

**lunch and
snacks
provided**

**woodland
activities
low ropes
course**

**archery
axe throwing**

**forest school
arts and crafts**



Food

F is for Food! You will receive a nutritious lunch each day and you'll also have fun and keep fit!



Unity

Unity means making new friends in your community, while friendly staff are supportive and understanding.

Energy

Take part in a range of activities that will keep you energised, exercised and educated.



Laughter

There will be plenty of opportunities for fun and laughter throughout the programme and opportunities to learn new life-skills.

