



Dear Parent/Guardian

15<sup>th</sup> September 2015

**FAMILY ACTIVITY DAY FOR YOUNG PEOPLE WITH ADDITIONAL SUPPORT NEEDS**

Please find below details of our next Family Activity Day, **for anyone up to (and including) age 21.**

We are delighted to have a coach from Letham Lions coming along to lead a fun football session. The Letham Lions have established a new and very successful football club for young people with additional needs which is building momentum in Perth and trying to extend into other clubs/locations too. So if you want to come and try or have a chat about it, this is a good time. We will also have the trampoline available and all the other usual activities for people to try and if there is something new you would like to see, let us know and we will do what we can.

The date for this event is **Saturday 26<sup>th</sup> September, 10am-12noon at the North Inch Community Campus, Perth.**

In addition to the above if you have completed a gym induction with Live Active you can use the campus gym. **NOTE** - If you are over 12 but not yet 16 you will only be able to use the cardiovascular machines. If you are 16+ you will also be shown how to use the weights.

The costs to people attending (payable on the day) are £3 for 2 people attending or £5 for a family of more than 2 people. Perth and Kinross Disability Sport will continue to sponsor the running of the morning.

If you would like to come along, please email the details below to [lynnmelville@perthandkinrossdisabilitysport.com](mailto:lynnmelville@perthandkinrossdisabilitysport.com)

**Future 2015 dates are:**

- ✓ **Saturday 31<sup>st</sup> October – badminton**
- ✓ **Saturday 28<sup>th</sup> November – games and cycling**

Yours faithfully

Perth and Kinross Disability Sport

**Perth & Kinross Disability Sport – Family Activity Day**

**Saturday 26th September, 10am to 12noon @ North Inch Community Campus, Perth**

**Name of young person:** ..... **School/College (if applic)**.....

<b>Pre-school age</b>	<b>Primary school age</b>	<b>Secondary school/College age</b>	<b>Adults</b>
..... (number)	..... (number)	..... (number)	..... (number)