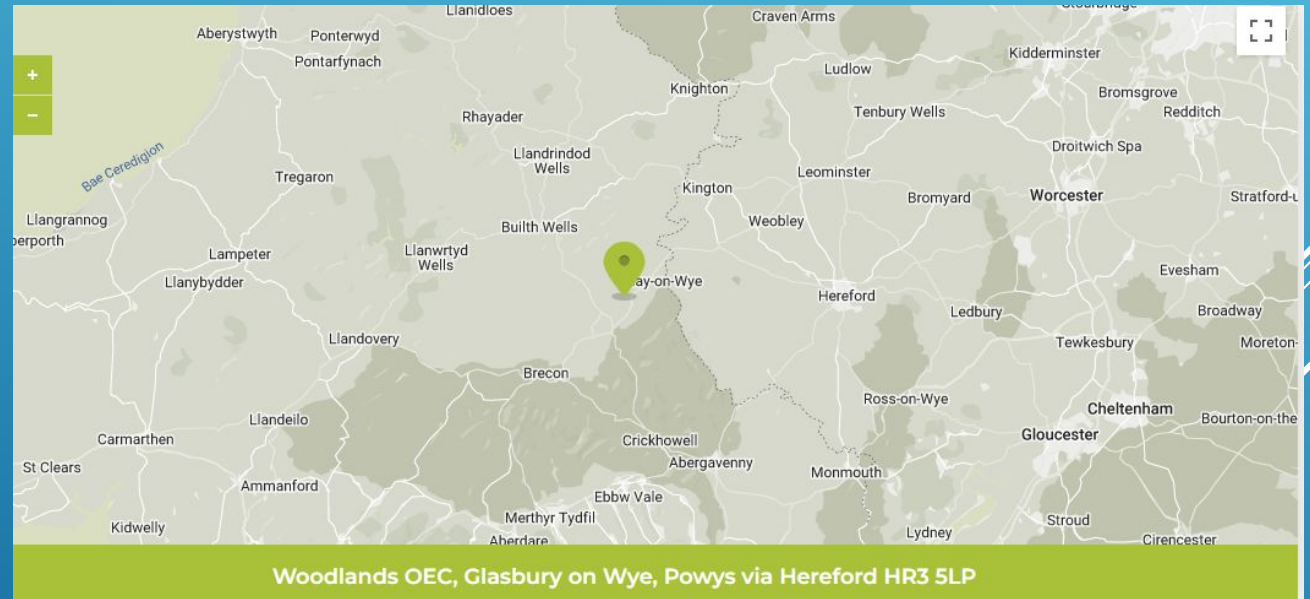


# WOODLANDS

Monday 30<sup>th</sup> September – Friday 4<sup>th</sup> October 2024



# WOODLANDS OUTDOOR CENTRE, GLASBURY, HEREFORD HR3 5LP



# WHY WE GO

## *Led by our skilled team*

We have skilled, experienced and professional team members and course leaders who understand and know how to connect with young people of all ages. We deliver programmes that are built on core values. The skills that children and young people learn during our courses are transferable to real life situations and will help them to become more resilient.

Our team leaders will involve you and your groups in reviewing and reflecting on course. We value your feedback and always strive to deliver the best possible experience for all of our participants.

Our aim is to **make learning fun.**

- Independence
- Resilience
- Confidence
- Courage
- Self –awareness
- Team work
- Listening skills
- Following instructions
- Understanding others
- Supporting each other
- Problem solving

From the Woodlands website  
<https://www.oxfordshireoutdoorlearningservice.co.uk>

Course programmes are designed with visiting staff to ensure they meet your school's objectives and requirements. The residential and activity elements combine to create a sense of community in which students; develop personal resilience; understand what is required to work as a team; face and solve individual and team challenges; improve their communication skills; demonstrate responsibility and importantly, adopt a '**CAN DO**' attitude.

# CENTRE FACILITIES



## Schools Outdoor Educational Programmes at Woodlands

A Grade 2 listed Regency building, Woodlands House can accommodate up to 58 students plus visiting staff. Bedrooms are located on single sex floors with rooms accommodating 4,6 or 8 students. A further 24 students can be accommodated in our bunkhouse, a converted stable.

- SHOWERS
- DRYING ROOM
- DINING ROOM
- STUDENT COMMON ROOMS
- EXTENSIVE GROUNDS



# DAILY ROUTINE

- 07.00 Wake up, dressed, chores
- 07.45 Duty group to Dining room
- 08.00 Breakfast
- 08.30 Room inspection
- 08.45 Group meet with instructor
- 09.00 Activity: Mountain walk, Caving, Canoeing, Climbing
- 16.00 Return to Centre, chores, showers, free time
- 17.15 Duty group to Dining room
- 17.30 Evening meal
- 18.30 Meet for evening activity
- 18.45 Evening activity: night hike, orienteering
- 20.45 Get ready for bed
- 21.00 Lights out (sometimes earlier if children tired!)



