please let us know.

What do you need to do next?

1. Talk about the activities we have on offer with your child
2. find out what they would enjoy
3. fill in the booking forms
4. Keep a copy and
5. return them to us as soon as possible.

What will we do?

1. On 12th June we will hold our allocation day and allocate places to children and young people
2. Places will be allocated to members first and then in order of receiving the booking forms for non members. (Please contact Trisha at the centre to check your current membership status to avoid disappointment)
3. You will be notified by post during the week beginning 15th June.

What do you need to do when you have received the letter?

1. Check that you are still available for the dates allocated
2. Check that your child still wants to attend
3. Return the confirmation forms, travel requests and permission slips along with payment. (our allocation meeting is the 12th June)

We're proud to be able to provide these fantastic activities for the following prices:

- Activities at St Gabriel's: Members £3 Non-members £5
- Outdoor pursuits activities: Members £15 Non-members £20

Please speak to your coach in confidence if you need help with the costs of the activities

Payment can be made in full or by instalments but the full amount must be paid by 3rd July. Places will be re allocated if payment has not been received—please speak to your coach if this is a problem. You can pay in the usual ways - by cash, cheque or card.

Please complete one form per child; all children aged 8+ who have a diagnosis of ADHD or are suspected or having ADHD can attend ALL of our activity programme. Any siblings aged 8+ are welcome to join us at our St Gabriel's activities space permitting.

Please note that we will do our best to offer your child their first choices, if your availability changes between returning the booking form and the activities taking place we can not guarantee that an alternative will be offered. Unfortunately we are not able to give refunds for cancelled places.

Child 1

Centre Activities

1/2 day Monday and Tuesday

For children diagnosed with or suspected of having ADHD and their siblings,
aged 8+

Please tick **ALL** of the dates you are available and your child would like to attend, we will try and offer you as many sessions as we can. If you need more forms please feel free to copy them

Day:	Date:	Morning	Afternoon	Av:
Week 1				
Monday	20/07/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	21/07/2015	Art/ craft/sport etc		
Week 2				
Monday	27/07/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	28/07/2015	Art/ craft/sport etc		
Week 3				
Monday	03/08/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	04/08/2015	Art/ craft/sport etc		
Week 4				
Monday	10/08/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	11/08/2015	Art/ craft/sport etc		

Transport required from			
Leicester		Hinckley	
Melton Mowbray		Lutterworth	
Loughborough		Market Harborough	
Coalville		Nottingham	

Child's details:	
Name:	
DOB:	
Age:	
Address:	
Today's date:	

Special requirements

Child 1

Outdoor pursuits activities

Full day 9am-5pm Wednesday - Friday

For children diagnosed with or suspected of having ADHD, aged 8+

Please select the 4 dates you are available and your child would like to attend, we will try and offer you as many sessions as we can. If you need more forms please feel free to copy them

Day:	Date:	Activities:	Venue:	Choice
Week 1				
Wednesday	22/07/2015	Orienteering, woodland adventures, den building & survival tactics	Burbage Common	
Thursday	23/07/2015	Water sports -	Hinckley Water Activity Training Centre	
Friday	24/07/2015	Mystery Activity Day ????????????		
Week 2				
Wednesday	29/07/2015	Water sports - canoeing, kayaking & raft building	Hinckley Water Activity Training Centre	
Thursday	30/07/2015	Climbing, abseiling, high ropes, zip wire	Beaumanor Hall	
Friday	31/07/2015	Walk	Derbyshire	
Week 3				
Wednesday	05/08/2015	Water sports	Hinckley Water Activity Training Centre	
Thursday	06/08/2015	Orienteering, woodland adventures, den building & survival tactics	Burbage Common	
Friday	07/08/2015	Walk	Derbyshire	
Week 4				
Wednesday	12/08/2015	Climbing, abseiling, high ropes, zip wire	Beaumanor Hall	
Thursday	13/08/2015	All Day Paddle—Young people must experience from previous years	Hinckley Water Activity Training Centre	
Friday	14/08/2015	Seaside trip for all the family to Chapel St Leonards!		

Transport required from			
Leicester		Hinckley	
Melton Mowbray		Lutterworth	
Loughborough		Market Harborough	
Coalville		Nottingham	

Child's details:	
Name:	
DOB:	
Age:	
Address:	
Today's date:	

Child 2

Centre Activities

1/2 day Monday and Tuesday

For children diagnosed with or suspected of having ADHD and their siblings,
aged 8+

Please tick **ALL** of the dates you are available and your child would like to attend, we will try and offer you as many sessions as we can. If you need more forms please feel free to copy them

Day:	Date:	Morning	Afternoon	Av:
Week 1				
Monday	20/07/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	21/07/2015	Art/ craft/sport etc		
Week 2				
Monday	27/07/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	28/07/2015	Art/ craft/sport etc		
Week 3				
Monday	03/08/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	04/08/2015	Art/ craft/sport etc		
Week 4				
Monday	10/08/2015	Art/ craft/sport etc	Art/ craft/sport etc	
Tuesday	11/08/2015	Art/ craft/sport etc		

Transport required from			
Leicester		Hinckley	
Melton Mowbray		Lutterworth	
Loughborough		Market Harborough	
Coalville		Nottingham	

Child's details:	
Name:	
DOB:	
Age:	
Address:	
Today's date:	

Special requirements

Child 2

Outdoor pursuits activities

Wednesday - Friday

For children diagnosed with or suspected of having ADHD, aged 8+

Please select the 4 dates you are available and your child would like to attend, we will try and offer you as many sessions as we can.

Day:	Date:	Activities:	Venue:	Choice
Week 1				
Wednesday	22/07/2015	Orienteering, woodland adventures, den building & survival tactics	Burbage Common	
Thursday	23/07/2015	Water sports -	Hinckley Water Activity Training Centre	
Friday	24/07/2015	Mystery Activity Day ????????????		
Week 2				
Wednesday	29/07/2015	Water sports - canoeing, kayaking & raft building	Hinckley Water Activity Training Centre	
Thursday	30/07/2015	Climbing, abseiling, high ropes, zip wire	Beaumanor Hall	
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Wednesday	05/08/2015	Water sports	Hinckley Water Activity Training Centre	
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Friday	14/08/2015	Seaside trip for all the family to Chapel St Leonards!		

Transport required from			
Leicester		Hinckley	
Melton Mowbray		Lutterworth	
Loughborough		Market Harborough	
Coalville		Nottingham	

Child's details:	
Name:	
DOB:	
Age:	
Address:	
Today's date:	