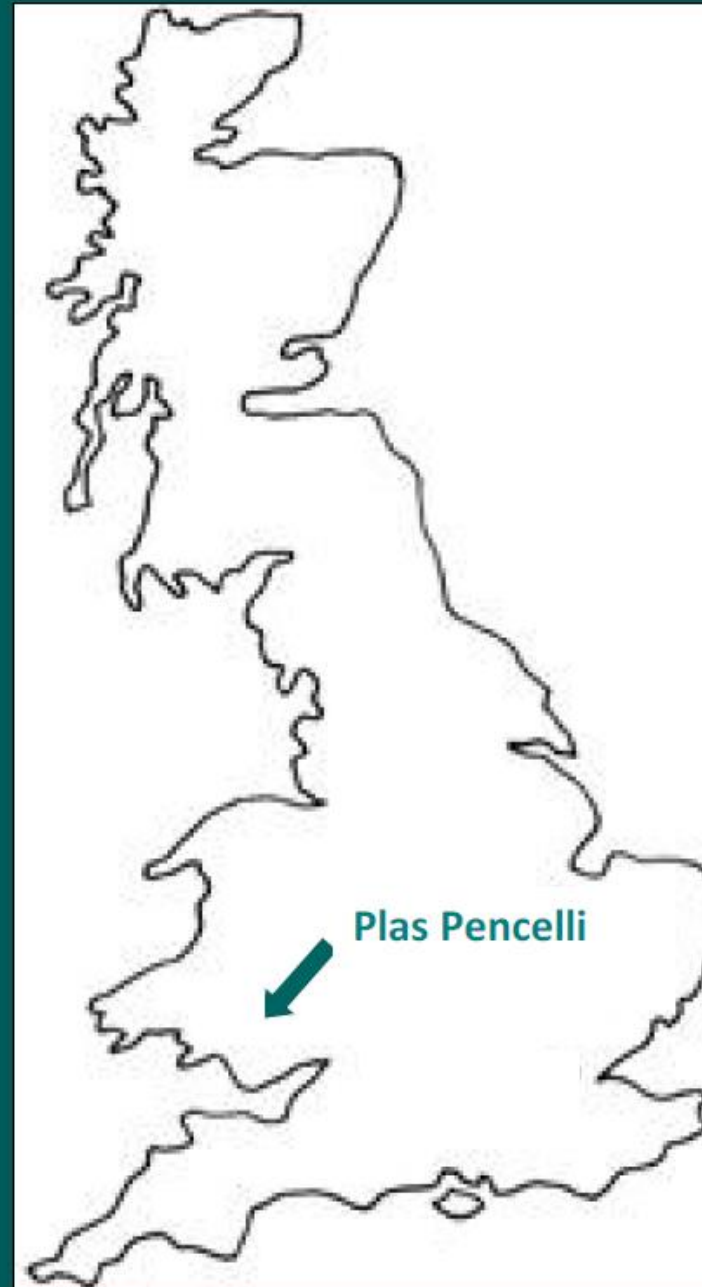


Plas Pencelli Outdoor Education Centre

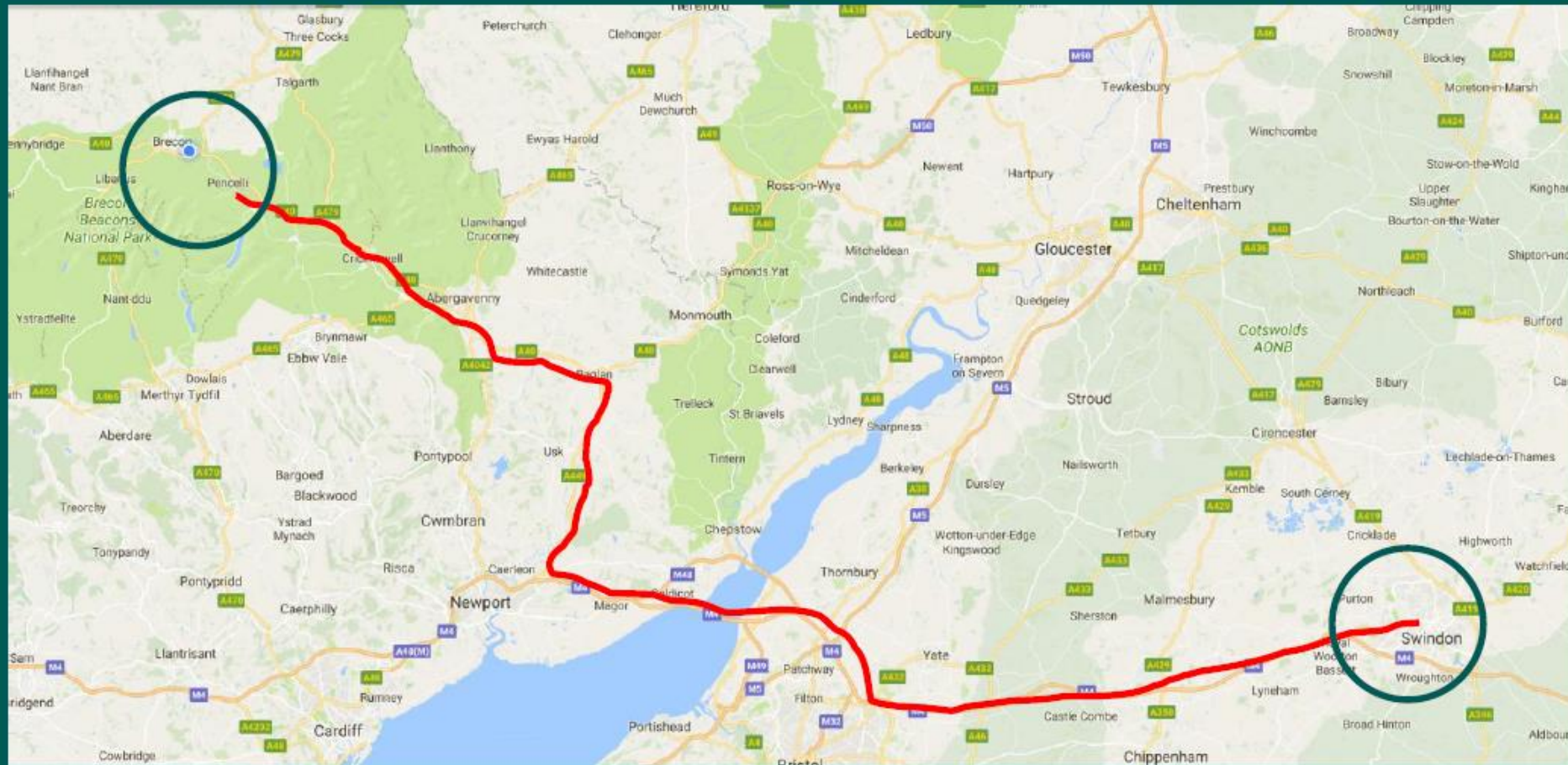


Real Adventures andReal Learning!

Where is Plas Pencelli?



The Route to Plas Pencelli



In the Brecon Beacons...



Some History



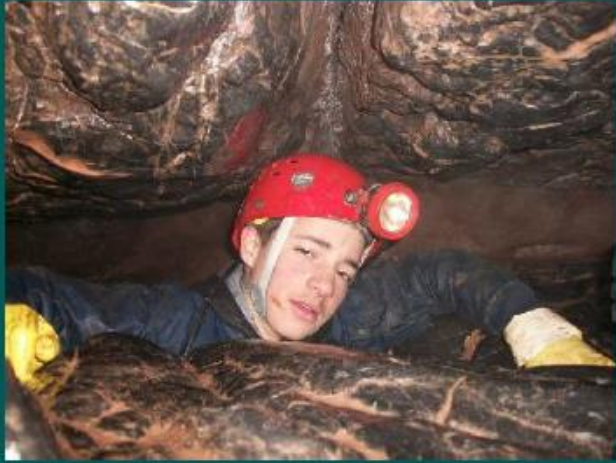
- 200 year old Rectory
- An Outdoor Centre for more than 50 years
- Owned by & run by Swindon Council
- No Direct Subsidy since 2005
- On-Going Improvements







A Range “Real” of Activities



Caving



Gorge Walking



Climbing



Kayaking

Traditional Outdoor Activities in the Natural Environment



Hill Walking



Canoeing



Caving



Climbing

Each Course is About:

- Challenge
- Responsibility
- Confidence
- Social Skills
- The Outdoor Environment



Daily Routine

- 8.15am Breakfast
- 9am Make Packed Lunch
- 9.15am Activity Briefing/Preparation
- 10.30am Depart on Activity
- 4.30pm Return/Clean up/Hot Drink
- 5.30pm Records of Achievement
- 6pm Dinner
- 7-9pm Evening Activity
- ? Bedtime



The Day's Briefing

- Different briefing each day & for each activity
- Information about the venue & what the activity entails
- Addresses any worries or fears
- Weather/water levels
- Clothes to wear & change into
- Any other (camera, money etc.)



