



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
- 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
- run by qualified care professionals with qualified outdoor instructors
 - fully insured and risk assessed

'19 plus' programmes

- 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
- wear trainers or walking boots, jogging bottoms, tee shirt and coat



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