

Herts Young Mariner's Base Activities

*These activities are offered to the parents/carers and children of the
Enfield Branch of the National Autistic Society*

As part of our summer programme we are pleased to be able to offer our young people the chance to have a day out doing a mix of outdoor activities at the Herts Young Mariners Base (HYMB). The base offers a variety of land and water based activities, such as climbing and caving, canoeing and kayaking. The tutors have plenty of experience of working with children with additional needs, including autism.

We have chosen two of outdoor activities that the HYMB has to offer, Archery and Kayaking. These activities are open to **11-18 year olds with Autism/Asperger Syndrome**. On this occasion, because we have a limit on numbers, these activities are not open to non-autistic siblings.

Meeting place/Venue: Herts Young Mariners Base, 231 Windmill Lane, Cheshunt, Herts EN8 9AJ
Time/Dates: Sunday 13th August 2017, 10am to 12 noon and 2 pm to 4pm.
Price: £5 per person, per session

Please provide a packed lunch if you are doing both sessions.

There is parking available on site. The site is at the end of Windmill Lane, past Cheshunt mainline train station on right, over the railway crossing. The road bears round to the left. As you approach, note there are two site entrances adjacent, left is the youth hostel, on right is the Mariners Base. Alternatively the venue is easily walkable (5 mins approx) from Cheshunt railway station on the West Anglia main line.

Please book the activities that appeal to your young person, either archery, kayaking or both. There is no requirement to be able to swim to take part, buoyancy aids are provided and must be worn. However, the young person participating needs to be confident in water, as they may get wet! For that reason all participants should bring a complete change of clothes, towel and spare shoes, no matter which activity they take part in, just in case! Please indicate on the form if your young person does not swim.

You may wish to visit the HYMB website www.hymb.com for more details. A visual explanation of the activities is shown at <http://www.hymb.com/groups/teachers-information/activities/>.

In case of questions please contact Sophie Castell on 07903 420016, but also a representative at the base is happy to speak to parents in advance if you have any specific questions about the activities and suitability.
Tel: 01992 628403 or email hymb@hertfordshire.gov.uk.

Please note parents/carers, you need to be able to bring and pick up your child from the base.

Places will be allocated on a **FIRST COME FIRST SERVED BASIS** on receipt of booking form and payment. No reservations will be accepted over the phone. Please note, if you book, we expect you to turn up on the day!

To book, please complete and return the attached booking form with a cheque for the activities you have selected at **£5 per person, per activity**. Your booking form and cheque payable to: 'The National Autistic Society Enfield Branch' should be sent to **Sarah Davis, 7 The Birches, Winchmore Hill, Enfield, N21 1NJ**. If you wish to book, please return the form by 4th August 2017.

**This activity is made possible by generous funding from
One-to-One (Enfield) and the Jack Petchey Foundation**



For office use

Date received: _____



PLEASE COMPLETE THE FOLLOWING BOOKING FORM. YOU MAY WISH TO TAKE A COPY BEFORE RETURNING:

HYMB Land & Water Based Activities Selection					
BOOKING FORM					
Please select from the following 2 activities. You may select both or just one. You may list more than one child's name. All activities are priced at £5.00 per child per activity . Please note these activities are only open to young people on the Autistic Spectrum.					
Date	Activity	Tick to Select indicate if non swimmer	Name/s	Autism/ Aspergers?	Age/s
13 th Aug 10am-12	Archery				
13 th Aug 2-4pm	Kayaking				

Please sign below to indicate agreement and fill in your contact details in case we need to contact you beforehand. Thank you.

NAME: _____

E-MAIL: _____

ADDRESS: _____

HOME PHONE: _____

MOBILE PHONE: _____

SIGNATURE: _____

DATE: _____

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Your autism charity