



Dear Parent/Guardian

13th August 2014

FAMILY ACTIVITY DAY FOR YOUNG PEOPLE WITH ADDITIONAL SUPPORT NEEDS

Please find below details of our first Family Activity Day after the summer, **for anyone up to (and including) age 21!**

As it is getting close to The 2014 Ryder Cup, and PKDS being one of The Official Charities we will have some fun mini-golf and inflatable chip challenge equipment set up to come and have a try. We will also have the trampoline available and other activities if people prefer.

The date for this event is **Saturday 30th August, 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. If you have not, but would like to, and are 12+ – we will have a ‘gym induction’ instructor. This is a great chance to be trained to allow use of the gym in any Live Active locations. **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

Future dates will be:

- ✓ **Saturday 27th September**
- ✓ **Saturday 26th October**
- ✓ **Saturday 6th December**

Yours faithfully

Perth and Kinross Disability Sport

Perth & Kinross Disability Sport – Family Activity Day

Saturday 30th August, 10am to 12noon @ North Inch Community Campus, Perth

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

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|-----------------------|---------------------------|-------------------------------------|----------------|
| Pre-school age | Primary school age | Secondary school/College age | Adults |
| (number) | (number) | (number) | (number) |