

# Pentlands Activity Camps

## 2017

**Pentlands Activity Camps (PAC)** offers holiday adventure and activity for school aged children. Now in our 13th year, **PAC** is based in Peeblesshire in the beautiful Scottish Borders.

**PAC** is organised and run by Lindsay Mann , Sally Brown and Ian Reid, local residents who, between them, have over fifty years professional experience of working with children in a variety of childcare settings.

**PAC 2016** camps run on a day basis during school holidays. The structured activity programme runs from 9 am to 5 pm - an extra time service is available before and after these times.

Each child participates in a wide range of activities, both outdoors and indoors, run by the **PAC** staff team. The emphasis is on having fun, excitement and new experiences in a healthy, positive and safe environment. The ethos of **PAC** is to make each child feel unique and valued, with the age sensitive programme allowing the child to grow in self-confidence and social skills.

## The Team

**PAC** is a small company that prides itself in choosing the right staff team to support the children throughout the week. The team are skilled and enthusiastic, with plenty of experience of working with groups of children and young people. All staff have undergone appropriate police checks through Disclosure Scotland and go through our selection and training process.

Our Group Activity Leaders are aided by older teenage volunteers who gain valuable work experience at **PAC** as Assistant Group Leaders. Many of them have previously been at **PAC** when younger themselves!

## Venue

[www.pentlandsactivitycamps.co.uk](http://www.pentlandsactivitycamps.co.uk)

[info@pentlandsactivitycamps.co.uk](mailto:info@pentlandsactivitycamps.co.uk)

07718 933725

This year's **PAC** will take place at Netherurd, a wonderful outdoor centre in Blyth Bridge. Netherurd House, run by Girlguiding (The Guiding Association), is a beautiful Georgian mansion in the Scottish Border hills of Peeblesshire. The grounds are rich in natural resources with the estate set among stunning farmland with burns, ponds, fields, woodland walks and nature trails.

There is plenty of space for all the usual **PAC** activities - playing, sports and wide games, hide and seek, commando, pond dipping, arts and crafts, drama, bonfires.....and use of the grounds for games, walks and outdoor activities is part of our agreement with Netherurd..

**PAC** at Netherurd is easily accessible by road on the main routes from Edinburgh. It is signposted on both the A701 (from Edinburgh via Penicuik) and the A702 (from Glasgow or Edinburgh via West Linton and Dolphinton). Netherurd is 10 minutes from West Linton, 15 mins from Peebles on the Glasgow road, 15 mins from Penicuik and about 35 minutes from Edinburgh.

For our final week this summer (7<sup>th</sup> -11th August) **PAC** will be based once again at Broomlee Outdoor Centre on the outskirts of the village of West Linton. Broomlee is a wonderful place with woods, fields, a wee river and lots of space for children to run and play.

## **Programme**

Your child(ren) will be assigned to a group at the start of the week and will have an allocated member of staff as Group Leader. Each group takes part in a range of activities during the week, sometimes with their leader and sometimes with another member of the **PAC** team, according to their particular skills.

A **PAC** day is split up into 4 sessions, each lasting for about 1¼ hours. **PAC** provides a healthy snack mid-morning each day, prepared by one of the groups. **Please provide a packed lunch for your child.** In the afternoon all children and staff get together for juice / coffee and delicious homebaking!

In addition to the expertise offered by the **PAC** team, we build into our week-long programme an opportunity for the children to take part in one of the outdoor activities on offer at Netherurd, for example, archery, zip line, canoeing - all under the qualified, experienced eye of a Netherurd Instructor.

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	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am	Arrival	Arrival	Arrival	Arrival	Arrival
Session One	Introduction to PAC	commando	Making chocolate truffles	Craft activity	Duck hunt
Break	Snack/ Chat/ Play	Snack	Snack	Snack	Snack/ Play
Session Two	Scavenger hunt	Den building	Drama games	Frisbee golf	Craft activity
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Session Three	Boat building & racing	Craft activity	canoeing	PAC highland games	campfire
Break	Break + snack	Break + cakes	Break + truffles	Break + snack	Break - smors
Session Four	Wide Games	Parachute games	dodgeball	PAC highland games	Capture the flag
4.45-5.00	Sparkling moments!	Sparkling moments!	Sparkling moments!	Sparkling moments!	Sparkling moments!

Please take a look at the sample timetable below - this gives you a flavour of what we offer during a **PAC** week. All children attending **PAC** have the opportunity to take part in a range of activities, which are tailored according to their 'age and stage'. Wherever possible, activities take place outside. **Children will require suntan lotion and / or midge cream.** **PAC** retains the right to make changes where necessary - activities may be rearranged according to circumstances, eg. weather!

