



# Robin Wood Activity Centres

Wednesday 22nd - Friday 24<sup>th</sup>  
January 2020

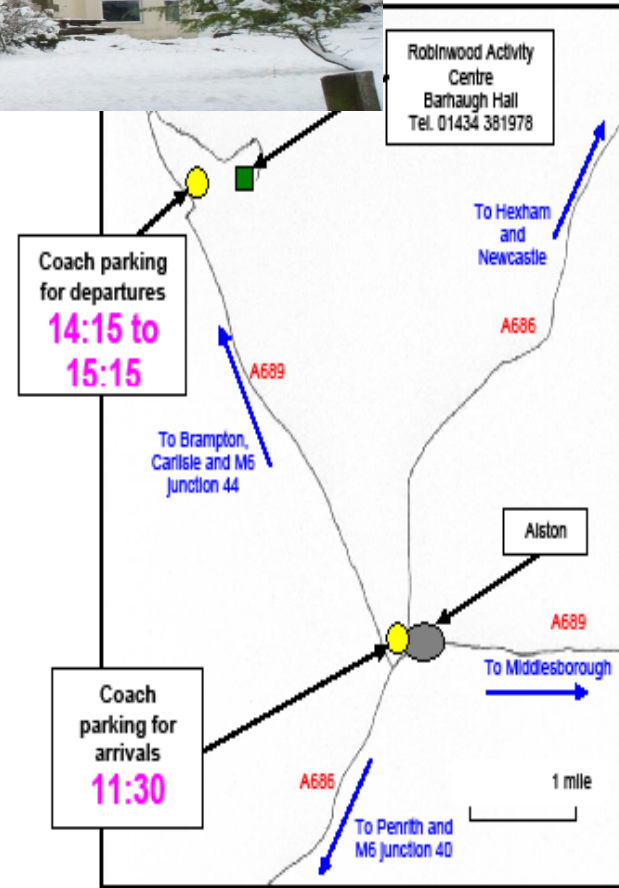




## Barhaugh Hall

### Robinwood North Pennines Activity Centre - Alston, Cumbria

The North Pennines Activity Centre, Barhaugh Hall, stands in 9 acres of grounds and is set amongst the rolling hills of the North Pennines. The centre is just north of Alston, in an area designated of 'outstanding natural beauty'.





## 11) Suggested Clothing List

There is no need to go out and buy anything special for a trip to Robinwood, all specialist equipment is provided for our on-centre activities.

The clothing list given includes clothing being worn on the journey, so for example assuming you are wearing socks and underwear on your journey to Robinwood, you only need to pack 5 pairs of each!

- 3 T-shirts (not vest type)
- 3 Sweatshirts/(long sleeved) tops
- 3 Pairs of trousers
- 2 Pairs of shorts (mid thigh or longer for harness comfort)
- 6 Sets of underwear
- 6 Pairs of socks
- 1 Pair of trainers
- 1 Pair of outdoor shoes/boots
- 2 Towels
- 1 Coat (ideally waterproof, required for walk to and from centre)
- 1 Warm hat/sun hat
- 1 Pair of gloves
- 1 Set of nightwear
- 1 Bag of toiletries (including suntan lotion/insect repellent in warm weather)
- 1 Black bin liner

**PLEASE ENSURE THAT YOUR CHILD IS DRESSED APPROPRIATELY WITH SUITABLE FOOTWEAR FOR AN INITIAL WALK TO THE CENTRE/INITIAL ACTIVITY (APPROX 1-2 MILES DEPENDING UPON CENTRE)**

### clothing

Worn and also provide a laundry facility for children's clothing at Robinwood. Wet and/or dirty clothing should be washed on a 30 degree cycle and dried in a tumble drier. Please do not bring any new or expensive items, or items that cannot be tumble dried. Please note that for water activities on the last day we cannot always offer

the provision of specialist Robinwood clothing and the laundry facility offered, children do not need to bring additional clothing with them. Keeping the clothing brought by children to a minimum helps us to reduce lost property.

Due to the nature of the activities it is possible that clothes may occasionally get damaged. All clothing should be suitable for use in an outdoor, and often muddy, environment. Old clothes are best, not new or expensive clothing.



All personal details are taken into consideration. Robinwood staff are first aid trained and have all the appropriate qualifications for all the activities the children undertake.

### Personal Information Form

Please complete and return this form to the teacher in charge of your trip to Robinwood.  
All information will be treated as confidential

School: Langley First School  
Course Dates: 25-Jan-17 to: 27-Jan-17 Activity Centre: Barhaugh Hall, Alston  
Name of child: \_\_\_\_\_ Boy / Girl Date of Birth: \_\_\_\_\_  
Hobbies / Interests: \_\_\_\_\_  
Name, Address & Telephone Number of Parent / Guardian:  
\_\_\_\_\_  
\_\_\_\_\_  
Post code: \_\_\_\_\_ Tel No: \_\_\_\_\_  
Alternative emergency contact number: \_\_\_\_\_

#### Medical and other details

Please give details of any condition from which your child suffers ie. illness, allergies, physical disability, visual or hearing impairment etc.

\_\_\_\_\_  
\_\_\_\_\_

Please give details of any medication your child requires:

Name of medication	Dosage	Frequency

Is your child immunised against tetanus?  
(please give date of last injection) \_\_\_\_\_

Does your child suffer from enuresis (bed-wetting)? \_\_\_\_\_

Name, address and telephone number of G.P. \_\_\_\_\_  
\_\_\_\_\_

Does your child have any dietary restrictions e.g. Vegetarian, halal or kosher? Please give details here: \_\_\_\_\_

No time to be homesick...

