

Are you aged 18-24 and have or had cancer?

NEW!

Barretstown is delighted to announce we have introduced a brand new programme specifically designed for young people aged 18-24 years old. Spend the weekend in Barretstown meeting other young people who have been affected by cancer.

The Adolescent Young Adult (AYA) Programme has been shaped by research from the NCCP (HSE National Cancer Control Programme) and Barretstown's 28 years of experiencing delivering serious fun through therapeutic recreation based programmes.

Enjoy adventurous activities such as canoeing and archery, and take part in workshops tailored to your needs and interests.

What Will You Do?

- Meet other young people affected by cancer.
- Learn about how to access resources, information and services available to you.
- Enjoy free time to get to know each other.
- Enjoy the state of the art 500 acre site and facilities of Barretstown, in Co Kildare.
- Enjoy activities such as mindfulness and other workshops delivered by Barretstown and external professionals.
- During the evenings enjoy social activities such as gameshows, table quizzes, movie nights, silent baking and lots more.
- Try your hand at activities such as high ropes, archery, canoeing to name just a few.





What else do I need to know?

- You do not need to have been to Barretstown before
- Your accommodation and meals are provided as the programme is residential
- You will stay in our brand new accommodation building, *Paul's Hideout*
- This programme runs exclusively on the dates listed below, there will be no children at Barretstown on those weekends.

When is this programme happening?

The AYA Programme will run three times in 2022, so you can pick the date that suits you best

- **June 3rd to June 5th** (Friday – Sunday)
- **Aug 26th to Aug 28th** (Friday – Sunday)
- **Nov 25th to Nov 27th** (Friday – Sunday)



Testimonials

from the pilot programme participants

“ Making great new friends, meeting people who understand our experiences, having such a fun weekend ”

“ Overall it was an excellent experience, would absolutely come and do it again. It was such a good opportunity to connect with other people and have fun at the same time ”

Find out more about the Adolescent Young Adult Programme and to book your place...

Scan the **QR**, check out **www.Barretstown.org**
Email **aya@Barretstown.org** or call **045 864 115**

