

Active All Sports Programme
Easter Half Term 6th – 9th April 2009 14th – 17th April 2009

Please find the timetable of activities being provided for children and young people with disabilities and specific needs during February half term 2009

Week 1

Week 2

Monday 6th April	Tuesday 7th April	Wednesday 8th April	Thursday 9th April	Friday 10th April	Monday 13th April	Tuesday 14th April	Wednesday 15th April	Thursday 16th April	Friday 17th April
Barnstondale Inclusive Outdoor Sports Activities 10am – 4pm £10	Barnstondale Inclusive Outdoor Sports Activities 10am – 4pm £10	Barnstondale Inclusive Outdoor Sports Activities 10am – 4pm £10	Barnstondale Inclusive Outdoor Sports Activities 10am – 4pm £10	Bank Holiday Good Friday	Easter Monday Bank Holiday	Fun and Fitness Pensby Boys High School 10am – 11am Ages 5yrs – 12yrs 11am – 12pm Ages 13yrs + £2.50	Swimming Guinea Gap Baths 10am – 12pm	Wheels for All Birkenhead Park 10am – 11:30am £2.50	Junior Gym I Zone Leasowe Leisure Centre 10am – 11am Ages 5yrs – 13yrs £2.50
						Trampolining – Rebound Therapy Grange Road West Leisure Centre 3pm – 4pm Ages 5 yrs – 12yrs 4pm – 5pm Ages 13yrs + £2.50	Trampolining – Rebound Therapy Grange Road West Leisure Centre 3pm – 4pm Ages 5 yrs – 12yrs 4pm – 5pm Ages 13yrs + £2.50	Junior Gym I Zone Leasowe Leisure Centre 2pm – 3pm Ages 5yrs – 13yrs 3pm – 4pm Ages 13yrs + £2.50	Football Leasowe Leisure Centre 1pm – 2:30pm Ages 5yrs – 12yrs 2:30pm – 4pm Ages 13yrs + £2.50

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Please note that volunteers will be assisting on the programme. It is required that parents/carers should attend each session booked if your child requires extra assistance, support, or is new to the sessions.

For more information contact:

**Stacey Manion - Cultural and Equalities Officer
Westminster House, Hamilton Street, Birkenhead,
Wirral, CH41 5FN
(T) 0151 666 4842**

staceymanion@wirral.gov.uk

Grange Road West Sports Centre
Grange Road West
Birkenhead
CH43 4XE

Guinea Gap Baths
Riverview Road
Wallasey
CH44 6PX

Birkenhead Park Pavilion
Park Drive
Birkenhead
CH41 4HY

Leasowe Leisure Centre
Twickenham Drive
Leasowe
CH46 1PF

Woodchurch High School Sports Complex
Carr Bridge Road
Woodchurch
Birkenhead
CH49 7NG

Barnstondale Centre
Storeton Lane
Barnston
CH61 1BY

Pensby Boys High School
Irby Road
Heswall
Wirral
CH61 6XN

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Activity Description

Please check the information below before booking onto any of the programmed sessions. The information provides a brief description of the content of each activity to ensure all participants are made aware of what to expect. There is also a guide of what should be worn for each activity. Please note that no refreshments will be provided, therefore all participants should bring their own food and drink to each session unless stated otherwise. For further information and enquires please feel free to contact me.

Sport	Age Range	Disability	Description	Extras	Meeting Place
Swimming	0 - 25 yrs	All	<ul style="list-style-type: none"> - Fun recreational session in the pool - Parents are required to assist in the water for children who require extra help or support - Children under 8 years must be accompanied by a parent/ carer 	<ul style="list-style-type: none"> - Participants should bring a swimming costume and a towel - Pool hoist available - Long hair should be tied back - Bring a drink 	<ul style="list-style-type: none"> - Please meet and register at the centres reception - Please arrive 10 minutes before the session to allow time for changing
Trampolining	5 - 25 yrs	All	<ul style="list-style-type: none"> - Specially adapted rebound therapy session including learning basic skills of trampolining - Additional help from parents/carers required to help spot and support around the trampoline - Limited places available 	<ul style="list-style-type: none"> - Tracksuit bottoms and t-shirt/ long sleeved top are required (or other loose comfortable clothing) including non-slip socks - Hoist available - Long hair should be tied back - Bring a drink 	<ul style="list-style-type: none"> - Please meet and register at the centres reception

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Sport	Age Range	Disability	Description	Extras	Meeting Place
I-Zone	5yrs – 25yrs	All	<ul style="list-style-type: none"> - New interactive junior gym session - Interactive junior gym including activities such as dance mats, sports wall, and Makoto (interactive light reaction game) - Fun and adapted gym activities to increase physical fitness - Limited places available 	<ul style="list-style-type: none"> - Loose comfortable clothing (easy to move in) is required - Long hair should be tied back - Bring a drink 	<ul style="list-style-type: none"> - Please meet and register at the centres reception
Outdoor Activities Barnstondale	5 – 25yrs	All	<ul style="list-style-type: none"> - A range of outdoor activities including climbing, river crossing, abseiling, football, archery, and more - Children will also have a programme of indoor activities that they can participate in including team building games and quizzes, arts and crafts, and more - Limited places available 	<ul style="list-style-type: none"> - Warm comfortable outdoor clothing is required. A change of clothes may also be needed – Wellies or old trainers are advised - Long hair should be tied back - Lunch and refreshments will be provided. 	<ul style="list-style-type: none"> - Please arrive 15 minutes before the start of the programme to allow time for registration - Please meet at the centres reception to register

