

DECEMBER 4TH

ARE YOU LOOKING FOR A BIT OF FESTIVE FUN?

WE'RE GIVING YOU THE OPPORTUNITY TO SET TO THE SKIES BY TAKING PART IN AN ECO-FRIENDLY, COVID-SAFE VIRTUAL BALLOON RACE.

LIFTING OFF AT 12PM ON MONDAY 7TH DECEMBER AND FINISHING SEVEN DAYS LATER, WITH ZERO CARBON EMISSIONS EACH BALLOON WILL MOVE A RANDOM DISTANCE EVERY HOUR, CALCULATED BY AN ALGORITHM, UNTIL THE RACE IS OVER.

WITH A LIVE LEADERBOARD, YOU'LL BE ABLE TO TRACK YOUR BALLOON AND WATCH THE RACE THROUGHOUT THE WEEK. THE OWNER OF THE BALLOON THAT TRAVELS THE FURTHEST WILL WIN A PRIZE. OUR VIRTUAL BALLOON RACE IS OPEN TO EVERYONE AND IT'S SO SIMPLE TO TAKE PART. IN THESE PARTICULARLY CHALLENGING TIMES, EVERY BALLOON PURCHASED REALLY WILL HELP US TO CONTINUE PROVIDING LIFECHANGING ADVICE AND GUIDANCE TO EVERYONE WHO NEEDS US.

HOW FAR WILL YOUR BALLOON TRAVEL? DON'T DELAY, GET YOURS TODAY! #DYSPRAXIABALLOON. FOR MORE INFORMATION AND TO REGISTER YOUR BALLOON PLEASE SEE [HTTPS://WWW.BALLOONRACE.COM/DYSPRAXIAFOUNDATION](https://www.balloonrace.com/dyspraxiafoundation)

DYSPRAXIA FOUNDATION YOUTH TOP TIPS FOR OVER THE CHRISTMAS PERIOD

DON'T FEEL YOU HAVE TO SPEND THE WHOLE OF CHRISTMAS COOPED UP IN YOUR LIVING ROOM SPENDING QUALITY TIME WITH YOUR FAMILY MEMBERS, YOU MAY BE BETTER OFF TAKING A BREAK HERE AND THERE THROUGHOUT THE DAY. WHETHER THAT'S A WALK ROUND THE BLOCK WITH THE DOG OR A QUICK PRIVATE CALL TO YOUR BEST MATE, JUST TAKING FIVE TO GET SOME HEADSPACE AND YOU SHOULD FEEL MUCH MORE REFRESHED AND READY TO SPEND MORE TIME ALL TOGETHER.

IF YOU'VE BEEN LIVING AWAY BEING ALL TOGETHER AGAIN IS GOING TO FEEL A BIT INTENSE, EQUALLY FOR MANY OF US THIS YEAR WE HAVE SPENT A LOT MORE TIME THAN USUAL ALREADY WITH OUR FAMILY, TAKING TIME OUT IS OK!

NEED SUPPORT?

SUPPORTLINE HELPLINE: 01708 765200 (HOURS VARY SO RING FOR DETAILS)

ADMIN: 01708 765222

INFO@SUPPORTLINE.ORG.UK

RSVP BY CALLING ANNE AT 123 456 7890

