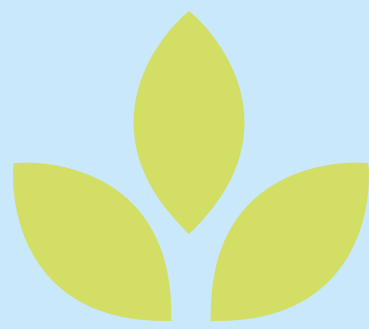




YORKSHIRE DALES NATURAL RETREATS RESIDENTIAL

Relaxation and team building at luxury eco lodges

DEVELOPING SKILLS, CREATING BRAND NEW EXPERIENCES



Natural Retreats once again very kindly hosted 'Team YAC', this time in their stunning Yorkshire Dales eco lodges! The group took part in some team building challenges, improving their confidence, communication skills and perseverance. Including a visit to the very quirky Forbidden Corner, exploring the mazes and scary mausoleums. Another successful trip for Team YAC!

100% of young adult carers learnt or experienced something new

'I DIDN'T HAVE A CLUE HOW TO LEAD A GROUP AND I FEEL LIKE NOW I COULD DO ANY KIND OF TASK WITH A TEAM'

100% of young adult carers enjoyed the trip

'I LOVED THE TEAMWORK SKILLS, THE ASSAULT COURSE, THE INDEPENDENCE THAT WE GOT WILL HELP SO MUCH IN THE FUTURE'

100% of young adult carers developed their friendships/made new friends

'I WORRIED ABOUT IT BEING MY FIRST TRIP BUT EVERYONE REALLY MADE ME FEEL WELCOME AND THEY JUST GET ME BECAUSE I LOOK AFTER MY MUM'

'I wouldn't change a thing, it was perfect and very much needed.'



'I got to make friends, got to know everyone better and I know myself much more too'