

FOREST PULSE

Supporting children and young people with disabilities and their families

February 2023 Half Term Activities

If your child is interested in attending any of the below activities, please return the booking form or email your activity choices by **Monday 6th February**. On receipt of the booking, we will send an invoice which will be confirmation of your place after Wednesday 8th February. Please note that if you book your child in for an activity and they are unable to attend payment will still need to be made unless your child is attending respite, hospital appointment or admission. **For Independence and Family Trips please can you ensure that you arrive between 5 and 10 minutes before we are due to leave to ensure we are on time.**

Monday 20th February: **Trip to Noah's Ark Zoo Farm** (4 - 11 years old) - Follow the paths around the zoo and meet lots of outdoor play on your way! There is a huge range of outdoor play to discover from Trampolines to our Termite Mound! We also have accessible play equipment, such as a wheelchair-accessible roundabout. Our Play Barn is full of exciting indoor play, from our Rainbow Slide to Arkiventures. We have over 100 different species of animals at Noah's Ark, from gentle Giraffes to carnivorous African Lions, from fluffy Rabbits to giant African Elephants. Please bring a packed lunch and a drink. We will be leaving Heart of the Forest at 10am and return to the school at 3pm. The cost for this trip is £22.

Tuesday 21st February: **Trip to TenPin Bowling, Gloucester and Lunch at Burger King** (12 - 18 years old) Come strike it out! Come and join us to see how many pins you can knock down! Pick between a cheese burger meal, ham burger meal, chicken nuggets meal or vegan nugget meal, all served with chips and a choice of a drink - water, capri sun or milk. We will be leaving Heart of the Forest at 10am and return to the school at 2pm. The cost for this trip is £20.

Wednesday 22nd February: **Activity Sessions** (4 - 25 years) - We will be having lots of fun, with games, music and art & craft at the activity sessions which will be held at Heart of the Forest School. The cost is £17.34 per person. Please bring a drink and a packed lunch. 10am - 3pm.

Thursday 23rd February: **Activity Sessions** (4 - 25 years)- We will be having lots of fun, with games, music and art & craft at the activity sessions which will be held at Heart of the Forest School. The cost is £17.34 per person. Please bring a drink and a packed lunch. 10am - 3pm.

Friday 24th February: **Family trip** to Cardiff International Swimming Pool (parents/carers **must** accompany their child(ren) on this trip) Splash around in our leisure pool for an experience the kids are guaranteed to remember! Do you dare to take a dive into our spacebowl? Maybe you want to see who can complete all three of our water flumes? Or perhaps you're after something a little more relaxing, in which case our lazy river is the choice for you! Please feel free to bring a packed lunch. We will leave Heart of the Forest at 9:30am and return to the school at 2:30pm. The cost for this trip is £12 per child & parent/carer, additional children are £9, additional adults are £10.50 and any under 3s are £3.

Please complete the attached booking form or email activities@forestpulse.co.uk with your activity choices.

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Forest Pulse - February 2023 Booking Form

Name of Child/Children/Young Person

Please tick which activities your child/children would like to attend:

Date	Activity	Number of Spaces Requested
20.02.2023	Noah's Ark Zoo Farm	
21.02.2023	Bowling	Chicken nugget meal: Cheese burger meal: Ham Burger meal: Vegan nugget meal: Capri Sun Apple & Blackcurrant: Capri Sun Orange Juice: Milk:
22.02.2023	Onsite Activity Session	
23.02.2023	Onsite Activity Session	
24.02.2023	Swimming at Cardiff International Pool	Carer: Adult: Child: Under 3:

Signed..... Date.....

Print Name.....