

ChallengeU SEND Asperger's Programme

- Monday 10th – Saturday 15th April 2017
- Monday 21st – Saturday 26th August 2017
- Monday 9th – 14th April 2018
- Price £60 per young person per full programme (*to include food, refreshments and all necessary equipment*)
- 12-16yr olds Male/Female
- Group of 10 young people per programme
- Pulborough train station pickups/drop offs facilitated

From our 32 acre private woodland site **Lodge Hill** presents a fully structured programme to help young people with Aspergers to be active, enjoy the outdoors and develop life and social skills

Our dedicated staff team will support and encourage young people with Aspergers through a 6 day programme of activity, imparting an understanding of boundaries and the value of discipline, focussing on team work, individual needs and an understanding of group dynamics

We use extensive reflection and debriefing to ensure needs are met and that relevant feedback is put into practice

This programme will enable young people regardless of ability to benefit from outdoor activity, take on challenges and develop a positive attitude to health and wellbeing. This full activity week enables young people with ASD to take controlled risk while building their confidence and decision making abilities

For details and/or to book places:

- Contact Head of Activities and ChallengeU coordinator, Jamie Gordon activities@lodgehill.org.uk Tel: 01798 831411/ 07825 800250
or alternatively Lisa May, CEO ceo@lodgehill.org.uk
- An extensive assessment of needs will take place
- Site visit/familiarisation available if required

Overview:

Module	Activity	Day
Learning the Ropes	<ul style="list-style-type: none"> • An introduction and familiarisation to Lodge Hill • Low Ropes • Archery • High Ropes 	Monday 0900-1600
Climbing Higher	<ul style="list-style-type: none"> • Safety Briefing • Familiarisation with our Climbing Tower – Climbing/Abseiling/High Zipline • Climbing Gear selection • Trust Building 	Tuesday 0900-1600
Food for Thought	<ul style="list-style-type: none"> • Healthy Choices • Food Safety & Hygiene • Open Fire Woodland Cooking • Woodland Crafts 	Wednesday 0900-1600
Stay Afloat	<ul style="list-style-type: none"> • Water Safety & Confidence • A SCUBA Discovery Dive (held at the Ocean View Dive Centre in Lancing. Mini bus transport will be provided from Lodge Hill to the venue) 	Thursday 0900-1600
Hike & Camp	<ul style="list-style-type: none"> • Morning Briefing • South Downs Hike • Overnight Camp • Camp Craft • BBQ Dinner 	Friday 0900-late evening
Camp	<ul style="list-style-type: none"> • Breakfast • Campcraft • Leave No Trace • Debrief and Reflection 	Depart Saturday 0800-1230

All Staff will be introduced – 3 Staff will always be on duty