

Of Course We Can

May - September 2018

Inclusive activities for
disabled and non-disabled
young people together



www.facebook.com/activeimpact/



[@ActiveImpactUK](https://twitter.com/ActiveImpactUK)

Welcome to our brochure of events for young people aged up to 25

All events offer fun things to do in small groups of disabled and non-disabled young people together. We think there's something here for everyone - including those who have learning difficulties/disabilities, autism or physical/sensory impairments.

Even if you need lots of help to take part, we'll do everything we can to welcome you. This might include help with lifting, toilets, communication or specific access issues. Please just ask the event provider if you are uncertain about anything.

More information about each of the organisations offering these events can be found on their own website - see the bottom of each page.

If there is an event which you want to go on but the cost is more than you can afford, please do talk to us or the event's contact person as we don't want the charges to exclude anyone.

From all of us at Active Impact

The *Of Course We Can* programme is coordinated by *Active Impact* under contract with Gloucestershire County Council.

If you have any questions or want paper copies of the brochure, contact Caroline Eardley or Jane Douch on:
info@activeimpact.org.uk or 01453 298337

To see this brochure online and for more information, go to: **www.activeimpact.org.uk** or like our Facebook page **www.facebook.com/activeimpact/** to get updates

Further information about activities in Gloucestershire can be found on the [glofamiliesdirectory](http://www.glofamiliesdirectory.org.uk) - **www.glofamiliesdirectory.org.uk** or by contacting The Family Information Service on **01452 427362**

Active Impact CIC



Co. number: 07454426

What's happening

Residential events

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Well-being Time at Hawkwood

with Creative Sustainability

For ages:
16 - 24

Fancy some chill out time with a bit of luxury? We'll be staying at beautiful Hawkwood, enjoying their incredible food including afternoon tea in the library! Relaxing yoga, creative workshops, painting outside and evenings around the fire under the stars.

Where? Hawkwood, near Stroud

When? Tuesday 3 - Thursday 5 April 2018

What time? Starts 4pm on Tuesday; finishes 4pm on Thursday



What will it cost and who can take part?

This residential event will cost £125 in total and is open to disabled and non-disabled young people aged 16 - 24.

How do I find out more and book a place?

Contact Anna Bonallack on 07734 086879
or email: anna@cscic.org

www.cscic.org

Step into Spring

with Greenwoods Therapeutic Horticulture

For ages:
5 - 10

Within this wonderful setting of the countryside, the children will be part of the seasonal changes that go on in the environment, wildlife, plant science and caring for the farm animals. We follow nature's life cycle. We want your children to be happy and feel safe.



Where? The Therapeutic Garden, Bushley near Tewkesbury

When? Saturdays -
14 & 28 April, 12 & 26 May, 9 & 23 June 2018

What time? 9.30am - 2.30pm

What will it cost and who can take part?

This event will cost £168 in total for the 6 days and is open to disabled and non-disabled young people aged 5 - 10. We particularly welcome children with physical and sensory impairments.

How do I find out more and book a place?

Contact Jo Greenwood on 07778 286093
or email: greenwoodtherhort@hotmail.co.uk

www.greenwoodtherapeutichorticulture.co.uk

R

Wild Camping on the Severn

with Creative Sustainability

For ages:
13 - 24



Camping in the old Longney Orchard under the blossom and in the heart of nature. Bushcraft, art, photography, green woodwork, eco-design, shelter building and singing plus the special 'Hawk Walk' – meet the birds and follow them through the woods and bird watch over the River Severn.

- Where?** Longney Orchard, Longney
- When?** Friday 11 May - Sunday 13 May 2018
- What time?** Starts 4pm on Friday: finishes 5pm on Sunday

What will it cost and who can take part?

This residential event will cost £125 in total and is open to disabled and non-disabled young people aged 13 - 24.

How do I find out more and book a place?

Contact Anna Bonallack
on 07734 086879
or email: anna@cscic.org



www.cscic.org

R

Horsing Around

with St Rose's School

For ages:
12 - 19

Come and have three relaxing days horsing around and riding with St Rose's. Spend time outdoors getting to know the horses, dogs, cats, rabbits and more. If you like the fresh air, this is the perfect event for you.

Where? St Rose's School, Stroud
& Heartshore Horses, Minchinhampton

When? Tuesday 29 May - Thursday 31 May 2018

What time? Starts 11.30am on Tues: finishes 11.30am on Thurs

What will it cost and who can take part?

