

### WHAT IS THE BEHÇET'S UK FAMILY DAY?

This will be our fourth Behçet's Family Day and it is a chance for members of Behçet's UK to get together for a FREE fun day out with their family and friends.

It also gives everyone the opportunity to make new friends, meet other families affected by Behçet's and try some fun activities.

We encourage all ages to come along to join in or just watch (if preferred). At previous family days' ages have ranged from 18 months to 70 years!

### WHERE IS THE BEHÇET'S FAMILY DAY?

This year our family day will be held at Skreens Park Activity Centre, which is located just outside Chelmsford in Essex.

<https://www.skreenspark.org.uk/>

Skreens Park Activity Centre, Skreens Park Road, Roxwell, CM1 4NL.

### WHEN IS THE BEHÇET'S FAMILY DAY?

Saturday 15<sup>th</sup> June 2019 10:00 – 17:30

### WHAT IS THE COST?

The family day is FREE to attend for Behçet's UK members and their family/friends, however to secure your place(s) we request a refundable deposit of £25 per order. This will be refunded within 10 days of attending the family day.

### I'M NOT A MEMBER OF BEHÇET'S UK CAN I STILL ATTEND?

Unfortunately, our Behçet's Family Day is for Behçet's UK members and their family/friends only. Each order must have at least one Behçet's UK member.

You can join Behçet's UK here: [Join Behçet's UK](#)

### HOW AND WHEN CAN I RESERVE A PLACE?

Reservations open at 10:00 on Monday 1<sup>st</sup> April 2019. Places are limited and will be allocated on a first come first served basis.

You can reserve your place(s) here: [Reserve my place](#)

Your place(s) will be held as a provisional booking and you will have 7 days to pay your refundable deposit of £25 (per order) to finalise your reservation.

### WHAT INFORMATION DO I NEED TO RESERVE MY PLACE?

You can reserve 6 participant places per order (plus additional spectator places) and you will need the following information to complete all the registration details for each adult/child attending:

- full name of each adult/child attending;
- email address for the group;

- name and address (including postcode) of the Behçet's UK member;
- date of birth for anyone under 18;
- details of your preferred activities (your group may choose different activities but under 18s must be supervised by an adult).

## WHEN AND HOW DO I PAY MY REFUNDABLE DEPOSIT?

Your deposit needs to be paid within 7 days of placing your order through Eventbrite.

Please make your £25 deposit payment to Behçet's UK via PayPal or via BACS quoting your Eventbrite order number.

- PayPal: [treasurer@behcetsdisease.org.uk](mailto:treasurer@behcetsdisease.org.uk)
- BACS (CAF Bank): Account Name: Behçet's UK SortCode: 40 52 40 Account Number: 00020910

If you would prefer to pay by cheque or need longer than 7 days to pay your refundable deposit please contact the admin team by phone 0345 130 7328 or email [info@behcetsuk.org](mailto:info@behcetsuk.org) as soon as possible to ensure your order isn't cancelled.

## WHY ARE YOU CHARGING A REFUNDABLE DEPOSIT FOR A FREE EVENT?

As this event is free for Behçet's UK members and their families/friends and we have limited places available, we have made the decision to request a refundable deposit to encourage families who reserve places to attend and discourage 'no-shows'.

Discouraging 'no-shows' ensures the families who do attend have a more enjoyable day, reduces the number of disappointed members who can't attend due to unused places and means that we don't waste important Behçet's UK funds which could be put to better use.

We appreciate that due to the nature of Behçet's some cancellations are unavoidable and we will do our utmost to help fill any places so we can return deposits in these circumstances.

## WILL THERE BE A WAITING LIST?

Yes, once all the places have been reserved through Eventbrite you will be able to register your interest for any places which become available at a later date. We will contact you if/when any places become available.

## WHAT IF I NEED TO CANCEL?

In the event that you are unable to attend and you need to cancel your place(s) we request that you contact us by phone 0345 130 7328 or email [info@behcetsuk.org](mailto:info@behcetsuk.org) as soon as possible so we can try to fill your place(s). If we successfully fill your place(s) we will refund your deposit.

## WHAT IS THE PLAN FOR THE DAY?

We have hired a day hut on site with a hall and kitchen which will be our base and breakout area for the day. This is where we will have our breaks and lunch.

10:00 - 11:00	Arrival and meet for refreshments at
11:00 - 12:00	Activity 1
12:00 - 14:00	Break including buffet lunch, Giant Games and Emoji trail
14:00 - 15:00	Activity 2
15:00 - 15:30	Break and refreshments
16:00 - 17:00/30	Activity 3

## WHAT ACTIVITIES WILL THERE BE?

We are booked in for the following activities and you can select which activity you'd like to participate in when placing your reservation.

Activity 1	Archery	Climbing	Kayaking
Activity 2	Tomahawk Throwing	Crate Stacking	Archery
Activity 3	Bushcraft	Climbing	Kayaking

Activities are suitable for children and adults of all ability levels which are run by fully qualified and experienced instructors. Skreens Park provide safety equipment appropriate for all ages (see minimum age).

In addition to the scheduled activities we will have Giant Games all day in our day hut and you can take part in an Emoji trail around the site.

## WHAT DO THESE ACTIVITIES INVOLVE?

### Archery

Duration: 1 hour

Age: 5 +

Located: 5 minute walk from day hut

Description: This takes place on Skreens Park's large archery field and is the sport or skill of shooting with a bow and arrow at a target. Archery is fun and very easy to learn.

