



## Making sure we are the perfect match

In order to meet all of our members' needs, we visit them at home and complete a full assessment, just to be sure we are all perfectly suited to each other.

## Transport & Costs

Parents and carers need to provide transport to and from activities for their child/children. Activity costs are met by parents, but these are kept to a minimum and are subsidised, especially our residential trips.

## Who we are?

We embrace children and young people with physical disabilities from 5 to 25 years old.

Everyone is fully supported during all activities and respite care by a team of fully trained people who all have DBS clearance as well as safeguarding and first aid training.

## Why not join us as a volunteer?

We are always looking for more help and support to enable us to run our activities. It could be a one off or regular commitment. It's such a rewarding experience supporting our wonderful children and young adults. Your help as a volunteer means we can continue to thrive.



Fun • Adventure • Friendship

## How to contact us:

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## Welcome to PALS

PALS (West Berkshire) has been working with children and young people since 1997.

Our aim is to build confidence through fun and adventurous activities, while encouraging friendships.

Registered Charity No 1083150



## **Fun Factory - Ages 5-11 years**

For children aged between 5-11, we have the Fun Factory club, which meets every Tuesday afternoon. Activities for this group include craft, reptile handling, sausage making, sensory activities, indoor games and sports to name just a few!

During the holidays we offer a variety of sessions including pottery, pond dipping, chocolate making workshop, trips to local places and the older children will have the opportunity to go away overnight.

# Activities

## **PALS Youth Club (PYC) - Ages 12-18 years**

When our members reach 12, they graduate to PYC. The club meets on alternate Friday nights and provides everyone with a chance to relax and meet up with friends. We provide a wide range of activities including sports, drama, cooking, ice skating and fun outings.

We also offer a holiday and residential programme including a two night stay in an outdoor activity centre.

## **Young adults group - Ages 18-25 years**

This group meets monthly and focuses on developing independence and social skills in a fun, friendly and relaxed environment. Activities include sno-tubing, meals out, volleyball, indoor skydiving, as well as day trips and overnight experiences.