



A Good Life for Everyone in the Family

The Cavan Centre, Ballyjamesduff, Co. Cavan

8th to 10th April 2016

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, brother or sister 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 a good life looks like 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 participants said 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".

The weekend costs €70 per person all-inclusive so, for example for a family of four the weekend costs €280. A deposit is required to book places. The weekend is suitable for families with children from 3-18 years.

For more information please contact leapireland@gmail.com or call Rachel on 087-6130165

Closing date for bookings is the 26th of February 2016