

Get Set Adventure

Are you 19-35 years old with a disability and want to take part in a range of activities?

Saturdays

- 30 July** (Sailing, Canoeing, Shopping)
- 6 August** (Climbing, Abseiling, Farm visit)
- 13 August** (Ice Skating, Cinema)
- 20 August** (Pedal Go-carts, Wheeled Sledges, Top Golf)
- 27 August** (Sailing, Walking)
- 3 September** (Archery, Shooting, Bowling)

10am - 5pm

Cost per date: £12 (TRDC residents) £14 (Non-residents)

Max 10 individuals per date

Three Rivers District Council 'Get Set' projects aim to increase access to leisure and recreational activities for individuals with a disability.

Bookings open from 10am on 13 June.

To book call Emily Onley on
01923 776611.



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Further details

All activities will be supported by Three Rivers District Council staff who will encourage individuals to take part in **ALL** of the activities throughout the day.

Activities are subject to change, customers will be kept informed of any changes.

If you require your own 1:1 care, your carer must attend with you; however these places are restricted due to transport limitations so please call Emily to discuss.

Further details will be sent out when bookings are confirmed.

Activities will continue whatever the weather, so come prepared for all possibilities e.g. warm clothing, sensible footwear and clothes that can get messy.

Phones and other personal belongings are the customers responsibility at all times. Staff can not supervise their safe keeping or usage.

At lunch time

Bring a packed lunch but on some occasions there may also be the chance to purchase drinks, snacks and souvenirs so please remember to bring sufficient spending money.

Bookings

Fees are payable at the time of booking by credit/debit card or by a cheque payable to 'TRDC' which must be received within 7 days of booking to: Get Set Adventure, Leisure Department, Three Rivers District Council, Three Rivers House, Northway, Rickmansworth, Herts WD3 1RL. Alternatively you can pay by cash, credit/debit card in person at Three Rivers House. Do not post cash.

When booking you will be required to answer a number of questions and provide details of any additional needs.

Priority will be given to Three Rivers residents and places are limited so please book in advance to avoid disappointment.

A waiting list will apply when dates are fully booked.

Cancellation Policy

Refunds will **ONLY** be issued on medical grounds, supported by a letter from your Doctor. If you would like to change a booking to an alternative date, we will do our best to accommodate your request, but refunds will not be issued if we are unable to assist you. For both changing of dates and cancellations we request that customers give at least 5 working days notice.

Cancellations must be made in writing by email to: leisure@threerivers.gov.uk or write to Three Rivers District Council, Three Rivers House, Northway, Rickmansworth, Herts WD3 1RL.

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