

# TOURETTE CAMP 2009 INFORMATION SHEET



- Where?** Gilwell Park Scout Activity Centre, Chingford, London, E4 7QW. Campers will be staying in rooms of 2-4 in the Jack Petchey Lodge. All rooms have bunk-beds and an en-suite shower and toilet.
- When?** Campers need to arrive by 11am on Tuesday 18 August and should be collected from 2pm on Friday 21 August 2009.
- What?** We have a full programme of activities planned for the trip, which will include hiking, orienteering, ropes activities, climbing and other fun tasks to encourage team-work and challenge individuals.
- Who?** Claire Ball (Tourettes Action Services Officer) plus one other member of TA staff (or a TS Trustee) will be supervising a group of 12 young people. Instructors from the Scouts Association will be leading the activities.
- How much?** The cost to parents for each child will be £250. This includes 3 nights accommodation and all meals from lunch on the Tuesday to lunch on the Friday.
- Why?** **The aims of the camp are as follows:**
- To give children with TS an opportunity to make friends and enjoy themselves
  - To raise the confidence and self-esteem of children with TS
  - To give children with TS the opportunity to meet others with the same condition: to realise they are not alone and to share coping strategies



In the words of our campers from 2008:

*"At this camp I met people that have the same problems as I have. Now I know that I am not alone."*

*"It was sooooo much fun. Everything was amazing and I'd love to do it again"*

*"It made me more relaxed to know there were other people around me who had Tourette's so I didn't need to hide it."*

*"I learned that I could do much more than I thought I could do."*

*"I learnt how to cooperate with others more calmly. I also learnt you had to trust and communicate with others to enable you to achieve the tasks."*

*"I feel a sense of achievement and I will control my emotions better in future and make allowances for other people's emotions."*

*"It's good not to have to explain TS to new people. You can skip that bit."*

