

## NCS Summer 2019 Final Information



### Wave 5 – Monday 29<sup>th</sup> July – Friday 16<sup>th</sup> August (weekdays only)

**Week 1 – Away Residential – Monday 29<sup>th</sup> July – Friday 2<sup>nd</sup> August** Croft Farm Waterpark, Bredons Hardwick, Tewkesbury, Gloucestershire, GL20 7EE <http://www.croftfarmleisure.co.uk/>

**Week 2 – Home Residential – Monday 5<sup>th</sup> August – Friday 9<sup>th</sup> August** Caldecotte Xperience, Simpson, Milton Keynes, MK6 3AG <http://www.caldecottexperience.org.uk>

**Week 3 – Social Action Project – Monday 12<sup>th</sup> August – Friday 16<sup>th</sup> August** Non-Residential Based in Aylesbury

### Week 1- Away Residential

#### Monday 29<sup>th</sup> July

**Meeting point: The Grange School, Wendover Way, Aylesbury. HP21 7NH**

**Meeting time: 9:00am for prompt departure at 9:30am**

When you arrive please make yourself known to a member of the NCS staff team (they will be wearing purple T-shirts) so that they can register you. Please do NOT bring more than one large case or holdall; you are only there for 5 days! The coach will leave promptly at 9:30am and will not be able to wait so please be on time.

#### Friday 2<sup>nd</sup> August

**Departure from Croft Farm Waterpark: 10:00am**

**Approximate Pick Up Time: 12:00 - 12:30pm**

**Pick Up Point: The Grange School, Wendover Way, Aylesbury. HP21 7NH**

Money – you may bring a small amount of money with you on both the away and home residentials. You must be responsible for your own money and we **CANNOT** look after it for you.

Valuables – all valuables (mobile phones, iPads etc.) are brought at your own risk. Tents are not lockable and staff will **NOT** be able to look after items for you. There will only be limited access to power/charging points whilst camping so you may wish to bring a portable charging device.

Activities – the timetable is action packed with a number of water activities such as windsurfing, raft building, kayaking and paddle boarding. You will not be forced to participate in any activities, although we will encourage you to give everything a try! When you arrive at the centre you will be given your timetable for the week.

Accommodation – you will be staying in festival style Bell tents which will accommodate four people per tent. **You will need to provide your own sleeping bag, pillow and roll mat or air bed.** Tents will be allocated on arrival and you are free to choose who you would like to share with. There is a strict rule that no boys are allowed in girls tents at any time and vice a versa.



Gym- There is an onsite gym at Croft Farm which you can use in your free time. The cost of the gym for the 5 days is £10 which you will need to pay directly to the gym manager in cash.

Catering – **Please bring a packed lunch with you on Monday 29<sup>th</sup> July to eat on the coach. Please DO NOT bring any foods containing NUTS** with you as we have a number of people attending the programme with severe nut allergies.

All meals will be catered for during your stay. Both the Croft Farm and Caldecotte Xperience operate a nut free policy and all dietary requirements can be catered for as long as they have been written on your consent form. You may bring with you any sweets/snacks/drinks that you would like and if you are a fussy eater it is recommended you bring some foods that you know you like!

## Week 2 – Home Residential

### Monday 5<sup>th</sup> August

**Meeting point: The Grange School, Wendover Way, Aylesbury. HP21 7NH**

**Meeting time: 10:30am for prompt departure at 11:00am**

Valuables – Rooms/Tents are **NOT** lockable so please do not bring any valuables with you. If you choose to do so then this will be at your own risk.

Activities – During this week you will do your First Aid Course and have a variety of sessions from external organisations and guest speakers. ‘Normal’ clothes can be worn most of the time but please also bring one set of clothes that you don’t mind getting wet and muddy as well.

Charity Visit - on Wednesday 7<sup>th</sup> August, your group will be visiting your charity partner at their premises in the Aylesbury area. Your group must plan your journey using public transport to get to and from this visit so you will need to bring enough money with you to cover the cost of a return fare (**£10 per person will be required**).

Dragons Den - on Thursday 8<sup>th</sup> August your group will present your social action project idea to a Dragons Den panel and bid for up to £50 per team to get your project up and running. Everyone is expected to be involved in the planning and delivery of your presentation to the Dragons but it is not compulsory for everyone to speak during the presentation. You may wish to bring some smart clothes to wear for your Dragons Den presentation

Accommodation - As we are such a large group we will be using the whole Caldecotte Xperience building, plus their two Yurt Villages and some Tents.



**If you are sleeping in the tents you will need to bring a roll mat or blow up bed to sleep on as well as a sleeping bag and pillow. During Week One we will ask for volunteers to camp the following week.**

Bunk rooms in the building and Yurt Village sleep between 4 and 10 and again you are free to choose who you would like to share with. **Everyone needs to bring their own pillow and bedding** (either a sheet, duvet and pillow or a sleeping bag and pillow).

**Catering – Please bring a packed lunch with you on Monday 5<sup>th</sup> August.**

All meals will be catered for during your stay. You will be expected to help clear away at all meal times and help keep the site clean and tidy.