This residential event will cost £125 in total and is open to disabled and non-disabled young people aged 12 - 19. The target group for this event is young people with physical impairments though we may be able to welcome other young people whose needs are compatible with the target group.

How do I find out more and book a place?

Contact Sheila Talwar on 01453 763793
or email: sheila.talwar@stroses.org.uk



www.stroses.org.uk

R

Wild Camping in Devon

with Creative Sustainability

For ages:
13 - 18

Outdoor exploration - day and night - bushcraft, art, green woodwork, photography, eco-design, shelter building, open-fire cooking and singing, sailing, paddle boarding and swimming on Wimbleball Lake!

Where? Wimbleball, Devon

When? Friday 8 June - Sunday 10 June 2018

What time? Starts 4pm on Friday: finishes 7pm on Sunday

What will it cost and who can take part?

This residential event will cost £125 and is open to disabled and non-disabled young people aged 13 - 18.

How do I find out more and book a place?

Contact Anna Bonallack on 07734 086879
or email: anna@cscic.org



www.cscic.org

Woodland Wonder

with Sladebank Woods

For ages:
6 - 11

Sladebank Woods is a hidden gem on the south side of the Slad Valley. Come and join us for four days of practical woodland skills and activities. Based on the concept of Forest School, there will be opportunities for shelter building, working with green wood and making fire, environmental art and a chance just to be in nature.

Please note that participants must be able to move around on rough ground.



Where? Sladebank Woods, Stroud

When? Sat 9 & Sun 10 June, Sat 7 and Sun 8 July 2018

What time? 10am - 3pm

What will it cost and who can take part?

This event will cost £60 in total for the 4 days and is open to disabled and non-disabled young people aged 6 - 11.

How do I find out more and book a place?

Contact Martin Jakes on 01453 766519
or email: sladebankwoods@yahoo.co.uk

www.sladebankwoods.org.uk

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WOMAD

with A+bility and St Rose's School

For ages:
14 - 25

Join us at WOMAD (World of Music, Arts and Dance) to hear new and familiar music from all over the world. See amazing dancing and DJ sessions; try your hand at drumming; choose food from a world-wide cuisine; buy unusual craft things that you never knew you wanted and more. Lots of fun and laughter. You can camp at WOMAD in our own 'tent city' or sleep at St Rose's, depending on what suits you best.

Where? WOMAD, Malmesbury and St Rose's School, Stroud

When? Friday 27 - Sunday 29 July 2018

What time? Meet at St Rose's School 5pm on Friday;
Pick up at St Rose's School at 6pm on Sunday
Transport from the school to WOMAD is included.

What will it cost and who can take part?

This residential event will cost £125 in total and is open to disabled and non-disabled young people aged 14 - 25.

For people aged 18+, there will be an additional cost of £65 to contribute towards the higher cost of an adult ticket.

How do I find out more and book a place?

If you know you want to sleep at St Rose's School or if you are a disabled person aged between 18 and 25, please contact:

Sheila Talwar on 01453 763793

or email: sheila.talwar@stroses.org.uk

Otherwise contact Jennifer Cartmell

on 01453 827978

or email: jennifer.cartmell@abilityonline.co.uk



Naturally Skilled for Life

with Sladebank Woods

For ages:
16 - 25



Come and join us in our woodland laboratory. You will create a 3D full scale engineered structure using a combination of cutting edge technology and traditional woodland techniques.

You will develop a range of skills and experience, including 3D design and 3D printing, using them to create structures such as geodesic domes from a mixture of natural and modern materials.

Please note that participants must be able to move around on rough ground.

Where? Sladebank Woods, south side of Slad Valley, Stroud

When? Mon 30 & Tues 31 July; Thurs 2 & Fri 3 August 2018

What time? 10am - 3pm

What will it cost and who can take part?

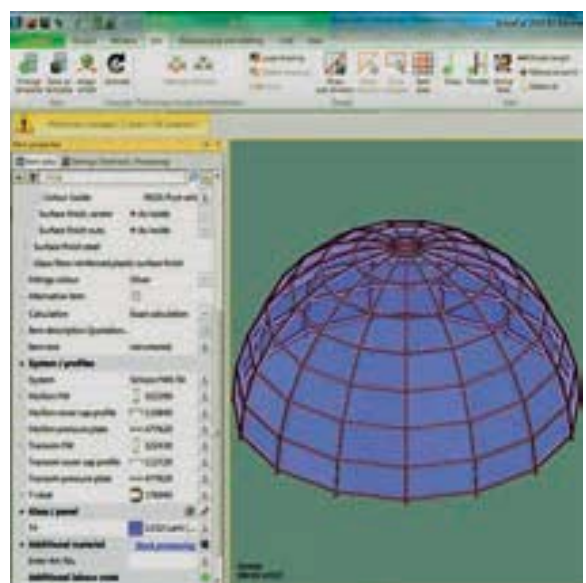
This event will cost £60 in total for the 4 days and is open to disabled and non-disabled young people aged 16 - 25.