### Bushcraft

Duration: 1 - 1.5 hours

Age: 5+

Located: Few hundred yards from day hut

Description: This is an instructor led activity during which you can make nettle tea, light fires and learn the skills needed to survive in the wild.

### Climbing

Duration: 1 hour

Age: 6 +

Location: Few hundred yards from day hut

Description: You will ascend Skreens Park's purpose built 10 metre tall climbing tower. The tower includes four walls of varying difficulty including a ramped start for beginners and younger participants and a chimney and overhang for more advanced climbers.

### Crate Stack

Duration: 1 hour

Age: 6 +

Located: Few hundred yards from day hut

Description: Crate stacking is an activity where participants work as a team stack and climb on top of crates to balance and get further from the ground, safely held by climbing harness and rope.

### Kayaking

Duration: 1 hour

Age: 7+

Located: 5-10 minute walk from day hut

Description: This water sport involves paddling using a double-bladed oar and a small boat known as a kayak and takes place on Skreens Park's stunning three-acre lake.

### Tomahawk Throwing

Duration: 1 hour

Age: 5 +

Located: 5 minute walk from day hut

Description: This is an activity where participants throw throwing tomahawks and small hawks which are specially designed for this sporting activity at Skreens Park's purpose built range.

## IS THERE A MINIMUM AGE FOR TAKING PART?

We have included the minimum ages for each activity above.

All activities will have a qualified instructor however we request that any child aged 18 and under is supervised at each activity by a parent/carer who is either taking part or spectating.

Children under these ages are welcome to join us for the day but will be unable to take part in the activities and must be supervised by an adult at all times. You are welcome to parent swap when taking part in activities. Please reserve a 'Spectator Place' for children too young to join in

## WILL MY ACTIVITY CHOICES CHANGE ONCE I'VE PAID MY DEPOSIT?

We have a limited number of places available for each activity, which are allocated on a first come first served basis upon receipt of your deposit.

If we are unable to fulfil your preferred activity choice(s) we will contact you to offer you an alternative. If you are unhappy with the alternative we offer you can choose to cancel your reservation and we will refund your deposit.

Screens Park reserves the right to cancel, alter or delay any activity where forced to do so by circumstances out of their control, such as illness, weather, or any situation that they believe would put participants or employees in danger.

## CAN I JUST SPECTATE?

Yes. You are more than welcome to join us for the day and cheer on your friends/family who are participating. Please make a 'Spectator Only' reservation when booking your place(s) so we know you are coming, and we know how many we need to cater for.

## WHAT IF I DON'T WANT TO TAKE PART IN A PARTICULAR ACTIVITY?

When making your reservation you will have the chance to choose which activities you'd like to participate in - you can choose as many or as few as you'd like (subject to availability).

If you're not sure about a particular activity and would just like to try it please feel free to book a place and give it a go – you can always opt to spectate if it turns out not to be your thing - the most important thing is that you have fun!

## I HAVE A DISABILITY OR MOBILITY ISSUES: CAN I STILL TAKE PART?

We have tried to ensure there are different activities available throughout the day to accommodate different levels of mobility.

If you have any particular concerns, please get in touch with us by phone 0345 130 7328 or email [info@behcetsuk.org](mailto:info@behcetsuk.org) to discuss your disability or mobility along with any other information you feel we should be made aware of so we can consult with the centre to make your visit more enjoyable.

## WHERE CAN I TAKE A BREAK?

We have hired a accessible day hut which is available anytime throughout the day and solely for Behçet's Family Day guests. There are also outdoor spaces if the weather is nice.

## WHAT FOOD AND/OR REFRESHMENTS WILL THERE BE?

A sandwich buffet lunch will be provided so please let us know of any dietary requirements or allergies when reserving your place(s). Refreshments of tea, coffee and squash are provided throughout the day. We also suggest you bring a refillable water bottle to keep with you during the day.

## WHAT SHALL I WEAR/BRING?

Wear comfortable clothing appropriate for the weather, which you won't mind if it gets wet or dirty, with changes and spare footwear in case it does.

We suggest laying loose comfortable clothing, (not jeans) and/or shorts and T-shirt if the weather is warm. Trainers are recommended for climbing and all other land-based activities and bring spare footwear which can be worn on and off the water for kayaking.

If it is a sunny day please ensure you apply and pack plenty of sun cream, of a high factor, a water bottle, as well as a sun hat. You will be able refill your water bottle in our day hut.

If it's raining a lightweight waterproof would be ideal.

## HOW DO I GET THERE?

If you're using a satnav or route planner, please use the postcode CM1 4NL.

The site isn't on a local bus route so if travelling by public transport you will need to book a taxi for the final leg of your journey.

## WHERE CAN I PARK?

There is free car parking on site.

## I'D LIKE TO BOOK OVERNIGHT ACCOMMODATION, WHERE CAN I STAY?

There are plenty of guest houses and hotels, including the budget chains, in the area. We are unable to offer any recommendations as we don't have sufficient knowledge of the local area but if you do need any help finding accommodation please get in touch.

We are unable to camp at Skreens Park as the site is used by for camping by youth organisations. If you wish to camp, Kelvedon Hatch Camping and Caravanning Club Site is approximately 10 miles away.

## I'VE GOT ANOTHER QUESTION...

We've tried to pre-empt as many questions as we can but aware there may be plenty more. If you have any further questions, please don't hesitate to get in touch with us by phone 0345 130 7328 or email [info@behcetsuk.org](mailto:info@behcetsuk.org)