A Typical Programme



PLAS PENCELLI OUTDOOR EDUCATION CENTRE



Activity Programme

Bridlewood Primary School 13th - 17th March 2017

	BLUE GROUP	GREEN GROUP	RED GROUP	YELLOW GROUP	ORANGE GROUP	EVENING	Security
MONDAY	WELCOME / INDUCTION / LUNCH LOCAL ADVENTURE WALK <i>Cilla (James), Martin, Becs (David), John, Henry</i>					ORIENTEERING <i>Cilla (David)</i>	<i>David</i>
TUESDAY	CANOEING <i>Cilla (James)</i>	CAVING <i>Martin</i>	CLIMBING <i>Becs (David)</i>	CAVING <i>John</i>	CANOEING <i>Henry</i>	DINGLE DESCENT <i>John (James)</i>	<i>James</i>
WEDNESDAY	CLIMBING <i>Cilla (David)</i>	CANOEING <i>Martin</i>	CAVING <i>Becs</i>	CANOEING <i>John</i>	CLIMBING <i>Henry</i>	SCAVENGER HUNT / QUIZ <i>Henry (David)</i>	<i>David</i>
THURSDAY	CAVING <i>Becs</i>	CLIMBING <i>Martin</i>	CANOEING <i>Pete (James)</i>	CLIMBING <i>Henry</i>	CAVING <i>John</i>	PROBLEM SOLVING <i>Becs (James)</i>	<i>James</i>
FRIDAY	GORGE WALK <i>Cilla (James)</i>	GORGE WALK <i>Martin</i>	GORGE WALK <i>Becs</i>	GORGE WALK <i>John</i>	GORGE WALK <i>Henry (David)</i>	DEPART 2.30pm	

Minibus to and from Venues



Record of Achievement

- A Record to take home
- A chance to re-live the day
- Some fun exercises
- Links to the school curriculum



Equipment Provided

- All activity equipment
(ropes, canoes, caving lights
etc.)
- On personal loan :
 - waterproofs
 - boots
 - wellies
 - rucksack
 - fleece
 - water bottle



Previous Experience & Difficulty?

- None needed
- Tailored to meet the group's needs
- All are encouraged to take part
- It's all about trying



Kit List – Do bring...

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable.

Personal Clothing

Plenty of underwear
5 light tops (T, football or other casual)
5 heavier tops (jumpers, fleeces, sweatshirts etc)
5 pairs track suit bottoms, trousers, leggings etc.
5 thick pairs of socks (for boots and wellies)

1 pair of gloves
1 woolly hat
1 pair of old trainers
1 set of swimwear
1 baseball hat*

Miscellaneous items

1 Towel
Wash-kit
Set of pyjamas
Sunglasses*
Sun cream (at least factor 30)*
Lipscreen*

2 Heavy-duty bin liners
Torch with spare batteries
Pen for Records of Achievement
Rubber gloves for Canoeing or Caving
Camera (optional)
Pocket money for souvenirs etc

And anything you may
need to get to sleep



Sunburn: Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with *.

Medication - Prescriptions

- We will be able to administer all prescription medication and we will ask for this on the morning we leave in a sealed container with your child's name on
- We will keep some pain relief medication with us (Calpol) for just in case purposes
- We cannot administer anything that isn't prescribed

Kit List – do not bring...

- Mobile Phones
- Anything electrical including games, tablets or cameras
- More than £10
- Any clothing without a label

The Activities & What to Expect.....

Caving



Mountain Day



Canoeing



Climbing



Adventure Day/ Gorge Walk



Evening Activities







Any Questions?



Please take an information form



Plas Pencelli Outdoor Education Centre



Individual Information Form

*Plas Pencelli provides programmes of Outdoor Education that can make a unique and powerful contribution to an individual's education and development. Using a variety of teaching methods, adapted to a range of individual learning styles, within a challenging environment, each course focuses on specific learning objectives within the National Curriculum. Citizenship, Physical Education and Personal, Social and Health Education feature strongly. Achievement centres on 4 main areas. **Personal development; Relationships; Social Skills and Appreciation of the Natural Environment.** Throughout the course a high priority is placed on health and safety.*

Full Name				Adult/Student	
Date of Birth				Male/Female	
School/ Group				Course Dates	
Address					
Emergency Contact	Daytime tel no.	Evening tel no.		Mobile tel no.	
Doctor				Tel. no.	
Medical conditions, allergies, significant disabilities (e.g. asthma, heart trouble, diabetes, epilepsy, previous injuries etc.) or any special educational needs. Please give details of any medication, care plans and any additional information.					