



Dear Parent/Guardian

5th October 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 regional coach from Badminton Scotland coming along to lead a fun session. Badminton sessions have recently started for ages 16+ at Bells on a Monday so we want to support these and consider if there is a need for opportunities for younger ages. 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 31st October, 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

Final 2015 date

- ✓ **Saturday 28th November – games and cycling**

Yours faithfully

Perth and Kinross Disability Sport

Perth & Kinross Disability Sport – Family Activity Day

Saturday 31st October, 10am to 12noon @ North Inch Community Campus, Perth

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

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