

## **A Grand Day Out at Greenwood Forest Park!**

My 13 year old son and his friend were two of many young Anglesey people who thoroughly enjoyed a day out at Greenwood courtesy of Carers Outreach Service. The weather was kind, and an extra outing at the end of the Summer holidays when most budgets are tight was much appreciated.

As a widow and lone carer, it can be hard for me to find the energy to facilitate outings like this solo. It was so nice to know that other families would also be going and that Carers Outreach staff would be present. Of course once we got there, we bumped into people we knew, and there was a friendly and supportive atmosphere throughout the park. I was also particularly grateful that my son was allowed to bring a friend, since he is an only child and having a peer to share the experience with truly made his day.

There is a good mix of activities at Greenwood, some of which I believe would be suitable for most youngsters with disabilities. The new solar splash proved the definite favourite.

I think funding these kinds of 'treats' is very beneficial, since not only do they give something to look forward to, but the happy memories help in challenging times of pain, illness, and discouragement. I would like to congratulate Carers Outreach on a successful event, and I hope they will be able to provide more activities for young people and their carers in the future.