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**ACTIVITY WEEK 2010**  
**INFORMATION and BOOKING SHEET**

The camp is a fully residential week; for 2010 it runs from Sunday 25th July to Sunday 1st August. Reach provides transport to and from the venue by means of coaches picking up at Motorway service stations, these are chosen based on where the children are coming from and how many times a coach driver can pick up and still manage the journey in his allotted time. The cost of transport is ever increasing due to fuel prices etc and for 2010 we may need to reconsider how much transport we can provide. None of the parents stay on camp and the children do not bring along friends or siblings, it is only for Reach children.

Once at the centre the children have shared dormitories depending on their sex and age and of course the number of bedrooms available. All the children are expected to be independent enough to be able to manage their own personal hygiene needs, dressing, washing, etc. Meals are provided but some years they do make their own lunch sandwiches and help with some domestic chores like washing up. We take adult Reach members with us to help to motivate the children and to also be mentors for them, as they know what it is like to grow up with a limb deficiency. None of these carers have a specific training in nursing or any other 'care' related provision unless of course their careers are based around that (we have had nurses and trainee doctors with us in the past) all helpers do have a current CRB Certificate.

The Activity Centre staff are responsible for the program of activities and also take charge during these times. Activities can include climbing, abseiling, canoeing, problem solving, archery, gorge walking, raft building high ropes courses and other such challenges. Children are not forced to take part in every activity although we find most can be persuaded to give it a go and we certainly encourage them to do so. There are activities all day with a break for lunch and then we have games and other activities in the evening until about 21.00. After that the children are sent to bed at times according to their age groups. We take an age range from 10 - 17 so I'm sure you realize we have to stagger bedtimes to try and please everyone. The week is very tiring for all concerned but also very rewarding and many of the children come along every year.

The Centre we are using in 2010 is Outdoor Adventure Ltd, Bude. You can learn more about this centre from [www.OutdoorAdventure.co.uk](http://www.OutdoorAdventure.co.uk). 'Reach' will be subsidising the week but to help us preserve our resources we ask parents/carers to make a payment\* towards the cost of the week in proportion to their own financial circumstances and if possible no less than £200.00. Helpers/mentors will not be asked to make a financial contribution and will be expected where possible to travel with the children on the coaches. .

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**Reach Activity Week, July 25<sup>th</sup> – Aug 1<sup>st</sup> 2010 (Sunday to Sunday)**

I would like to be considered as an adult mentor/helper for the Reach Activity Week

I have/do not have a current CRB Certificate (must be less than 3 years old)

Name & Address for correspondence (to be completed in all cases)

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..... **Tel:**.....

email address..... **Mobile:**.....