



Our ref: DS/JP

Contact: Mr Swanston / Mrs Warburton

23rd February 2018

Dear Parent/Guardian

**RE: P.E. Department Outdoor and Adventurous Activities Residential
March 5th – March 9th 2018**

Please find enclosed details of the forthcoming PE Department Outdoor and Adventurous Activities Residential.

Enclosed is the Calvert Trust Visitors Information sheet, this contains important information including the "Essential Kit List" of the clothing the children will need to take with them.

Pupils are allowed to bring a small amount of pocket money (£10 is adequate) to buy extra drinks and/or gifts from the Centre Shop.

The students should arrive in school at the normal time on Monday 5th March and will be leaving St. Vincent's during the morning. They will return to school on Friday 9th March in time for the usual school finish.

Should you have any difficulties regarding the forms or any aspects of the trip please do not hesitate to contact Mr Swanston or Mrs Warburton.

I am sure the pupils will find the trip informative as well as fun.

Thank you for your cooperation.

Yours faithfully

Mr D Swanston



Visitors Information Sheet

Aids and Medication

The Calvert Trust Centre has been specially converted for use by people with disabilities, but please bring your own personal aids with you. There are a variety of aids available at the Centre; height adjustable beds, cot sides, monkey bars, toilet seat raisers, commodes, shower chairs, portable hoists, baby listeners and a few door alarms are available for loan if required, but you are advised to let us know beforehand. Please make a note on your medical form of any medication you take and its dose and bring sufficient for your stay.

Catering

We are able to cater for gluten-free, lactose-intolerant, vegetarian, vegan and other medical diets if notified in advance. We do not have the facilities to provide strict Halal or Kosher food, but suitable vegetarian options will be provided

Care

Although Centre staff are on duty at all times, including throughout the night, full care is not provided. If you are concerned please discuss with the course organiser.

Bedding

All bedding is provided including feather-free duvets and pillows.

Mail

Mail can be addressed C/o The Calvert Trust, Little Crosthwaite, KESWICK, CA12 4QD.

Telephone

There is a payphone for visitors' incoming and outgoing calls. Number – 017687 72254. There is mobile phone reception at the centre but this is unreliable. A Wi-Fi internet service is available to those visitors who wish to bring their lap-tops. See the receptionist for username & password information so that you can log on.

Maps

Relevant maps are the Ordnance Survey Landranger Series 1:50,000 Sheet No. 90 and Outdoor Leisure Map 4 1:25,000 NW Lakes or Lake District Tourist Map 1: 63360. The Centre is at Grid Ref: 234276.

Daily Routine

8.30 am	Cooked English breakfast
9.30 am	Activities commence (bearing in mind the needs of some groups)
Lunch	Picnic with soup and drinks
5.00 pm	Return to Centre (approximate time)
6.00 pm	Three course evening meal
7.30 pm	Evening activities (when programmed)

Hot drinks and snacks are available at all times, free of charge.

Facilities

Sports hall, games room, television room, library / quiet room, sensory room, laundry and an indoor swimming pool with sauna are available on site. There is a tuck shop and a

small bar at the Centre where beer and wine are available. Alcohol may also be brought in and consumed on the premises by adult groups. We have a music player in our Games Room. You may wish to bring some of your own music on CD or iPod.

Kit List

At the Calvert Trust the emphasis is on activity and it is more important to wear comfortable, practical clothing rather than fashion clothes. It is particularly important to keep warm and to have clothes to change into if you get wet. The Centre will provide waterproof protective clothing and boots, but you are welcome to bring your own if you have them.

Layers of clothes will keep you warm and you can always remove a layer if you are too hot. For example, two or three thinner jumpers are better than one thick sweater. In the winter months you may need to wear thermals or tracksuit trousers beneath your outer trousers for extra insulation.

The following items of clothing are regarded as essential for the activities carried out at the Calvert Trust. You can use this as a checklist.

- **Jumpers** - 2 or 3
- **Trousers** - giving freedom of movement, e.g. tracksuit bottoms (NOT JEANS as they become uncomfortable, very cold when wet and restrict movement)
- **Thick socks** - several pairs, and thin socks. Wool is warmest and most comfortable.
- **Trainers** - 2 pairs, one pair for wet activities, sailing and canoeing, and one for wearing around the Centre.
- **Hat and gloves or mittens**
- **Swimming costume**
- **Toiletries** - including soap
- **Towels** - 2 recommended (1 for swimming)

The following items are also suggested;

- **Changes of underclothes and T-shirts**
- **Shorts**
- **Casual wear for evenings**
- **Sun cream**
- **Camera**
- **Wellies** – please make sure your name is inside
- **Torch** – for night walks and trips to the mine

Wheelchair Users

Please bring a spare inner tube and, if you use a sports wheelchair, please also bring push handles.

Horse Riding is subject to a weight limit of 13 stone. This limit does not apply to trap driving.

HOW TO FIND US

Exit the M6 at junction 40 and take the A66 towards Keswick.

Remain on the A66 until roundabout with A591.

Turn right towards Carlisle.

Continue along the A591 for 3 miles.

The Calvert Trust Centre is on the right