



Reach4Reality

Throughout 2019/20 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 9-18, living in the Highlands, both those who already do activities with us and new young people. This will be funded through a grant have been awarded by 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

Would you like to be invoiced for these sessions: YES/NO

If Yes, 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: Sylvia Longbottom, Project Coordinator on 07796905339 or info@reach4reality.org.uk

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**

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
<p>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 volunteers</p>	<p>6-8.30pm Thursdays: 18.4.19 25.4.19 2.5.19 9.5.19</p>	<p>Trails around Inverness Meet outside Hilton Light House, 4 Tomatin Road, Inverness, IV2 4UA. 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.</p>	<p>£15</p>	
<p>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 volunteers</p>	<p>6-8.30pm, Fridays: 17.5.19 31.5.19 7.6.19 14.6.19</p>	<p>Trails around Inverness Meet outside Hilton Light House, 4 Tomatin Road, Inverness. IV2 4UA 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.</p>	<p>£15.00</p>	

<p>Canoeing: Improve your skills, have fun and the option of working towards SCA Paddlesports awards: Led by Colin Gemmill & Sylvia Longbottom, BCU level 2 Canoe coaches, supported by other Reach4Reality staff and volunteers</p>	<p>6.30-8.30pm, Thursday evenings: 16.5.19 23.5.19 30.5.19 6.6.19 13.6.19</p>	<p>First couple of sessions, Muirtown basin, then other locations to be decided</p> <p>Meet outside at Muirtown Basin, near Explore Highland at Clachnaharry</p>	<p>£15</p>	
<p>Indoor Climbing: Challenge yourself on the indoor climbing wall at the Aquadome. Led by Colin Gemmill, Single Pitch Award. Supported by Reach4Reality staff & volunteers</p>	<p>Dates to be arranged but likely to be September/October/November</p>	<p>Aquadome Climbing wall</p> <p>Meet in foyer of the Aquadome</p>	<p>£15</p>	
<p>Archery: Have a go at archery or improve your archery skills. Led by Sylvia Longbottom & Colin Gemmill. Supported by other Reach4Reality staff & volunteers</p>	<p>Dates to be arranged but likely to be August/September</p>	<p>To be confirmed</p>	<p>£15</p>	
<p>Badminton: Have fun playing badminton in a relaxed environment.</p>	<p>Dates to be confirmed but likely to be November/December/January/February</p>	<p>To be confirmed</p>	<p>£10</p>	

Signed: (Parent or guardian)

Date.....

Please return form to: Reach4Reality, Hilton Light House, 4 Tomatin Road, Inverness, IV2 4UA

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