**Friday 9<sup>th</sup> August**

**Departure from Caldecotte: 12:00pm**

**Approximate Pick Up Time: 12:30pm**

**Pick Up Point: The Grange School, Wendover Way, Aylesbury. HP21 7NH**

**Take away food-** unfortunately due to numerous severe food allergies young people are unable to order take away food whilst on both residential.

On week two there will be a tuck shop running in the evening if young people wish to purchase snacks. Participants are also welcome to bring snack foods with them.

### **Social Action Project Delivery**

**Monday 12<sup>th</sup> – Friday 16<sup>th</sup> August**

During this week you will spend 30 hours undertaking your groups chosen social action project and fundraising. The location of this will be dependent on the project you choose but will be in the Aylesbury Vale area. Your time will be split doing hands on volunteering at the charity and undertaking fundraising events.

The whole wave will be participating in an NCS Fayre in Aylesbury Market Square on Monday 12<sup>th</sup> August. Each team will have their own market stall that they have designed.

You will be expected to provide your own transport and food during this week.

Timings are generally 10am-4pm but again this is dependent on the project and fundraising activities your group choose.

## **Code of Conduct**

**It is our aim to run a socially mixed programme which is both safe and accessible for all young people.**



### **Safety**

We are committed to ensuring the safety of participants, staff, volunteers and partners during the programme. We work with highly experienced partners, employ fully trained staff and comply with all relevant legislation. We also require participants to follow a simple code of conduct.

### **Highly experienced partners**

Our NCS programme is delivered with the support of a group of organisations which together have significant experience of working with young people. We operate with the support of local councils and schools.

### **Trained staff**

During all activities, young people are accompanied by vetted instructors and leaders, and the minimum staff to young person ratio will be 2:15. All outdoor activities are led by fully qualified instructors. Each team is led by the same Leader and Assistant Leader for the duration of the programme. All staff are carefully selected, vetted and trained in all activities that they deliver. Everyone employed by Action4Youth is required to have an enhanced DBS check.

### **Compliance with all relevant legislation**

We comply fully with all relevant legislation and, where appropriate, our outdoor activity partners are licensed under the Adventure Activities Licensing Regulations 2004. We (or our partners) produce detailed risk assessments for all activities. All staff are trained to identify, recognise and mitigate any risks that arise during the programme.

### **Participants' responsibilities**

NCS is all about challenging and pushing yourself. We expect commitment, dedication and enthusiasm. Participants are responsible for following our simple code of conduct during the programme. If a participant seriously or persistently broke this code of conduct, then we would have to ask them to leave the programme. In this case, the young person would need to be collected by their parent/guardian.

### **Participant Code of Conduct**

1. Follow safety rules and the law
2. Only leave the site with a staff member
3. No going in other people's rooms/tents
4. Remain in your room after 11pm
5. No alcohol, illegal drugs or knives
6. Respect and include other people
7. Challenge yourself (in other words, take part)

**We operate a strict zero tolerance policy on illegal drugs and alcohol and any participants found in possession of either of these will be removed from the programme immediately. Transport will not be provided and they are expected to be collected by their parent/guardian.**

## Personal Kit List

### NCS Away Residential

You will have some free time in the evenings where you may want to be in comfortable clothing other than the ones detailed below. Please check the weather forecast for the week to aid your packing.

Footwear - We will be participating in a number of water sports so a pair of wet shoes would be ideal. Alternatively, OLD trainers that you are happy to get wet and muddy. We would advise that you bring at least two pairs of trainers, so you are not wearing wet shoes.

**NO FLIP-FLOPS** to be worn during sessions.

Swimwear – Swimsuit/Swim Shorts to wear under clothing (ideally two lots)

Towel – For use during water sports session. This should be in addition to your main shower towel

Clothing – Tracksuit bottoms or shorts – No jeans for water sports. T-shirts and some long sleeve tops, jumpers and a waterproof jacket.



**YOU MUST BE COMFORTABLE GETTING THESE CLOTHES WET AND MUDDY. PLEASE DO NOT BRING EXPENSIVE CLOTHING, IT MAY GET RUINED!**

### Other Clothing

- Underwear/ Socks
- Something appropriate to sleep in (pyjamas/shorts and top) – please remember you will be camping so if the temperature drops in the evening, you may need to wear an extra layer during the night
- Casual clothing for your spare time.
- Towels and toiletries

### Other Items You Need to Bring

- Sleeping Bag and Pillow
- Roll Mat or Air Bed (with a manual or battery powered pump)
- Small rucksack
- Torch
- Water bottle
- Suncream
- Bin liners for wet clothes
- A portable charging device for your phone if you wish

### Home Residential

- Casual Clothing - please also bring some clothes that you do not mind getting wet and muddy
- Towel and Toiletries
- Pillow, Sleeping Bag/Duvet, Sheet and Roll Mat/Blow Up Bed if camping.

### NCS Celebration Evening - Thursday 12<sup>th</sup> September

Family are invited to come and celebrate the achievements of their son/ daughter/ ward. This will take place at the Aylesbury Waterside Theatre - times TBC but will be an evening event.

Emergency Contact Information Your on-site wave leader is Rebecca (Bex) Williams and she can be contacted on 07932 319840. If she cannot be reached, please contact Emily Davis on 07391 408595 or the Action4Youth office on 0300 003 2334.