

**FIVE
OAKS
CENTRE**



1994

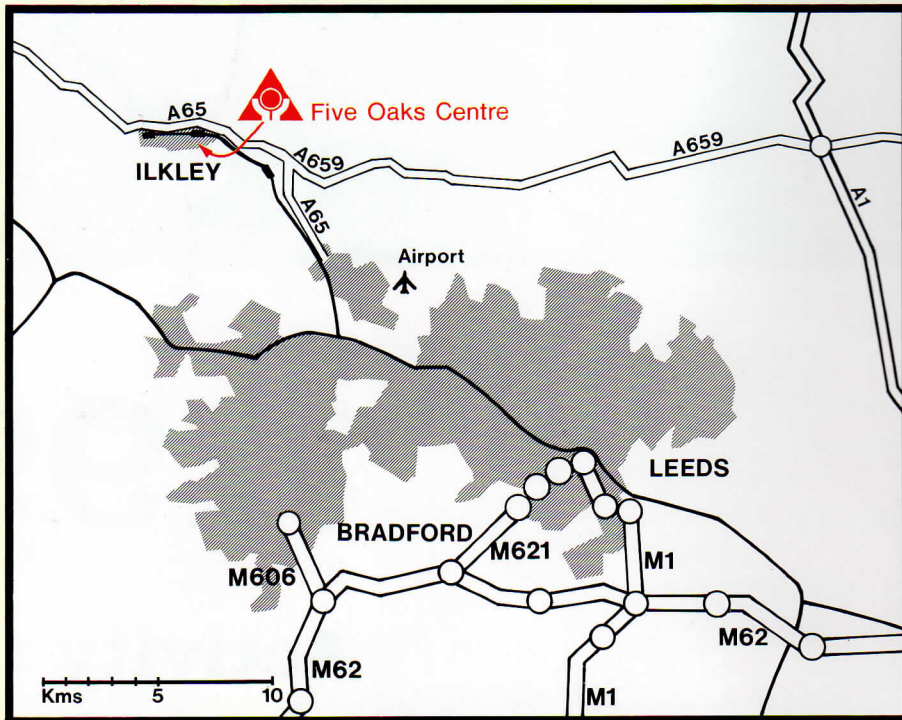
**Activity Courses
and Holiday
Programme**

About Five Oaks

Five Oaks is a unique residential training centre for young people with spina bifida and/or hydrocephalus and is owned and managed by ASBAH - the Association for Spina Bifida and Hydrocephalus. Situated on the edge of Ilkley in West Yorkshire, Five Oaks enjoys tremendous views across Wharfedale.

At Five Oaks the staff are familiar with all the concerns of young people who may require assistance with all aspects of personal care and continence management. Holiday makers can relax and enjoy their stay to the full, knowing with confidence, that the competent and experienced support team are always available to help when required. At Five Oaks, 24 hour cover ensures assistance at all times.

Five Oaks has good road and rail links and is within easy reach of Leeds and the M1 and M62 motorways, Leeds and Ilkley British Rail, with Leeds/Bradford Airport nearby.



Outdoor and Recreational Pursuits Courses

July 16 to 23 & July 23 to 30

September 3 to 10

These courses are led by some very experienced instructors who are skilled at teaching a variety of exciting sports and interests.

Watersports you can try include sailing, canoeing, waterskiing, swimming and canal boating. For those of you who would like to take to the skies, how about having a go at the breathtaking sports of microlight flying or gliding.



If, on the other hand, you prefer dry land, you could try abseiling down the Cow and Calf Rocks at Ilkley, caving, skiing, orienteering, racket/ball sports, ice skating, fencing or archery. You might also like to combine some of these activities with the gentler but fascinating pursuits of arts and crafts, photography or film-making.

Our instructors will help you to learn something new and challenging. Learning a new skill can give you a great deal of fun and satisfaction, as well as the confidence to perhaps take up a new sport or hobby when you return home.

Activity Holiday Weeks

(Throughout the year)

Why don't you get away from it all with a Five Oaks Activity Holiday Week? During the school holidays we have an exciting variety of things for you to do.

Perhaps you want to relax amidst the peace and beautiful surroundings of Five Oaks itself, or maybe you would prefer an action packed week of day trips out, sports, outdoor pursuits and other recreational activities.

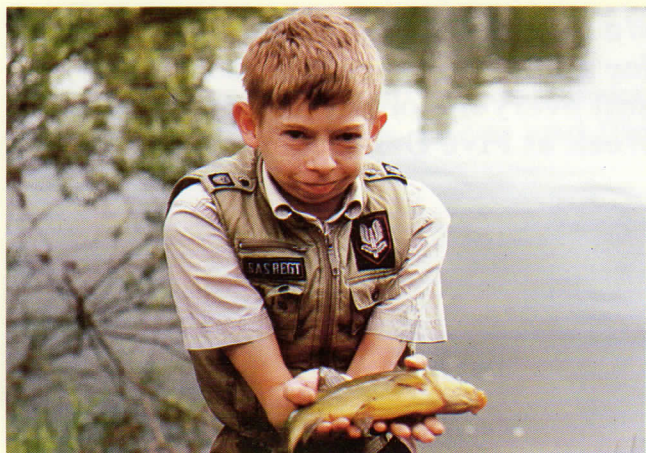
We offer weeks for children and weeks for adults, so there is something to suit everyone on an Activity Holiday Week at Five Oaks.



Fishing Weekend

July 8 to 10

In the relaxing surroundings of Ilkley Lagoon, the Fishing Weekend will teach you all the skills of coarse fishing. Many large fish live in the lagoon and you will be able to pit your wits and skill against carp, tench, perch and chubb. With luck you will make at least one big catch, (tales about "the one that got away" are not allowed!), but dinner will be provided even if you don't catch a bite!



