



**The Soldiers, Sailors, Airmen and  
Families Association – Forces Help**  
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## **Sign up for a SSAFA Forces Help children's holiday**

### Summer activity breaks for young people with additional needs

The Soldiers, Sailors, Airmen & Families Association (SSAFA) – Forces Help is now taking registrations for this year's holidays for disabled children, their siblings and young carers.

The fun week-long breaks, which include activities such as climbing, swimming, kayaking and horse-riding, can be a life-changing experience for youngsters, helping them to grow in confidence in a child-centred environment. They also provide parents with a much-needed break and the opportunity to recharge their batteries safe in the knowledge that their child is well cared for.

SSAFA runs two UK holidays for children with disabilities or additional needs at the Calvert Trust properties in Kielder, Northumberland, and Exmoor, North Devon; a holiday for the siblings of young people with a disability or additional need and young carers at Fairthorne Manor near Southampton; and a Western Europe Holiday for children with a disability or additional need, their siblings and young carers.

All four holidays are open to the dependents of serving regular or reserve military personnel. For UK holidays, parents must be available to transport children to and from the holiday. Although the holiday is free, parents will be

asked to make a contribution towards incidental expenses such as the children's pocket money.

Last year 10-year-old Liam Cousins, who has ADHD and autism, went to the Calvert Trust holiday centre at Exmoor in North Devon. His dad Stuart, based at RAF Odiham, said: "Liam came back and did not stop talking about it for days. He had been rock climbing, abseiling, kayaking, orienteering, swimming - all the sorts of things that we cannot really do as a family. It did so much for his self-esteem. He doesn't believe he can do a great deal but on that holiday he certainly came out of his shell. He took part in everything and enjoyed everything.

"It also gave us a chance to have a couple of days out with the other three children and focus more on them. The kids thoroughly enjoyed themselves and it does give families that much-needed break."

**For further information contact the Children's Holiday Project Co-ordinator on 07920 586 178 or [holidayprojectcoordinator@ssafa.org.uk](mailto:holidayprojectcoordinator@ssafa.org.uk)**

## **Siblings / Young carers - Adventure Holiday**

**May 30<sup>th</sup> – June 5<sup>th</sup>, 2010**

Southeast Hampshire YMCA, Fairthorne Manor, Southampton.

For children aged 8 to 12 years old who have a brother or sister who has a disability or additional need or are a young carer of a disabled parent. Closing date for applications is February 26<sup>th</sup>, 2010.

## **Additional Needs and Disability Holidays, UK**

**July 25<sup>th</sup>-30<sup>th</sup>, 2010 (Volunteers required from 24<sup>th</sup>-31<sup>st</sup> July)**

Calvert Trust Kielder, Kielder Water, Hexham, Northumberland

**August 7<sup>th</sup>-12<sup>th</sup>, 2010 (Volunteers required from 6<sup>th</sup>-13<sup>th</sup> August)**

Calvert Trust Exmoor, Barnstaple, Devon

For children aged 8 to 14 years with a disability or additional need.

Each child will be allocated his or her own volunteer coach. Closing date for applications is April 16<sup>th</sup>, 2010.

## **Disabled / Additional Needs Activity Holiday, Western Europe**

**July 23<sup>rd</sup>-30<sup>th</sup>, 2010**

For children aged 8 to 14 years old with a disability or additional need whose family is deployed in Western Europe. Families should contact the Holiday Leader on 020 7463 9343 to confirm their interest.

## **Holiday Volunteers Needed**

These holidays are only possible with the help of a dedicated team of volunteers who ensure that the children are safe and happy while away from home. More volunteers are always required.

Being a volunteer can sometimes be hard work but it is always fantastically rewarding. No previous experience is necessary, although this would be an advantage. You must be over 18 years of age, have a good sense of humour, a reasonable level of fitness and a total commitment and dedication to children. Applicants will be required to undertake security checks. The closing date for volunteer applications is the February 26<sup>th</sup>, 2010. Those wanting more information about volunteering should contact the Children's Holiday Project co-ordinator on 07920 586178 or

[holidayprojectcoordinator@ssafa.org.uk](mailto:holidayprojectcoordinator@ssafa.org.uk)

**For further information, interviews or pictures please contact:**

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## **Editor's Notes**

### SSAFA Forces Help

The Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help is the leading national charity committed to helping and supporting those who serve in our Armed Forces, those who used to serve, and the families of both. We provide a reliable, caring and trusted service to more than 50,000 people each year.

Our professionally trained staff and network of 7,000 volunteers provide practical and financial assistance, emotional support and a wide range of services to ensure that SSAFA Forces Help makes a real difference whenever anybody turns to us for help.

Ends