

Activity Booking

All activities subject to change

Please pre-book activities using the columns below, enter your name only, and we will try to accommodate your wishes as much as possible. Massage therapists will offer you a treatment based on your own needs & their recommendations during your appointment – this will include hand/arm, back, neck & shoulders, reflexology, Indian Head Massage etc. Mindfulness will also be on offer as participants have found this to be a very effective tool in managing stress & anxiety. The all-ability bikes will be with us all day Saturday and Sunday morning for you to try at any time. Scouting Scotland activities will be available on the Saturday only. Arts & Crafts will be available over the whole weekend.

Complete blank spaces only, black box means NOT available

	Saturday Morning	Saturday Afternoon	Sunday morning	Wheelchair access required?
Mindfulness session				
Massage therapies				
Outdoor Activities Scouts				
Outdoor Cycling Activities BBEL				
Outdoor Water Activities BBEL				
Walking group BBEL				
Music Workshop				
Pet Therapy				