D. J. Course

November 30 to December 4

The D.J. Course gives you the opportunity to find out all about live broadcasting. Whether you are a fan of Radio 1 or Classic FM, this interesting course will teach you all about the use of sound equipment and show you how to go about putting together a live show.

There will also be visits to radio stations to get some handy hints from the professionals. This expert advice, along with your own ideas, will be put to good use on the Saturday night when you host your own disco.

Day Tripper Weeks

March 20 to 26

June 5 to 11

Day Tripper Weeks let you choose from a wide range of trips out and activities, to give you a wonderful variety of days out.

Perhaps you would like a trip out to the coast, or a spot of bird and animal watching. Bump into your friends on the dodgems at Lightwater Valley Theme Park, learn to ski, or test your skill at tenpin bowling.

Enjoy a canal boat cruise, visit some of the historic towns of the Yorkshire Dales or have a flutter at the races. For your evening entertainment perhaps you would enjoy a trip to the cinema or take part in an outing to the theatre.

During the Day Tripper Week, what you do is really up to you, and we can guarantee that you will have plenty of fun!



Wildlife Week

June 18 to 25

If you enjoy watching wildlife programmes on TV, now is your chance to see some of Britain's beautiful animals and birds for yourself. During the week we will be on the wildlife trail amongst the Yorkshire Dales, Lake District and along the coast.



You will need patience to spot a herd of deer on a remote hillside, but it's worth it! With luck you might also see a golden eagle or other bird of prey soaring overhead or swooping down to catch its dinner!

At the coast you will have chance to try and spot seals and to visit bird sanctuaries, nature reserves and a gannetry with noisy nesting sea birds. At the end of the week you will not only know more about the way in which animals live, but also about how we can protect wildlife by countryside conservation work.

If you're still awake after all this, there will be time to see the night-time world of badgers, bats and owls, which come out after most wildlife watchers are asleep!

Winter Wildlife Course

November 24 to 29

Does the idea of coming for a winter holiday to Britain sound bird-brained? Well that's exactly what many birds who live in colder countries do! After their exhausting journeys, some up to thousands of miles, they make their winter homes on lakes and reservoirs all over the country.

We shall see that some of these exciting winter visitors are quite shy, whereas others live in huge flocks. During this long weekend, we will be watching them from the secrecy of specially built hides, in a number of exciting reserves and bird sanctuaries.

As well as spotting some rare visiting birds, we should also see flocks of swans, geese, graceful herons, teal, oyster catchers and brightly coloured shovelers. With luck, we might spot a bird of prey such as a barn owl, or peregrine falcon. With knowledgeable guides on hand, this long weekend is an ideal opportunity to see some of Britain's most exciting winter wildlife.



Driving Courses

April 24 to 30

September 18 to 24

The Driving Courses are taught by instructors who know all about the needs of disabled drivers. They are skilled at teaching young people with spina bifida and/or hydrocephalus, so you will be given expert tuition and advice.

You will have driving lessons twice a day. First of all, you will be taught off the road, so that you can learn the basics safely away from other traffic. You will be taught about how to judge space, good road positioning, decision making and reaction times. These are all essential for safe driving. Our instructors will watch how well you do these tasks and give helpful advice on how to improve and develop your road skills.

When you are not driving, you will be given help and advice about the Highway Code, road safety, car maintenance, the cost of running a car and the legal aspects of driving. Special advice for people with disabilities will also be given, including how to get the best driving tuition, suitable adaptations and car controls, getting a wheelchair in and out of your car safely, and Motability.

At the end of the week, a personal progress report will be discussed individually with each student, giving handy tips on what aspects of your driving needs to be looked at next.



Fashion Course

June 26 to July 2

Our Fashion Courses are run with the expert help of Fashion Services for People with Disabilities, and will cover all aspects of clothes design, from choosing the right material, to making the finished stylish outfit.

During the week you will be shown how to design a basic pattern that is tailor made for you and your lifestyle.



This pattern can be used time and again to make flattering clothes and you will have the added satisfaction of knowing that you made them yourself.

During the week, trips out are arranged and evening events organised so that you will have a lot of fun as well as learning the practical side of the world of fashion.

1994 Activity Courses and Holiday Weeks

March

20 to 26 - Day Tripper Week
26 to April 2 - Activity Holiday Week

April

2 to 9 - Activity Holiday Week
24 to 30 - Driving Course

May

28 to June 4 - Activity Holiday Week

June

5 to 11 - Day Tripper Week
18 to 25 - Wildlife Week
26 to 2 July - Fashion Course

July

8 to 10 - Fishing Weekend
16 to 23 - Outdoor & Rec. Pursuits
23 to 30 - Outdoor & Rec. Pursuits

August

30 July to 6 - Activity Holiday Week
6 to 13 - Activity Holiday Week
13 to 20 - Activity Holiday Week
20 to 27 - Activity Holiday Week
27 to 3 Sept. - Activity Holiday Week

September

3 to 10 - Outdoor & Rec. Pursuits
18 to 24 - Driving Course

October

22 to 29 - Activity Holiday Week

November

24 to 29 - Winter Wildlife Course

December

30 November to 4 - D. J. Course
17 to 31 - Activity Holiday Weeks

How to Book

Bookings can be made at any time as Five Oaks is open throughout the year. Provisional bookings can be made over the phone, but please note, we can only confirm your place when we have received your completed application form.

For further information, all enquiries and bookings - please contact:

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