



## Respite in the Reeds 2020-21

Thank you for your interest in Respite in the Reeds, outdoor activities project, for women in Norfolk. This project is fully funded by a Sport England Lottery Award and won't cost you any money to take part.

### **How do I know if this project is for me?**

This project is for women who would like to be a bit more active, but perhaps are unsure or fearful of doing so. If you have had a few challenges or difficult circumstances in your life, you would be very welcome to take part. Our sessions will be a mixture of physical activity and social time, in a supportive, non-judgmental atmosphere.

### **What will I have to do?**

1. Have a phone, text or face to face chat with one of our workers to check if this project is right for you
2. Fill in the short application form (for safety and planning reasons we need a bit of information about you)
3. Come along to one or all of the activity sessions – we can provide transport or cover travel costs to attend
4. Enjoy yourself, surprise yourself, make some new friends, face some fears.... The possibilities are endless!

### **What activities can I do?**

We are running two programs. You are welcome to attend one or both programs. You can come to some or all of the sessions. Most sessions will be based at our private meadow site at Bittern Meadow in Postwick, near Norwich. Walks will take place in a variety of beautiful settings in the Norfolk countryside and, for program two, the wider UK.

### **Program one - Walking, outdoor yoga, an archery taster session, an overnight camp in Norfolk and participation in Inflatable Norwich event**

- Thursday 17<sup>th</sup> and 24<sup>th</sup> September 2020
- Thursday 8<sup>th</sup>, 15<sup>th</sup> Saturday 17<sup>th</sup>, Thursday 22<sup>nd</sup> and 29<sup>th</sup> October 2020
- Saturday 10<sup>th</sup>- Sunday 11<sup>th</sup> October (overnight camp) 2020
- Thursday 5<sup>th</sup> November 2020

## **Program two – Walking, Qigong, a day mountain trek in the Peak District, a walking camp along a long-distance path.**

- Thursday 22<sup>nd</sup> and 29<sup>th</sup> April 2021
- Thursday 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup> May 2021
- Thursday 20<sup>th</sup> – Monday 24<sup>th</sup> May 2021 – walking camp
- Thursday 3<sup>rd</sup> and 10<sup>th</sup> June 2021

### **Practical issues**

We will arrange travel/lift shares and pick up points once we know how many people would like to attend. We can reimburse your travel costs if you give us a receipt or picture of your ticket.

In order to come along on the walking camp or take part in the Inflatable race you will need to attend some other sessions first so we can be sure the activities are suitable for you.

We will provide healthy food and refreshments during all the sessions; please let us know your dietary requirements.

Because the activities take place outdoors we encourage you to wear suitable footwear, walking trainers or walking boots. You will need to dress for the British weather, to make sure you are warm enough/cool enough and protected from the rain with waterproof clothing. Please be aware that the ground may be muddy or uneven.

We can provide all the equipment needed for the camping activities.

Accessibility – we will do our best to accommodate additional needs or physical disabilities and we realise that this program may not be suitable for everyone. Please contact us to discuss your requirements.

Our staff have a lot of experience of working to support people who may be anxious about taking part, we never pressure people to do things they don't want to do. We encourage you to come along and have a go before you decide whether or not this is the project for you. Look forward to hearing from you soon.

To book your free place please call Mel on 07507842187 and then fill in and return the form below to [melanie.wheeler@bittern-meadow.co.uk](mailto:melanie.wheeler@bittern-meadow.co.uk) or Bittern Meadow CIC, 83 King Street, Norwich, NR1 1PH.

Information given will be treated as strictly confidential.

Name:	Date of Birth:
Address:	Phone No:
Postcode:	Email:
I agree that any photography (stills or video) or case studies made or taken during the project, which may include me in it, may be used in publicity material including social media for current and future events and for reporting purposes (delete as appropriate):      Yes      No	

In case of emergency please contact (full name):	Phone No:
	Relationship to you:
Please provide details of any allergies/ relevant medical conditions/disabilities:	Dietary Requirements (e.g. vegetarian? vegan?) Please provide full details:

Please give details of any relevant mental health or emotional wellbeing issues you would like us to know about including alcohol or drug dependency (if any):

What helps you manage these mental health and emotional wellbeing issues?

By signing this form you are confirming that you are consenting to Bittern Meadow CIC holding and processing your personal data for the following purposes - emergency contact, information regarding this project. You can find out more about how we use your data from our "Privacy Notice" which is available from our website or from the Registered Office. You can withdraw or change your consent at any time by contacting Melanie Wheeler (details below). Please note that all processing of your personal data will cease once you have withdrawn consent, other than where this is required by law, but this will not affect any personal data that has already been processed prior to this point.

Signature..... Date.....