



ARGYLE COMMUNITY TRUST PRESS RELEASE

Thursday, July 7, 2016

SHORT BREAKS

ARGYLE Community Trust will deliver Short Break sessions for young people with a disability throughout the summer holidays.

Every Monday and Tuesday from 9am – Midday, our Short Breaks will involve fun-filled football sessions, stadium tours, smoothie making, table tennis, wii fit activities, games consoles and many more fun activities.

Working closely in partnership with Plymouth City Council, the Trust aims to give carers respite but to also offer new opportunities to young people they may never have experienced in the past.

Each day sees the youngsters taking part in fun-filled sport sessions, aimed at improving their basic skills whilst making new friends. The courses, full of mini-games and technique workshops, sees each participant work with Argyle coaches, giving them a unique experience of what it is like to be a professional 'Pilgrim'.

To compliment practical sport sessions, each participant takes part in exciting workshops aimed at improving their understanding of both the game, as well as the importance of leading a healthy, active lifestyle. Skills that will be introduced include smoothie making classes, kit design and basic first aid tips.

Find out more by contacting our Health & Disability Officer Josh Grant on 01752 562561 ext.4 or email josh.grant@pafc.co.uk



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