How do I find out more and book a place?

Contact Martin Jakes on
01453 766519

or email:

sladebankwoods@yahoo.co.uk



www.sladebankwoods.org.uk

Enjoy Summer

with Greenwoods Therapeutic Horticulture

For ages:
5 - 10

What better way to enjoy the summer than by joining us. Using horticulture, animal therapy and wildlife, we encourage the children to explore where their food comes from and help them to see that growing food can be fun! Along the way, they develop their social skills and increase their physical strength.



Where? The Therapeutic Garden, Bushley, near Tewkesbury

When? Wednesdays - 1, 8, 15, 22 & 29 August 2018

What time? 9am - 2.30pm

What will it cost and who can take part?

This event will cost £168 in total for the 6 days and is open to disabled and non-disabled young people aged 5 - 10. We particularly welcome children with physical and sensory impairments.

How do I find out more and book a place?

Contact Jo Greenwood on 07778 286093
or email: greenwoodtherhort@hotmail.co.uk

www.greenwoodtherapeutichorticulture.co.uk

Mix & Mash 2018

with The Music Works

For ages:
10 - 25



The Mix & Mash event is designed for people of all ages and abilities and is based on providing a wide range of music making and musical play activities for those who may not have previously considered themselves to be musical. Its emphasis is on providing adaptive musical equipment so that anyone of any ability can participate in music making.

Where? Studio 340, 340 High St, Cheltenham GL50 3JF

When? Monday 6 - Friday 10 August 2018

What time? 10am - 3pm

What will it cost and who can take part?

This event will cost £70 in total for the 5 days and is open to disabled young people aged 10 - 25 and non-disabled young people aged 10 - 18. We are particularly open to working with young people on the autistic spectrum and with physical difficulties who may have struggled to access suitable music making activities in the past.

How do I find out more and book a place?

Contact Beth Blowers on 07912 499210
or email: bblowers@themusicworks.org.uk

www.themusicworks.org.uk

Kitchen Challenge

with The Wiggly Worm

For ages:
16 - 25

A 4 day challenge for participants to acquire new skills and meet new people. You will learn some 'cheffy' skills and develop a range of transferrable and life skills in the process. There will be opportunities to work in a team, take on new challenges and achieve.



Where? Gloucestershire International School, Gloucester

When? Mon 13, Tues 14, Thurs 16 & Fri 17 August 2018

What time? 10.30am - 3.30pm

What will it cost and who can take part?

This event will cost £80 in total for the 4 days and is open to disabled and non-disabled young people aged 16 - 25.

How do I find out more and book a place?

Contact Emma Bowers on 01242 237802
or email: ebowers@thewigglyworm.org.uk

www.thewigglyworm.org.uk

Sci Fi Fine

with Art Shape

For ages:
8 - 18

Join us to celebrate all things Sci Fi and contribute to the genre by making our own film. Participants will explore their favourite characters and develop story lines and plots, make costumes, sets and props. We will also create animations and films and stage a live performance for friends and families. A war in the stars, a brush with the doctor or maybe travel back to the future

Where? Gloucester - venue to be confirmed

When? Tuesday 21 - Friday 24 August 2018

What time? 10.30am - 3pm

What will it cost and who can take part?

This event will cost £50 in total for the 4 days and is open to disabled and non-disabled young people aged 8 - 18.

How do I find out more and book a place?

Contact Harriet West on 01452 863855
or email: harriet@artshape.co.uk



www.artshape.co.uk

'Standing Out' Theatre Summer School

For ages:
11 - 18

with TwoCan Theatre Company

Come and join us for five exciting days, working alongside professional directors, designers and actors to give you confidence to 'Stand Out' and create your own performance for an invited audience at the end of the week.

Where? Performing Arts Dept, Oxstalls Campus, Gloucester

When? Tuesday 28 August - Saturday 1 September 2018

What time? 10am - 3pm



What will it cost and who can take part?

This event will cost £50 in total for the 5 days and is open to disabled and non-disabled young people aged 11 - 18 who are interested in performing.

