

# **Amazing outdoor experiences**

## for young people with learning disabilities

#### '19 plus' provides adventurous outdoor programmes that are

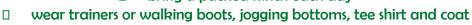
- for young people with learning disabilities who are 19 or over
  designed to improve fitness, health and well-being
  - designed to improve fitness, health and well-being
- delivered so participants can develop physical, communication, personal, social & emotional skills,
  - all essential for a good life
  - planned so participants can engage and have fun working with others
    - I run by qualified care professionals with qualified outdoor instructors
      - fully insured and risk assessed

#### '19 plu;' programme;

- □ include these activities canoeing, climbing, zip wire, obstacle course, bush craft, and many more
  - □ run on a Thursday from Danbury: 9:30am 3:15pm
    - include all specialist equipment needed

#### Young people need to

bring a packed lunch each day



### Parents / Carers need to

sign up their young person for programmes (see contact details below)
 drop off and pick up young person at programme location
 pay for programmes (£75 per day) - liaise with social care or use personal budgets













'19 plus' details: contact Chloe on 07866-642104 or info@19plus.co.uk Find us on Facebook @info19Plus