# EQUIPMENT

The Centre provides the children with:

- Waterproofs (jackets & trousers)
- Day rucksack
- Wellies (caving & canoeing)
- Drinks bottle for activities
- Pillow & single duvet

Specialised equipment for activities:

- Helmets (canoeing/caving/climbing)
- Harnesses (climbing)
- Caving suit



## PARENT'S CHECK LIST

The courses at the Centre involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting wet and muddy. Weather conditions can be unpredictable during both summer and winter, so it is best to come prepared for the worst and then enjoy whatever happens knowing you have more than you need! So, hard wearing, warm clothes that you are happy to get wet and dirty are best. The following should be regarded as a minimum for all 5 day courses.

CLOTHES FOR ACTIVITIES		✓	
5 pairs thick socks and 5 pairs thin socks (not trainer socks)			
Several changes of underwear			
T shirts			
3 – 4 warm T-shirts / thermal tops			
3 – 4 pairs long sleeved fleece tops / Jumpers			
3 – 4 pairs trousers (jeans are not suitable for activities) tracksuit bottoms or leggings are ideal			
2 pairs of Fleece / woollen gloves or mitts, warm hat, balaclava, scarf			
Swimming costume			
Coat / Jacket			
2 pairs trainers – 1 for normal use + 1 old pair for wet activities			
OTHER ESSENTIALS	✓	OTHER ESSENTIALS	✓
2 x good sized towels		Wellington or waterproof boots	
Personal medication		Torch and spare batteries	
Plasters for blisters		Writing materials	
Toiletries etc. **		Lypsyl or lip salve (all year round)	
Sun block – Factor 30+ & sun hat		2 x bin liners	
Pyjamas or night clothes		1 Litre drinks bottle & Lunch Box	
Casual clothes for evenings		Slippers/ indoor shoes	
Additional Covid-19 Safe Measures			
Face Covering / Mask + spares (for minibus travel only)		Hand Sanitiser	
Single duvet & cover or Sleeping Bag, pillow & case and a single fitted mattress sheet		Packed lunch for arrival on Monday	

### NOTES

#### Please note the following:-

- Waterproof jackets and over trousers, wellington boots and day rucksacks are available to borrow from the Centre at no charge
- \*\*Aerosol deodorants are not allowed at the Centre. Please bring a suitable alternative if required
- Chewing gum is not allowed at the Centre, please do not bring it.
- Students are asked to make sure their clothes and other items are clearly marked with their name, this is especially important for medication such as inhalers.
- The Centre cannot accept responsibility for any valuables, we do not have a safe for student valuables and Centre staff are not allowed to look after them.
- Your stay at one of the Centres is an opportunity to experience time away from mobile and electronic devices – please do not bring mobile phones.

# FOOD

## Breakfast :

- Cereal
- Hot food – eg: Baked beans and toast, hash browns and spaghetti hoops, bacon
- Toast and jam
- Fruit
- Milk, water , tea

## Lunch: (children pre-order their fillings for each day )

- Roll (generally cheese, ham, tuna, marmite or jam)
- Crisps
- Sweet item such as cake or flapjack
- Fruit available
- Water

## Evening meal:

- Usually something filling such as pasta bolognese, sausage and mash, fish and chips
- Dessert is generally ice cream, jam sponge, chocolate mouse
- water

The food is plentiful and really tasty!

Dietary requirements (eg. Vegetarian/vegan) and allergies (eg. dairy free) catered for.

Fussy eaters are not!

Post (physical) activity, hungry children will eat – don't worry!

Fruit and water always available

# ACTIVITIES



# WHAT HAPPENS IF IT'S RAINING...

## We still do activities!

The instructors check weather and conditions daily. They are trained professionals who will change plans accordingly to ensure the safety and enjoyment of the activity.

Decisions are made collectively at the staff morning meeting.

Previous years we have not gone caving due to the river being too fast and high in Porth Y Ogof – walked to the waterfall instead. We've changed to canoeing on the canal due to it being too windy on the river. We've changed which mountain we walked on due to being cold and windy.

All year round the caves are 6-9°C



It rained on our trip to Tympa – we got a bit wet!

Poor weather – right clothing!

# ADDITIONAL INFO

- Travel sickness – please provide additional medication for trip home and travel to and from the caves.
- Medications – label and give to staff on the morning we leave – details should be put on the medical form.
- Home sickness – treated with lots of TLC, but no phone calls home.
- Room allocation – Centre will tell us which rooms we'll be using, children will be asked for names to share with, staff will allocate as best we can.
- Group allocation – will be made by staff – working with different children than usual will be part of the learning experience.
- Children should pack their own bags so that they know what they have. Staff do not pack for the children to come home – they'll be doing it!
- Please teach your child how to put on a fitted sheet, duvet cover and pillow case – they'll be doing it on arrival!
- Pack bin bags for dirty/wet clothing to bring home.
- Name EVERYTHING including socks and underwear, if you want it to come back to you!
- Don't buy anything new for activities – apart from the night hike, jeans are allowed in the evenings only.
- One small teddy allowed to sit on pillows during the day – can be essential for nighttime cuddles!
- Remember your child will have to carry all their own stuff from the coach, over gravel, and up flights of stairs to their rooms, so the bigger the bag, the harder it is!
- No electronics ie. Mobiles – Centre rules.