

# PLATFFORM

For young people I bobl ifanc

## What you need to know for the activities!

- Our team is Sarah, Chris, Reid, Alana, Jasmine and Sinead and we are all super friendly and looking forward to welcoming you to the Platform activities - at least one of us will always be there!
- Parents do not need to stay with you - we will always be there.
- Our usual **Code of Kindness** applies to all Platform activities, be kind to yourself and others at all times!
- **You must have completed the consent form for the activity!**
- If you are going to **Margam Park**, the postcode is SA13 2TJ and we meet in the car park by the wooden entrance at 1230. We then walk up to the castle to start the activities. We will be done by 330pm
- You will need a towel, a change of clothes, comfortable footwear, any medication you take, water, snacks and your consent form.
- If you are going surfing with **Surf School Wales**, the postcode is SA12 6QW and its next to Cafe Remos. There are one off surf sessions and Waves & Wellbeing club which is a 6 week course
- You will need your bathers on, we provide wetsuits and surfboards, we suggest you bring a towel and easy to change into clothes for after the session. Also bring water, snacks and your medication if needed.
- If you are coming to **HQ drop in**, the postcode is SA6 8JG and its between the GXO depot and Days rentals - we will be doing make up, art, video games, music - all sorts of stuff!
- **All about Me** is a workshop for a group of 4 young people and Platform staff sharing ideas on building self esteem, confidence and ways of looking after ourselves. Bring lunch so you can stay after if you like!

**How to book your place!**

**Please email [youngpeople@platform.org](mailto:youngpeople@platform.org)**

**Or talk to one of the Platform Team to get more information!**

**Check out [www.Platform4yp.org](http://www.Platform4yp.org)**