

Draft Programme of events & booking information

Friday 20th June – arrival & registration late afternoon

Welcome speeches, dinner, The Braw Factor & Karaoke

Saturday 21st – Therapies, Outdoor Activities, Arts & Crafts, Music Workshop

Evening – Raffle & Live Entertainment

Sunday 28th – Walking Football, New Age Kurling, Arts & Crafts & therapy options

Depart after lunch

Therapies

The BRAW committee are delighted to announce that we will once again be providing holistic therapies over the course of the weekend – last minute bookings will only be taken after registration **if** spaces are available. Therapies on offer will include Back, Neck & Shoulder massage, Reflexology and Mindfulness

Activities

Arts & Crafts will be delivered by **Joan Cameron**

Mindfulness therapies will be delivered by **Lizz McConnell**

Music Workshop provided by **Fiona Grant**

Live evening entertainment provided by **David Hood** and **Fiona Grant**

Outdoor Activities will be delivered by **Scouting Scotland**

Team Building / Problem Solving whilst orienteering: The activities will be tailored to group needs

Orienteering on its own: a variety of orienteering courses to suit varied abilities.

Bushcraft / Survival: Finding a way to collect water; building a shelter; hot chocolate on storm kettles; orienteering skills; code breaking; Improvised Archery - Shooting (Bows n Arrows); lighting a fire without matches or lighter

Taster Sessions: New Age Kurling, Boccia, walking football

All ability cycling, walking group and water-based activities will be delivered by **Beyond Boundaries East Lothian**

Activities and therapies may be subject to change due to unforeseen circumstances.

All staff will be qualified coaches and all appropriate safety equipment such as aids and helmets will be used.