



Reach4Reality

Throughout 2020/21 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, primarily new young people (although if not all places are taken, they will be offered to those already doing activities with us). Due to Covid-19 restrictions, places will be more limited than in previous years, with a maximum of 3 young people per session. This will be funded through a grant we 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 (paper or electronically) 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 physically distanced home visit or a Zoom video chat 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.

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 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 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
<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 staff or volunteers</p>	<p>5-7pm Wednesdays: 26.8.2020 2.9.2020 9.9.2020</p>	<p>Trails around Inverness First session: Meet in car park at Monadh Mor. https://forestryandland.gov.scot/visit/monadh-mor 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.</p>	£15.00	
<p>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</p>	<p>5-7pm, Tuesday evenings: 1.9.2020 8.9.2020</p>	<p>Meet at canalside car park at Dochgarroch</p>	£15.00	

<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 staff or volunteers</p>	<p>5-7pm, Wednesday evenings: 16.9.2020 23.9.2020 30.9.2020</p>	<p>Trails around Inverness First session: Meet main car park at Learnie Red Rocks: https://forestryandland.gov.scot/visit/learnie-red-rocks 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.</p>	<p>£15.00</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 Saturdays in Spring 2021</p>	<p>To be confirmed</p>	<p>£15</p>	
<p>Badminton/indoor climbing:</p>	<p>We may run some badminton and indoor climbing sessions once Covid-19 restrictions have been eased sufficiently. Please let us know whether you might be interested in these.</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 or email to sylvialongbottom@reach4reality.org.uk