

National Teen Activity Day 2017



Diabetes Ireland are delighted to invite you to our 9th National Teen Activity Day.

Diabetes Ireland, 19 Northwood House, Northwood Business Campus, Santry, Dublin 9 Lo-call 1850 909 909 or 01 842 8118 Website: www.diabetes.ie Email: info@diabetes.ie



The aim of the day is:

- > To encourage teens to engage in adventure activities and learn to maintain good management of their diabetes while doing so.
- To meet other teenagers with diabetes and most importantly to have fun.

Details:

- > The teen activity day will take place on Friday 14th July 2017, 10am 4pm (not including travel time)
- > The day is open to all Children with diabetes aged 10-16 years.
- > Events will be held in 4 centres nationwide and you choose which centre you would like to attend.
- > We plan to run buses from a number of localities to each of the centres where we have adequate participants.
- > A hot lunch and snacks will be provided throughout the day.
- > All centres will be fully supervised by trained instructors, volunteer leaders and a healthcare professional.
- > The fee per participant is only €20. All other costs will be covered by Diabetes Ireland.



Adventure Centres

Lilliput Adventure Centre, Lough Ennell, Co. Westmeath.

Activities: Abseiling, Canoeing and Assault Course.

The bus will depart from the Diabetes Ireland Head Office, Santry, Dublin 9.

There will be pick up's along the way where possible.



Activities: Kayaking, Rock Climbing, Water Floats.
The bus will depart from Wexford General Hospital.



Activities: Paintballing, Forest Archery.
The bus will depart Diabetes Ireland Cork Office.
There will be pick up's along the way where possible.

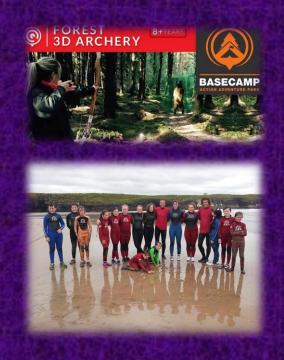
Donegal Adventure Centre, Bundoran, Co.Donegal

Activities: Surfing, Prison Break/High Ropes.
The bus will depart from stops in Sligo and Letterkenny.

There will be pick up along the way where possible.







A full list of clothing and other items required will be sent to you nearer the day.

Next Step

Simply, complete the application form overleaf and return it with the appropriate fee. We will be in touch nearer the event with finalised details.

Please print information in BLOCK CAPITALS

Participant's full name:
Di Unique No: (On Letter) <u>DI#</u>
Date of birth: /
Address:
Ability to swim: Yes No
Parent(s) name(s):
Mobile No:
E-mail:
Centre of choice:
Insulin Regime:
Other medical issues/ Dietary needs
Bus From:
Payment
I enclose a bank draft / cheque with the appropriate amount
Credit / Debit Card Details
Name on Card:
Card Number:
Expiry Date:/ Security numbers on back of card:



