



Climbing Out Outdoor Activity Programme – Information Sheet

Welcome to Climbing Out! It's great to hear you're interested in coming on a Climbing Out programme. The programme will give you the opportunity to take part in some amazing activities and meet some great people at the same time. All the activities will be adapted to meet everyone's needs and capabilities, so absolutely everything will be made achievable and you'll still get to take part in some great challenges😊.

Below are all the details about the week.

Location and Accommodation:



We'll be based at Dukes Barn Outdoor Centre, School Ln, Beeley DE4 2NU. The bedrooms are all dorms and we'll be eating at the centre too. We'll be asking everyone to muck in to help wash up/clear up after meals. Please let me know in plenty of time if you have any special dietary requirements

Timings:

You need to arrive at the Hostel between 1-1.30pm on the Monday afternoon. Please bring a packed lunch with you. If you're coming by train we can do a pick up from the local train station at 1pm. The local station is Matlock.

The rest of the week breakfast will be at 8-8.30am and we'll be meeting to tell you about the days activities at 9am. These times may change through the week depending on activities, the weather and energy levels! Tea will be back at the centre at the end of the day and there'll be various evening activities running for a bit of fun and relaxation!

We'll be finished between 1-1.30pm on the Friday so you can all get home in time for an early night!:-) We can drop people back at the train station for 1.30pm

Here's some more photos of the centre:

https://onedrive.live.com/?authkey=%21ABMy4_X13vlvzH4&id=B51E75700C94FD69%217038&cid=B51E75700C94FD69

Activities:



The week consists of a wide range of outdoor activities including climbing, kayaking, gorge scrambling and hill walking, all of which are adapted to meet the needs and capabilities of the group. Please don't worry about any of the activities, our highly trained staff will support you throughout the whole week and will keep everything achievable.

There's also a strong focus on personal development throughout the week, so there'll be some fun and light hearted sessions at the start and end of each day to give you tools in your tool box to help you get the most out of life after the 5 day programme has ended.

Evening activities include a BBQ, quiz and inspirational talk.

Food:

Climbing Out will be providing the catering and will keep you well fed and full of energy for the week. We'll be making our own packed lunches, and then we'll come back at the end of the day to a delicious evening meal. You definitely won't go hungry! If there's anything you don't like, just let us know 😊. Bring any snacks you want to keep you full of energy.

Clothing etc:

A kit list will be sent out nearer the time, but you'll need enough clothes to keep you warm and dry including:

- *Waterproof jacket and trousers
- *Suitable footwear for walking/climbing
- *Long trousers(not jeans)
- *Long sleeved top
- *Clothes to relax in
- *Waterbottle
- *Money (Just in case)

We can provide rucksacks/waterproofs for anyone who doesn't have them.

Don't forget any medication you may need.

Therapy Dogs



I have three trained therapy dogs, Kipper, Smurf and Hardy that are a big part of the Climbing Out programmes...they're often way more popular than the staff! 😊 They're super friendly, but if anyone has any issues about dogs please let me know and plans can be put in place.

If you've any other queries just drop me a line, and I hope to see you on a programme soon!

All the best,
Kelda😊

My contact details are email: keldawood@climbingout.org.uk

Mobile: 07977 574785

You can see more about Climbing Out at <http://climbingout.org.uk/> and you'll find us on facebook at <https://www.facebook.com/helpclimbingout/>

