



Registered charity (England and Wales) 1129759

**Join us for the 4th Breakaway Weekend 28th -31st May/ 27th-30th August 2010**

YHA National Forest, East Midlands We're going back to the forest! YHA National Forest is a modern and eco-friendly building, in Central England. All rooms are 2-4 beds and en-suite. There is also a bar, bistro and Coffee Shop.

Breakaway offers the chance for families and young people to meet, talk about and share their experiences in a relaxed and friendly environment. The main aim of Breakaway though, is to have fun!

Activities may include climbing, high ropes, zip wire, canoeing and much much more! There will be stoma nurses on hand to offer support, as well as people who have first hand experience of living with a bowel and/or bladder diversion/dysfunction. Dietary requirements can be catered for.

The cost of 3 nights full board accommodation and activities is just **£155** per person.

Please state on your booking form which is your preferred date. **Funding may be available to those of limited means, just ask for a funding application form!**

**For more details, booking forms or to enquire about our funding applications please call Julie 07939 690311 or Rachel 07751560013 or visit the Breakaway website <http://breakaway-visit.co.uk/index.php> and hit the contact us button !**