



Reach4Reality works with young people and adults from the Highlands aged 9 to 25 with social interaction difficulties, such as autism. Reach4Reality is registered with OSCR as a Scottish Charitable Incorporated Organisation (SCIO).

Reach4Reality involves the young people/adults in a planned series of outdoor activity breaks tailored to their individual needs.

Activities might be:

- short 1:1 sessions, after school or evening, weekly, fortnightly: these tend to be carried out locally to the young person's home and are designed to build confidence and develop relationships; activities will depend on the interests of the young person and the qualifications of the individual member of staff but might include: walk, bike ride, canoeing, kayaking, Frisbee golf.
- evening small group activities: priority for these goes to young people on our waiting list or newer young people, often as a next step from 1:1 activities. Activities might include: learn to ride biking, foundation trail biking, mountain biking, canoeing, kayaking or archery; indoor climbing or badminton during the winter months.
- half-day small group activities during the Easter holidays: we are usually only able to offer a maximum of 2 half days/person. Activities might include: canoeing, walk, archery, bushcraft, biking, Frisbee golf.
- Full day small group activities during the summer holidays: we are usually only able to offer up to 4-5 day activities during the summer holidays: Activities might include: canoeing, kayaking, paddleboarding, coasteering, biking, archery, walk, Frisbee golf, bushcraft, canoe/cook/walk.
- Day activities as part of one of our regular weekend camps for example at Cairngorms Christian Centre: this is usually as a build up towards an overnight stay or full weekend camp.
- Overnight stay, either Friday-Saturday or Saturday-Sunday, as part of one of our regular weekend camps.
- Weekend camps either at Cairngorms Christian centre, Abernethy Trust or Badaguish.
- Five day camps: one in the summer holidays, one in the October holidays.
- We are also licensed to run the Duke of Edinburgh Award Scheme, at all levels and including expeditions.
- Monthly social/outdoor activities for young adults.
- The occasional residential specifically for young adults.

Contact details:

[Home - Reach4Reality](#)

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