### **Sample Timetable**

The day starts at 9am. It is expected that children arrive at that time. The day finishes at 5pm. Please collect your child(ren) and please **don't forget to sign them out!** For those parents who wish to use our extra time sessions from 8 am to 9am, or from 5pm to 6pm, please book this in advance - up to 24 hours beforehand! Use the booking form or give us a call - 01968 660248 / 07718 933725

**Signing out arrangements -ALL children regardless of age should be signed out of PAC by a parent/guardian or alternative adult. Should you have to make arrangements for someone else to collect your child(ren) at the end of the day, then please just let us know.**

**Contact us: Should you need to get in touch with us while your child is at PAC, please call the following numbers:**

**Lindsay Mann      07718 933725**

**Sally Brown        07952 786971**

**And in case of emergency:**

**Netherurd House: 01968 682208**

**Broomlee Outdoor Centre 01968 660259**

### **Food**

**PAC** provides home made, healthy snacks and drinks between the sessions in the mornings and afternoons. Drinking water is easily accessible throughout the day. **Children should bring a packed lunch, including drinks, each day.** Please inform us if your child has any particular dietary requirements.

### **Clothing**

It is important that children wear comfortable clothes, with a selection of layers should the weather change! Waterproofs and wellies or boots are essential. Some of the activities may be messy. Old clothes are best! A spare set of clothes, shoes and a towel, which can be kept at **PAC**, are essential! Please provide **sun tan lotion and / or midge cream!** There is no need for money or any gadgets!

### **Equal Opportunities Statement**

**PAC** strives to provide equal opportunities for all children participating in their activities, whatever the child's race, religion, language, culture, gender, disability or lifestyle.

### **Children with additional needs.**

**PAC** welcomes children who may have additional needs where we can offer appropriate care within our Camps. We are realistic about the challenges of an activity camp environment for children with additional needs and attendance will be considered on an individual basis. Please do not hesitate to contact us to discuss this further. Additional staff may be required to assist children to get the most out of **PAC**. We have on occasion been able to support parents/ carers in accessing funding from

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charitable organisations and /or local councils to fund additional support when required.

### **Confidentiality**

**PAC** operates a confidential record keeping procedure. **PAC** staff will be informed of essential information, particularly health details, which will enable them to care for your child while they are at **PAC**.

### **Safe and Sound**

If you require a copy of our Child Protection Policy, please contact **PAC**.

### **Insurance**

**PAC** has public liability and employer's liability insurance cover. **PAC** does not accept liability for the loss or damage of any property belonging to participants. We will endeavour to return any items that are clearly labelled with your child's full name.

### **Risks**

All activities, whether playing hide and seek or baking, have inherent risks attached. **PAC** tries wherever possible to minimise all potential risks by operating good adult:children supervision ratios, by training staff and volunteers to plan and run activities safely and by assessing all the activities on offer, within reason, for potential risks.

The adventure activities on offer once each week during **PAC** are led by staff from Netherurd, and every attempt is made to minimize any dangers associated with such activities, by using properly trained and qualified staff and good equipment, all of which promotes the enjoyment of such activities.

Further information about **PAC** health and safety can be viewed on our website and paper copies are available on request.

### **Concerns, complaints and suggestions**

**PAC** welcomes and values any feedback, positive or otherwise, from parents, professionals and importantly, children themselves.

## **Prices and Booking Arrangements 2017**

A registration form must be completed for each child/family. **The registration form includes important medical information, which must**

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**be completed.** You may use one form for several children, however if you need a medical form for each child then please just ask for further copies.

To book a place on one of this year's **PAC** camps, it is important that the completed forms and the non-returnable deposit are returned as soon as possible.

£35	per day
£145	per week (5 consecutive days, Mon - Fri)
£155	per 5 non-consecutive days
£3	per hour "extra time" (8-9am and / or 5-6pm)
£30	non-returnable deposit per child / per week
5%	discount for 'recommend a friend to PAC'
5%	discount for family groups

There are separate charges for our specialist camps - please see our website for up to date details.

We are continually looking at ways of ensuring that **PAC** camps remain inclusive. We may be able to advise applicants how to access financial assistance towards the cost of your child's place at **PAC**. Please call us if you wish to discuss this in confidence.

Please complete and return the booking form and/or registration form plus deposit / full payment by post to:

**Pentlands Activity Camps,  
Hope Lodge, Croft Road,  
West Linton, Peeblesshire  
EH46 7DZ**

Completed forms can also be forwarded to:  
**[info@pentlandsactivitycamps.co.uk](mailto:info@pentlandsactivitycamps.co.uk)**

Please remember that a non-refundable deposit of **£30** per child is required to secure your place. Please return the registration form with the deposit. Cheques should be made payable to **Pentlands Activity Camps**. Please include cheque card number and home address on the back of the cheque. Payment may also be made via bank transfer - please contact **PAC** for details.

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Please note: we will try to accommodate any changes to your booking by offering an alternative day/ camp but all cancellations must be received one month before the first day of the camp to receive a full refund, minus the deposit. Otherwise 20% of the total payment will be returned.