



## LOCAL FAMILIES GIVEN THE OPPORTUNITY TO TRY OUTDOOR AND ADVENTUROUS ACTIVITY

**WE WERE DELIGHTED TO OFFER A CONSIDERABLE NUMBER OF EDUCATIONAL OUTDOOR ACTIVITY DAYS FOR CHILDREN THANKS TO FUNDING RECEIVED FROM ABERDEEN CITY COUNCIL.**

Almost five weeks of outdoor and adventurous activity sessions were organised by Adventure Aberdeen for children and young people who would not otherwise have access to these opportunities.

80 children and families took part in activities each week, ranging from forest walks and wilderness skills, to hill walking and gorge walking. Participants also had the opportunity to try canoeing at Rubislaw Quarry, ending with a family fun day as the programme concluded.

Children and young people were identified for the activity days through close partnership working with key children's services across Aberdeen City including Action for Children – Aberdeen Priority Families, Barnardo's and Intensive Support at Craigielea.

**Graeme Dale**, Sport Aberdeen Head of Sport and Active Communities, said:

"We have a fantastic outdoor activity offering on our doorstep and thanks to funding received, we were able to facilitate five weeks of adventurous and educational sessions throughout summer. "We're always keen to inspire more young people to get out and get active while making the most of the amazing natural landscape that we are fortunate to have around us.

"We were pleased to work in partnership with several children's services throughout the city to provide opportunities to take part in these types of summer outdoor activities for families who may not usually get the chance."

**Mary-Louise Clipston**, Northern Star Project Worker (Barnardo's), who attended one of the forest walk and wilderness skills sessions, said:

"I went along on the forest walk with a nine-year-old boy who I work with. I was a little nervous that a child whose main interests are video games and football might not find it very interesting... but it quickly became clear there was no cause for concern!

"The time whizzed past as we explored nature, played games, learned how to safely light fires and had a den building contest. This particular child has very little opportunity to engage in these sorts of activities and I have no doubt that the chance to access these events will positively impact his wellbeing."