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Sport	Age Range	Disability	Description	Extras	Meeting Place
Football	5 – 25 yrs	All	<ul style="list-style-type: none"> - Sessions include adapted skill drills and fun 5 / 6 a-side adapted games 	<ul style="list-style-type: none"> - Tracksuit bottoms, t-shirt, and warm jacket/ sweatshirt are required - Please also wear training shoes and shin pads - Long hair should be tied back - Bring a drink 	<ul style="list-style-type: none"> - Please meet and register at the centres reception
Fun and Fitness	5 – 25 yrs	All	<ul style="list-style-type: none"> - Fun fitness session including foundation skills of sports hall athletics adapted into small skill components and fun games/ exercise - Adapted for all ages and ranges of disabilities 	<ul style="list-style-type: none"> - Loose comfortable clothing (easy to move in) is required - Long hair should be tied back - Bring a drink 	<ul style="list-style-type: none"> - Please meet and register at the centres reception
Wheels 4 All (Cycle)	7 – 25yrs	All	<ul style="list-style-type: none"> - Fun cycling session in the park with adapted cycles - Limited places available 	<ul style="list-style-type: none"> - Comfortable outdoor clothing required, and trainers 	<ul style="list-style-type: none"> - Please meet and register at the Park Pavilion (visitors centre)

 **WIRRAL Consent Form**

Child's Name: _____

DOB: _____ Male/Female: _____

Address: _____

Postcode: _____ Tel No: _____

Parent/ Carers email: _____

School/Centre Child Attends: _____

Emergency Contact Name and Number: _____

SEN	Tick Where Applicable
Specific Learning Difficulties (SpLD)	
Moderate Learning Difficulties (MLD)	
Severe/Complex Learning Difficulties (SLD)	
Profound and Multiple Learning Difficulties (PMLD)	
Behavioural, Emotional and Social Difficulties (BESD)	
Attention Deficit Disorder (ADD)	
Attention Deficit Hyperactivity Disorder (ADHD)	
Speech, Language and Communication Needs	
Autistic Spectrum Disorder (ASD)	
Asperger's Syndrome	
Hearing Impairment (HI)	
Visual Impairment (VI)	
Multi-sensory Impairment (MSI)	
Physical Difficulties (PD)	
Dyspraxia (D)	
Other	

Please ensure that you complete one consent form per child:

Are there any medical problems or medication that we should be aware of, e.g. Epilepsy, asthma etc.? YES/NO

If YES please expand: _____

To the best of your knowledge has your son/daughter suffered from anything recently that may be infectious or contagious, or been in contact with any person who has had a contagious or infectious disease(s)? YES/NO

Is your son/daughter allergic to any medication, insect bites, food etc.? YES/NO

Is your son/daughter taking any form of medication on a regular basis? YES/NO

If YES to the above please give details: _____

Has your son/daughter any special dietary requirements? YES/NO

If YES please give details: _____

Please use the space below to specify any additional Information that may relate to the level of supervision they require:

Signature of Parent:

Print Name: _____

Active All Sports Programme

- Please note that all participants wishing to take part in any of the timetabled activities are required to **book onto each session by completing the booking and consent form**. Places may be reserved by telephoning Stacey Manion on the number provided. However places will be confirmed on receiving the booking form within 5 working days of the telephone reservation. **Please note that flexibility on booking procedures can be made. Please contact Stacey Manion if there are any problems.**
- Places for some activities are very limited and need to be controlled for health and safety reasons. To reserve your place, please complete all booking forms **(one form per child)** and using the provided FREEPOST envelope, forward to: Wirral Passport Scheme, FREEPOST NWW 3058 Birkenhead, Wirral CH41 3BS.
- Payments for activities should be made, in advance, by cheque to ensure your place is secured. Please make cheques payable to *Wirral Council* and print your child/children's name on the back along with the title of the programme – '*Active All Sports Programme Easter Half Term 2009*'. **Please note that payment procedures are also flexible and alternate arrangements can be made.**
- **Refunds** – We reserve the right to cancel any session with a 24 hour notice period. Cancellations by the participant must be made within a 48 hour period, prior to the activity, to ensure a full refund of all monies paid for that particular session. **Cancellations made outside of this period will not be refunded.**
- Questions and enquires are welcome and should be addressed to **Stacey Manion on 0151 666 4842.**



WIRRAL Booking Form

Child's Name: _____

DOB: _____ Male/Female: _____

Parents Name: _____

Address: _____

Postcode: _____ Tel No: _____

Emergency Contact Name: _____

Activity	Date	Time	Venue	Cost

Total Cost: £ _____

Payment Method: _____