# Robinwood Barhaugh Hall - Valley Group Timetable

Langley First School - 24th to 26th Jan 2018

Group and Course Leader	
	<p>Hi, My name is Tess. I am from a small island in Scotland. I have a dog called Trouble. My favourite thing to do is ski.</p> <p><i>Tess</i> 😊</p>
<b>Tess</b>	



## Wed

Lunch 12:50 to 13:20	Night Line 14:10 to 15:20	Piranha Pool 15:30 to 16:40	Giant Swing 16:50 to 18:00	Evening Meal 18:10 to 19:10	Team Challenge 19:20 to 20:30
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## Thu

Breakfast 07:40 to 08:10	Archery 08:50 to 10:00	Dungeon 10:20 to 11:30	Lunch 11:40 to 12:50	Trapeze 12:50 to 14:00	Zip Wire 14:10 to 15:20	Quest 15:30 to 16:40	Evening Meal 17:00 to 18:00	Climbing 18:10 to 19:20	Crate Challenge 19:30 to 20:40
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## Fri

Breakfast 08:20 to 08:50	Canoeing 09:00 to 10:10	Challenge Course 10:20 to 11:30	Caving 11:40 to 13:00	Lunch 13:10 to 13:40
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Please note that timings for activities and showers are for guidance purposes only and may vary.

	Outdoor activities
	Indoor activities
	Outdoor water activities
	Partially covered activities



robinwood  
Activity Centres

a really positive  
**DIFFERENCE**  
developing children



# Trapeze



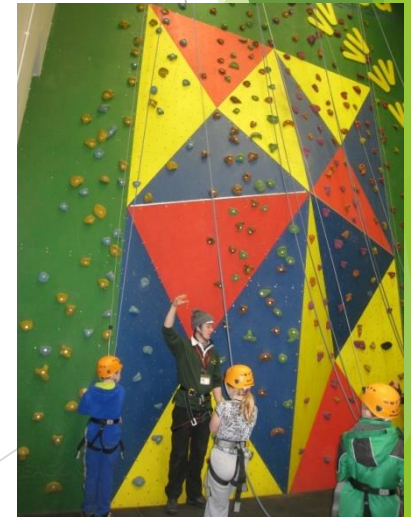
# Giant Swing

# Archery

# Climbing



# Crate Challenge



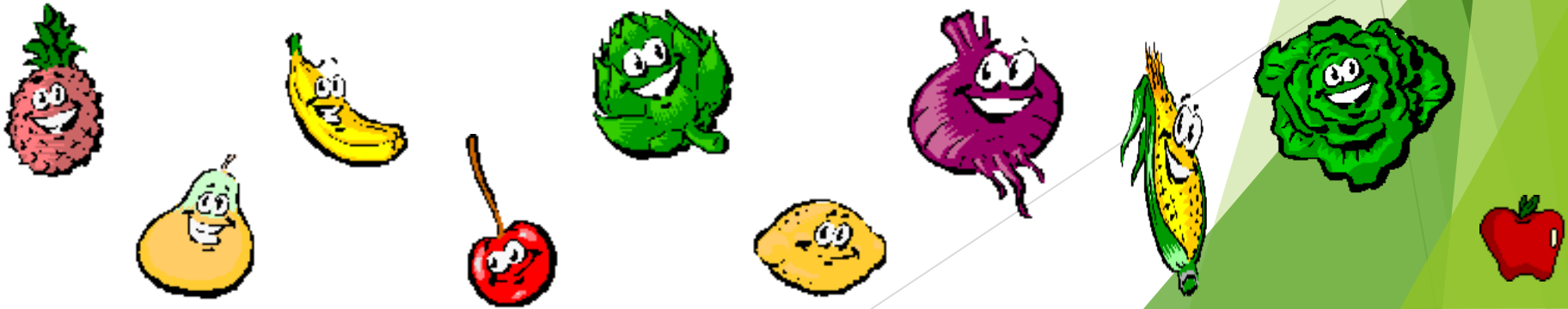
# Sleeping arrangements

- After Christmas we are informed of the dormitories we have been allocated
- Dormitories are heated, have toilets and call buttons for emergencies
- There are separate dormitories for boys and girls
- Dormitories sleep 6 - 12 children in bunk beds
- All the bedding is provided
- Night shift on duty throughout and in constant contact with group leader



# Food

- Variety of food on offer
- Breakfast normal toast and cereal
- Lunch choice of sandwiches
- Evening meal choice 2 - 3 options
- Cater for dietary requirements
- Able to get pieces of fruit and drinks of juice / water throughout the day as and when needed
- Tuck shop on one day of the stay where can buy sweets / pop / souvenirs etc.





Do we split the classes up?

Should I bring my travel sickness tablets?

I'm afraid of the dark!

Are we going in our normal clothes?

Will we be with our friends?

What will we be eating? / I might not like the food.

Are all the girls in one room?



How many people are sleeping in the same room?

Can you bring sweets in your suitcase?

Are you allowed to not go if you are frightened?

The Piranha Pool

Can you take a teddy?

I am scared of heights

Will we go on a zipwire?

If there is **anything** that is concerning you or your child about the trip, please talk to us so that we can put everyone's minds at rest

Please let us know of anything you think may affect your child when they are away from home

Please complete and return the personal information form when it is sent home as soon as possible and put everything on that is requested especially the water sports section

A final request...

Please, if your child has never slept out / been away from yourselves overnight, try and do this before the trip.

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