

Reach4Reality

Throughout 2023/24 Reach4Reality is running a series of short activity sessions for small groups of young people with a social communication difficulty such as autism. This is open to any young person aged between 9-20 living in the Highlands, primarily new young people (although if not all places are taken, they will be offered to those already doing activities with us). Places will be more limited than in previous years, with a maximum of 3 or 4 young people per session. This will be part funded through a grant from Shared Care Scotland (Better Breaks Fund). If you would like your young person to be involved in some of these activities, please complete and return the form below to us as soon as possible:



Name of Young Person:

DOB:

Address:

Home Tel no:

Mobile:

Email address:

Details of social communication difficulty:

Details of any previous experience of outdoor activities and other opportunities currently available to the young person:

If your son/daughter is new to Reach4Reality, please indicate whether you would like a home visit prior to the sessions he/she is interested in:

Please indicate if you will be using Self-directed support to pay for these sessions:

YES/NO

Who would you like to be invoiced for these sessions:

Please indicate to whom we should send the invoice and whether by email or paper copy:

Further details and kit list etc will be sent out before the start of each activity. Activities will be led by appropriately qualified staff and the young people will be supported by our staff and volunteers.

The number of places available on each activity will be limited, so to ensure a place please complete and return the form as soon as possible. If you have any queries please contact:

Reach4Reality is registered with OSCR as a SCIO: SC 043934 and with the Care Inspectorate as a Support Service. Reach4Reality is supported by Shared Care Scotland.

Short
breaks fund

Sylvia Longbottom, Project Coordinator on 07796905339 or
sylvialongbottom@reach4reality.org.uk

The activities we hope to run are outlined below. Please indicate which your young person would be interested in:

Activity	Dates of activity sessions	Location	Cost per session	Tick if interested
Learn to ride: This is for young people who are not yet able to ride a 2 wheeled bike, but would like to learn. Gradually gain in confidence with these progressive sessions. Bikes and helmets provided if required.	6.30-8.00pm Tuesdays: 25.4.23 2.5.23 9.5.23	To be confirmed, but within the Inverness area	£20.00	
Foundation Trail cycling: Bring your own bike (if suitable) or borrow one of ours. We will explore some of the easier local bike trails: suitable for people who have basic bike skills and would like to progress to trail cycling Led by Colin Gemmill, Trail Cycle Leader, supported by Sylvia Longbottom, Project Coordinator & other R4R staff or volunteers	6.30-8.30pm Tuesdays: 16.5.23 23.5.23 (to be confirmed) 30.5.23	Trails around Inverness First session: Meet in car park at Torvean Park , Inverness. Future sessions: we will let you know location. If you are unable to transport your own bike to Inverness, please let us know and we can try and arrange a pick-up from home.	£20.00	
Mountain Bike skills: Improve your mountain biking skills. Bring your own bike (if suitable) or borrow one of ours. Led by Colin Gemmill, Trail Cycle Leader, supported by Sylvia Longbottom, Project Coordinator & other R4R staff or volunteers Ideally, we would ask that only those who have completed the Foundation trail biking session with us come on these	5.30-7.30pm, Tuesday evenings: 19.9.23 26.9.23	Trails around Inverness Venues to be confirmed nearer the time If you are unable to transport your own bike to Inverness, please let us know and we can try and arrange a pick-up from home.	£20.00	

Kayaking: Have a go, learn new skills, have fun: Led by Colin Gemmill & Sylvia Longbottom, BCU level 2 Canoe coaches, supported by other Reach4Reality staff	6.30-8.30pm, Tuesday evenings: 6.6.23 13.6.23			
Canoeing: Have a go, learn new skills, have fun: Led by Colin Gemmill & Sylvia Longbottom, BCU level 2 Canoe coaches, supported by other Reach4Reality staff	6-7.30pm, Wednesday evenings: 22.8.23 29.8.23 5.9.23	To be confirmed, either Muirtown Basin or Dochgarroch	£20.00	
Badminton/indoor climbing:	We may run some badminton and indoor climbing sessions during the autumn term/spring term 2023/24. Please let us know whether you might be interested in these. Tuesday evenings.	To be confirmed Indoor climbing: October-January Badminton: February-March	£10 Approx £25- £30	

Signed: (Parent or guardian)

Date.....

Please return form to: Reach4Reality, 42 Seafield Road, Inverness IV1 1SG or email to sylvialongbottom@reach4reality.org.uk