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| Lucy’s Place CIC Community Wellbeing Activities are organised for Lucy’s Place CIC by experienced and qualified instructors at Whiteadder Watersports Centre Trust, by International Mountain Leader Dr R.J Phillips at Wild Caledonia and by Mindfulness Practitioner Joyce Lukkes. We are delighted to work in partnership with these organisations to offer a range of activities that are designed to improve mental health and wellbeing. The activities aims to develop a community of support with like-minded people, a sense of achievement and above all enjoyment. No experience is necessary, it’s all about having fun outdoors.  These activities are free for those engaged in psychological therapy to improve their mental health and wellbeing and those that live in the Garvald and Morham community. Special thanks to Crystal Rigg Community Fund for funding the activities for these groups. If you are not part of the priority groups you can still get involved. Please still apply and if places remain available they will be offered to wider communities.  Places are limited. To ensure that as many people as possible are able to benefit, please complete the referral form below and rank your preferences on the following page. We hope you will join us …. | | | | | | | | | | | |
| Name: | | | | | | | DoB: | | | | |
| Address: | | | | | | | | | | | |
| Phone: | | | | | Email: | | | | | | |
| Emergency contact: | |  | | | Relationship: | | Phone: | | | | |
| Swimming Declaration:  I confirm that I can… (insert x) | | | | |  | Swim for 40 m unaided | | | | |  |
|  | Tread water for 3 minutes | | | | |
| Health conditions. Please note your activity provider may wish to discuss this with you prior to the activity: | | | | | | | | | | | |
| Community Meets aim to improve health and wellbeing. Please rate from 0 (very poor) to 10 (very good): | | | | | | | | | | | |
|  | Your current mental health and wellbeing | | | | | | | | | | |
|  | Your current fitness level | | | | | | | | | | |
| Any other information that may be relevant, e.g. access: | | | | |  | | | | | | |
| Do you give permission for photos to be taken during the activity for social media purposes? | | | | | | | | | | | |
|  | No please keep me off camera | | | | | | | | | | |
|  | Only group shots without my face visible | | | | | | | | | | |
|  | Yes happy for pictures | | | | | | | | | | |
| Are you eligible for free community meets? (check all that apply with ‘x’) | | | | | | | | | | | |
|  | Engaged in psychological therapy at Lucy’s Place CIC | | | | | | | | | | |
|  | Engaged in psychological therapy / awaiting treatment with NHS in 2024 | | | | | | | | | | |
|  | Resident of the Morham and Garvald Community  I’m not part of the above groups but would like to get involved (donations invited) | | | | | | | | | | |
|  |
| I agree to the above information being shared with the relevant activity providers, specifically Whiteadder Watersports, Joyce Lukkes and/or Dr Richard Phillips: | | | | | | | | | | | |
| Signed: | | | | | | | | Date: | | | |

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| **Date** | **Activity** | **Rank** |
| **Sun 14th April**  **10:00-14:00** | **Coastal Geology Walk:** East Lothian is rich in remarkable geology. White Sands offers the most extensive limestone outcrops in the central belt. We will take a short walk from White Sands to Barns Ness and step back over 300 million years to a time of coral reefs, lagoons and coal-forming forests. Lots of opportunities for fossil hunting and a good spot for a picnic! (Max.12) |  |
| **Fri 26th April**  **09:30-11:30** | **Wild Swim:** The reservoirs clear, fresh waters is an ideal place for a swim or a dip. Wetsuits available if required and you will be safely supported by a kayaker and a rescue boat so you can simply relax and enjoy your time. (Max. 20)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |
| **Sun 12th May**  **13:00-15:00** | **Sailing Session:** Come along to the reservoir and let us show you the ropes. Options include Pico, Catamaran or Laser Bahia. You can simply enjoy the day or can learn the basics of sailing, steering the boat and controlling the sails. (Max. 8)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |
| **Sun 9th June**  **09:30-16:00** | **Pentland Round:** The Pentlands offers a great opportunity to get out onto the hills. With much to explore, development of navigation skills, interesting geology and many peaks to bag it can make for an exhilarating day out. (Max. 8)  *Please select: My first time/ I want to develop my skills/I’m experienced* |  |
| **Fri 21st June**  **19:30-21:30** | **Sundowner Wild Swim:** The reservoir typically becomes calm and peaceful in early evening. Join us for a swim on the longest day, you can choose to simply dip in, swim to the nearest buoy or challenge yourself to swim a loop. It doesn’t matter what you choose. Lovely hot chocolate to drink afterwards. (Max. 20)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |
| **Sat 10th August**  **10:00-11.30** | **Mindful Walking session:** Mindfulness has significant benefits to mental health and wellbeing. In this introduction you will be able to relax in beautiful surroundings and immerse yourself in the moment during a gentle walk. (Max. 15)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |
| **Mon 19th August**  **Full day** | **Guided Munro Walk – Ben Lomond:** From Rowardennan on the shores of Loch Lomond, we will ascend the lovely Ben Lomond as it rises above the Highland Boundary Fault, with dramatic views to the south. The well-trod path makes for a relatively easy ascent, with a more interesting descent via the Ptarmigan ridge on return. A lovely first Munro. (Max 8)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |
| **Sat 21st Sept**  **13:00-15:00** | **Paddlesports:** We have row boats, paddleboards and sit-on-top kayaks to choose from. Whichever craft the weather dictates is best, you will have a lot of fun learning to paddle on our beautiful reservoir. We can creep up alongside ducks, swans and sometimes cormorants. You will be in the safe hands of one of our BCU qualified staff (Max. 8)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |
| **Sun 22nd Sept.**  **Full day** | **Guided Munro Walk – Cairngorm:** The Cairngorm plateau is a remarkable place, hosting a unique Alpine-Arctic environment, dramatic glaciation and a herd of over 150 freely roaming reindeer! Starting from the Cairngorm base station, we will walk into the northern corries before ascending onto the plateau and summiting Cairn Gorm, Scotland’s sixth highest mountain. A grand day out! (Max. 8)  *Please select: My first time/ I want to develop my skills/ I’m experienced* |  |