How do I find out more and book a place?

Contact Louise Partridge on 07941 218520
or email: louise@twocantheatre.org.uk

www.twocantheatre.org.uk

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Hollywood in the Woods

with Art Shape

For ages:
16 - 25



Join us in this beautiful setting to work with professional film, dance/drama practitioners and makers to make a film. Try animation, editing and directing. Explore relationships in a rom com, foresee the future in a sci fi, save the world in an action adventure, thrill with a thriller, sing out in a musical or perhaps a mash up of all of the above!!

Where? Noah's Ark Children's Venture, Cirencester

When? Friday 7 - Sunday 9 September 2018

What time? Starts 5pm on Friday; finishes 2pm on Sunday

What will it cost and who can take part?

This residential event will cost £125 in total and is open to disabled and non-disabled young people aged 16 - 25.

How do I find out more and book a place?

Contact Harriet West on 01452 863855
or email: harriet@artshape.co.uk

www.artshape.co.uk



Booking a place

Who can come?

- The *Of Course We Can* programme is for children and young people aged between 5 and 25 living in Gloucestershire including those who have learning difficulties/disabilities, autism or physical/sensory impairments. See individual events for age groups.
- Whilst not every event will be suitable for every young person, we try to offer something for everyone. Do phone any event's contact person if you want to chat about its suitability.
- *Of Course We Can* events are not 'daycare'. Please only book places for children and young people who are keen to take part.
- Events are planned on the basis that everyone will go to all the sessions rather than going for single days unless otherwise indicated.

Telling us what participants need from us

Please chat with the event contact person as soon as you can so that they can arrange things to ensure that each person will be safe, welcome and able to take part. The event organisers really want to understand everyone's particular requirements so that they can meet those needs properly. If your young person needs extra individual support, they may need time to get this organised.

Disabled children and young people can use a Personal Budget or Direct Payment to pay to come on an event. This must have been agreed as part of their plan with their lead professional /social worker, who can find more information about referring children and young people on our website at:

www.activeimpact.org.uk/guidance-for-referrers.html

Other families with a disabled child/ young person should apply directly to the event contact person by phone or email.

Participant details are shared with the Council so that they can see who benefits from the Council's investment. Your information may also be shared with other *Of Course We Can* providers to ensure that events can be planned appropriately. If you do not wish your information to be shared like this, you need to make this clear to the event provider.

How do you pay?

- You will need to pay the full amount to the organisation running your event. **Payment is due as soon as your place is confirmed and is not usually refundable if your child has to withdraw.**
The name and details of the contact person for each organisation are given at the end of each event's description in the brochure.
- We do not want cost to be a barrier for anyone who wishes to attend an event so if you are not paying from a Personal Budget/ Direct Payment and the cost would truly make it impossible to go on the event you would like, please discuss this with us or the event's contact person.
- Event providers seek to welcome even those young people needing 1:1 or 2:1 support to participate in their events.

If this support is required from the event provider, please be aware that they will need time to get it organised and there will be additional costs. These may be met through the participant's Personal Budget or if this is not an option we are in touch with local charities who may be able to help.

Costs vary and are usually between £15 - £25 per hour depending on the event, the provider and the young person's individual requirements. Please be prepared to discuss this with the event provider when you get in touch to book a place.

The *Of Course We Can* programme is financially supported by Gloucestershire County Council



What people say about **Of Course We Can** events:

Parents can understandably be nervous about their children going on **Of Course We Can** events but once they talk to providers about their fears and their children have actually been on an event, this is what they say:

Fantastic, he loved it. He has developed an interest in drums which has boosted his confidence in being in a group.

(Parent about non-residential event)

Great opportunity to experience new activities ... there's always something new to challenge them.

(Parent about Camping residential)

Participants want to know if they will have fun, feel welcomed and feel safe. This is exactly what **Of Course We Can** events are designed to ensure – whether participants are disabled or not.

Range of comments from participants:

Awesome Great fun

Thrilled Inspired

Amazing Cool

Tired but happy

And most importantly!

Can I come again?

Volunteers come on events for all sorts of reasons but everyone comes away feeling stimulated by their experience:

I really enjoyed this music week. It was very rewarding to see children with varying interests, backgrounds and needs all contribute to making music together. (non-residential event volunteer)

As well as having a great time with the kids, volunteering with **Of Course We Can has given me more confidence in my skills to communicate with disabled young people, which as a student nurse will be very important to me in the future.**

(residential event volunteer)