

Thurrock Aiming High for disabled children and young people



- ◆ Are you a Thurrock resident?
- ◆ Are you aged 11 – 25?
- ◆ Do you want to take part in free outdoor activities?

Grangewaters is providing an exciting programme of outdoor activities for disabled children and young people from within Thurrock. These activities will be held at Grangewaters and include climbing, sailing, kayaking, environmental studies, archery, off site woodland walks and much more.

Every Thursday
5.30pm to 7.30pm
(from 3rd June – 30th
September 2010)

Weekend day visits to be arranged throughout the year

Cost: **Free (if criteria is met)**

Please contact the centre and ask for a programme or Aiming High information

Telephone: **01708 855228/856422/855427**

Email: **grangewaters@thurrock.gov.uk**

Visit: **www.thurrock.gov.uk/grangewaters**