



Providing activities for disabled children and young people

February Program 2019

Give Us a Break is a charity run by parents/carers of disabled children who are all volunteers, and also organise and attend these activities with their families. We provide activities for children and young people with severe and complex learning difficulties. Parents/carers can bring their children to activities appropriate to their children/young persons need and have quality family time together. Brothers and sisters are welcome to join.

Please note: Parents/carers are responsible for their child/young person/s at all times, please ensure you have enough support for your child/ren as no staff workers are provided.

Give us a break is a charity that relies upon donations towards the cost of activities to ensure the activities can continue to run. Prices stated below are suggested minimum donations to help with these running costs.

Snoezelen - Turnpike Close, Worcester, WR26AB

A large multi-sensory roomed centre which includes soft play, dark tunnel, Omni mats, outside area and hydro pool for private family/group use.

£7 per person with hydro pool, £5 per person without hydro pool 1 carer per child/young person free. Bookings and payment to be received in advance – please state when emailing how many people will be using the hydro pool. A maximum of 8 swimming slots available per session, these will be allocated on a first booked priority basis, max 5 in pool at any one time.

Swimming - Royal School Swimming, Penn Road, Wolverhampton, WV3 0EG

This is a swimming pool session exclusive to the use of Give Us A Break families. This has a large pool, and a smaller pool. A minimum of one responsible adult must be in the pool per GUAB family. Please arrive from 1:20pm for swimming at 1:30pm.

£3 per person, one carer per registered disabled child/young person free. Payable in advance or on the day. Booking advised but not essential.

Trampolining – Boing Zone. Just off Ring Road. Mill Race Lane, Stourbridge, DY8 1JN

An interactive session, including Foam Pit, Climbing Wall, Battle Beam and Dodgeball starting at 11am. Please arrive by 10:50am to sign in and attend the compulsory safety video before entering the jump arena. Café and Gallery (viewing area) available on site. A minimum of one responsible adult per GUAB must be in the jumping arena supervising their child/young person/s.

£6 per person, one carer per registered disabled child/young person with GUAB Free. Booking and payment to be received by 14th February. An online waiver will be emailed after 14th February and will need to be completed for every jumper.

Brickiln Centre - Cherry Street, Wolverhampton, WV3 0QW

A centre which has a sensory room, main hall and outside area. Messy Play - provided by Wolverhampton Play Service - A variety of messy play activities available for children and young people to play and explore. Please be aware that children may get messy and require old and/or a change of clothes.

£2 per person, payable in advance or on the day. Booking advised but not essential.

Please make all bookings via: guabbookings@gmail.com, or through the webpage at www.giveusabreak.me click on BOOKINGS where there is a paypal link to make payments in advance.

If you would prefer to make a bank transfer please email for these details. You will need to email and state how many adults and children you are booking and onto which activities. Some activities require booking in advance in order to secure a place. Some additional updates and information can be found on our Facebook and Twitter page.

Before you book onto activities please make sure you have contacted us for a joining form to become a member. Membership is free, it just requires us obtaining a few details for monitoring and safety reasons.

If you require any further information about activities such as accessibility or suitability please contact us.

February 2019

| Monday 18th | Tuesday 19 th | Wednesday 20th | Thursday 21st | Friday 22 nd |
|-------------------------------|---|----------------|---------------------------------|-------------------------------------|
| Snoezelen 11am-2pm | Trampolining 11.00am-12.00pm | | Swimming 1.30-2.30pm | Brickiln 10.30am-12.30pm |