



Family Leadership Adventure Break **A Good Life for Everyone in the Family**

The Cavan Centre, Ballyjamesduff, Co. Cavan
5th to 7th April 2013

Do you want to think about and experience a different way of supporting your family member with additional needs?

Do you want to make some time to think about you and your family's future?

Do you want to have a fun weekend with the whole family?

Leap are offering family leadership weekends for the whole family to come together in an inclusive, fun environment to begin to develop and share a vision of a good life for their son or daughter with a disability and for themselves. These weekends are about friendship, fun, finding support and family leadership.

The aim of the weekend is to have fun with all the members of the family and try out some new activities, ideas and experiences. The weekend will also be about finding inspiration in what families are doing together when living with disability and sharing practical insights in how to support family members live a fuller, better life.

Parents and adult siblings take part in workshops that invite them to think about the future and to think about what good support looks like for their family member while other children and teenagers are busy taking part in a range of accessible workshops with our dedicated team of leaders and volunteers.

As well as access to the facility each family will have the support of a volunteer 'Family Pal' for the Weekend matched to the family based on your interests, hobbies, age and life experience. The weekend is also supported by activity leaders with experience of working with people with disability to support families to get the most out of the activities the Cavan Centre has to offer.

Previous family participant when asked "what I would tell a family about the weekend..."

"Not to be afraid to come because you will be changed after it. It was very empowering and has opened my eyes and mind for the future, so, so valuable".

"This is probably the most rewarding, challenging, fun, shared, supportive weekend I and us as a family have shared ever! It allowed us (5 of us) to be a united family doing stuff together. Thank you".

For more information about Leap visit www.leapireland.com for more information about the Cavan Centre visit www.cavancentre.ie

The weekend costs €40 per person (all inclusive) so for a family of four the weekend costs €160. The weekend is suitable for families with children from 3 -18 years. For more information please contact Claire at leapireland@gmail.com or 086 1931227