



FESTIVAL GUIDE

'Be Free' is a magical festival for people with and without learning disabilities in the beautiful countryside.

You can sleep in lodges or tents, try some exciting outdoor challenges, and or just chill and relax around campfires.

'Be Free' is a space for people to come together and meet new people or hang out with old friends.

WHEN?

5pm on 16th September to 12.30pm on 18th September 2014

WHERE?

Gilwell Park Scout Activity Centre, Chingford, London E4 7QW
(25 mins by train from Liverpool Street in London)

HOW MUCH?

A 3 day pass is £165 + VAT. A Wednesday pass is £70 +VAT

TO BOOK:

Email admin@paradigm-uk.org or call 020 8870 8643

- ★ Come and 'Be Free' with us (mud, rain or shine!) at the Be Free Festival!



In partnership with:



TIMETABLE

TUESDAY 16TH SEPTEMBER 2014

5pm onwards

Lodges and campsite ready and waiting for you!
Cake drop off!



7pm

Welcome drinks in your lodges
An evening of:



- ★ eating together
- ★ adding some special touches to your lodge!
- ★ lighting the campfire
- ★ the Gilwell Park challenge!
- ★ the festival dance
- ★ chilling out and getting to know each other!



WEDNESDAY 17TH SEPTEMBER 2014

7.30-8.45am

Breakfast in your lodge halls or hot bacon butties/hot dogs/veggie dogs by your lodge campfire



9.15am

Big Tent welcome!



10.15am

Sign up for your challenges (activities)



10.40am-12.20pm

Choose a challenge (activity):

- ★ Choice of 10 adventure activities (Grass sledging, Zip wire, 3G swing, Aeroball, All Aboard, Archery, Crate building, Low ropes, Medium ropes, Making a campfire)
- ★ Cake baking
- ★ Lantern-making
- ★ Pamper yourself zone
- ★ Make a camp fire
- ★ Drumming
- ★ Song writing for a great life!
- ★ Use your voice
- ★ Graffiti in the woods
- ★ Make a birdhouse



★ 12.45-2.30pm

Big Picnic (form a group of 10 and grab your picnic bag!)



2.30pm

Sign up to your afternoon activity



3pm-4.40pm

Same afternoon activities as this morning!



4.50-5.30pm
The Big Tent Tea party!



5.30pm
Chill out time in your own spaces

6.30pm
An evening of:

- ★ Festival food: Hog roast and veggie food PLUS sweet pancakes
- ★ The Big Camp Fire huddle
- ★ 'I'm an adventurer, get me out of here!'

8pm onwards
The Big Tent Barn Dance and Disco



THURSDAY 18TH SEPTEMBER 2014

8-9.30am

Breakfast in your lodge halls or hot bacon butties/hot dogs/veggie dogs by your lodge campfire

10am

The 'morning after' slow wake together



11am

Make a memory to take away!



11.45am

Golden Gnomes awards

12.15am

Our Festival film



12pm

A fond farewell



Please note that the timings and events may change a little



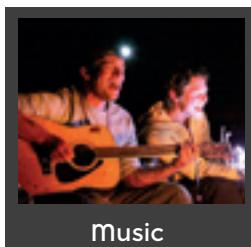
HERE'S WHAT'S HAPPENING...



Zip wire



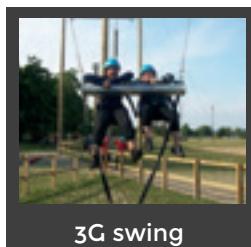
Archery



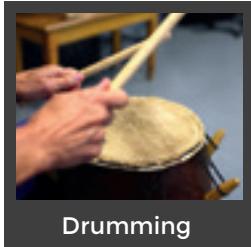
Music



Grass sledging



3G swing



Drumming



Barn dancing



Hog roasts



Moonlight walks



Nail painting



Picnics



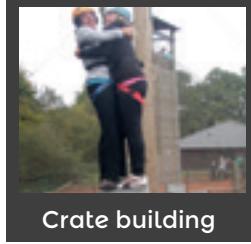
Camping skills



Baking



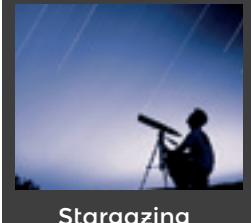
All aboard



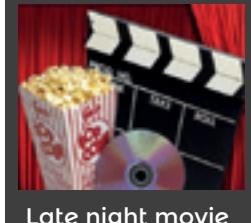
Crate building



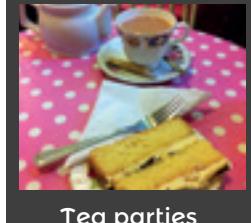
Campfires



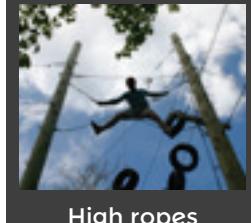
Stargazing



Late night movie



Tea parties



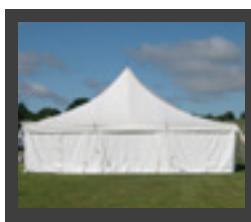
High ropes



Low ropes



Pancakes



Tent get-together



Awards



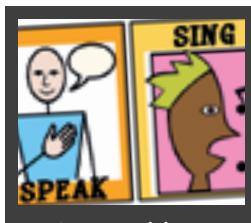
Festival dance



Build a birdhouse



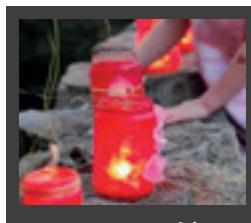
Eating together



Songwriting



Graffiti



Lantern making

To book your ticket email admin@paradigm-uk.org or call 020 8870 8643.
Tickets will go quickly!

