



'Festive Fun' Holiday Breaks

For Young Adults with Down syndrome (16 years and over)

Bristol or Kent

Friday 2nd - Sunday 4th December

OR Tuesday 13th December to Thursday 15th December

Christmas is a time for fun and for being with friends, new and old. At Symbol, we are delighted to offer a chance for young adults with Down syndrome to kick start the holiday period with a residential weekend or mid week break at either our Kent or Bristol centre. Over the three days, we will spend time cooking, creating, music & dancing and, of course, chatting and chilling, all with a festive theme and with lots of opportunity to share and learn. We will take in some local sights, do a bit of Christmas shopping, mostly we will just have a great time!

As you would expect from the team here at Symbol, this weekend will be very much about developing communication, social skills and self-confidence. We can also have on hand members of our widely experienced multi-disciplinary team, including Psychologists and OTs, for particular issues or it may also be that you would like us to take a particular look at topics such as relationships, self travel, or managing money - we would be happy to hear your ideas on what you would like us to include in the programme. Clifton Park in Bristol and Newington Manor in Kent are two of our well established residential centres and so your son or daughter will be very comfortable staying with us over the course of the break, with great facilities and a very skilled and energetic team on hand.

Cost: £180 per person, including all accommodation, food and activities.

Weekend Timings - Arrival: 1pm Friday, Departure: 4pm Sunday

Midweek Break timings – Arrival: 1pm Tuesday, Departure: 4pm Thursday

Places will be allocated on a first come first served basis. Register your interest for a place with our Down Syndrome Team by emailing Vik on vikralfs@hotmail.co.uk or by calling 0781 746 5614. We will let you know if your son or daughter has a place as quickly as possible and then send you the full booking details.