



# Liddington

## Wiltshire





# Liddington

Centre Map



### Key

- |                  |                             |                       |
|------------------|-----------------------------|-----------------------|
| Abseiling        | Climbing                    | Problem Solving       |
| Aeroball         | Crate Challenge             | Raft Building         |
| Archery          | Disc Golf                   | Sensory Trail         |
| Archery Tag      | Fencing                     | Stand Up Paddle Board |
| Axe Throwing     | Giant Stand up Paddle Board | Toilets               |
| Buggy Build      | Giant Swing                 | Dining Room           |
| Canoeing         | Jacob's Ladder              |                       |
| Challenge Course | Laser Clay                  |                       |
|                  | Laser Tag                   |                       |
|                  | Survivor                    |                       |
|                  | Trapeze                     |                       |
|                  | Vertical Challenge          |                       |
|                  | Zip Wire                    |                       |

## Staff attending PGL

Miss Marzolini

Miss Vieira

Mr. Olney

# Arrival and Departure:

- We will depart school at 10.30 am. Therefore we ask that children arrive to school at 9:30 on the Monday.
- Children will require a packed lunch and drink in a throw away bag. They will eat this at PGL on arrival.
- The children will begin their first activity at 2.10pm
- **On the Friday, their rooms need to be emptied and clear by 9:00am.**
- They may keep their day bag (if they have one) everything else will be taken to a storage area until the coach arrives (Please note this may be an outside area).
- Lunch will be provided by PGL before departure on Friday.
- The coach is booked to leave at approximately 2:00pm. However there are usually several coaches trying to leave at the same time due to the number of schools leaving site, so this can be delayed.
- The staff will contact the school when they depart. We will then text you with an approximate ETA and update you if there is any change from this time if needed.

# Accommodation

Student rooms:

- Rooms all are in one block with a main corridor.
- 4 bedded rooms (2 sets of bunk beds).
- **Bedding will be supplied by PGL.**
- Bedroom space is limited, so bring soft bags that can be tucked under beds.
- Mattress protectors available on request. If this is something that your child may need, please make one of the staff going aware.

# During the trip

- The days at PGL are long and packed with activities throughout (see example timetable) so be prepared.
- Children spend the vast majority of their time outside, regardless of the weather, so come prepared.
- Some clothes get **very wet and/or dirty** (they will fall in the lake) so plan accordingly.
- We will (wherever possible) take plenty of photos and share them with you.
- Children are responsible for their own possessions, clothing, and time keeping during the trip. They will need to be with their group at every activity, they can not skip some if they don't want to do them.



# Adventure activities

- Abseiling
- Aeroball
- Archery
- Canoeing
- Challenge Course
- Climbing
- Crate Challenge
- Fencing
- First Aid
- Giant Swing
- Jacob's Ladder
- Mountain Biking
- Nature Trail
- Orienteering
- Problem Solving
- Quad Biking
- Raft Building
- Sensory Trail
- Sports and Team Games
- Survivor
- Trapeze
- Treetop Study Trail
- Tunnel Trail
- Vertical Challenge
- Zip Wire







# Evening entertainment

- Ambush
- Campfire
- Capture the Flag
- Casino Night
- Disco
- Film Night
- Have a Go Show
- Liddington's Next Top Model
- Passport to The World
- Pirate Challenge
- Robot Wars
- Snapchat Challenge
- Star Auction
- Talent Show
- Wacky Races



# Facilities

- 150 acres of grounds to enjoy
- New activity barn
- Indoor games room
- Football pitches & playing fields
- Netball courts
- On-site adventure activities
- Gym
- Disco
- Shop
- Classrooms / meeting rooms

# Food and Drink

- Meal times are set and scheduled to ensure a large number of schools use the dining facilities in set times. It is very important that children are ready at the right time. There isn't an opportunity to eat outside of meal times apart from any sweets/snacks children take.
- Children are permitted (and encouraged by some staff) to take sweets/snacks with them. These must be safe at room temperature as there is no refrigerated storage available.
- Children need to take a water bottle that can be refilled, as many activities require children to be away from their rooms for a few hours at a time.



# Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement
- Sample menus available online: [www.pgl.co.uk](http://www.pgl.co.uk)

# During the trip

- A small day bag is permitted, but not essential (a small back-pack for carrying a water bottle, rain coat and day supplies)
- The school will be assigned one time to go to the shop. This is a **real-world learning opportunity** for children to practise budgeting, decision making and mental arithmetic in supportive environment. The gift shops are filled with a carefully curated range of gifts, toys and souvenirs to suit all budgets, as well as some snacks and treats. Children are permitted to take £10 - £20 if they wish in a named purse/wallet, which staff will look after. There is no need to take more as there is no other time where spending money can be used.
- If there is an emergency, we will contact you.
- **If we don't contact you, it means your child is having a fun time, so don't panic!!**

# A typical day at PGL

## Breakfast

8:50 – 10:20      1<sup>st</sup> activity

10:30 – 12:00    2<sup>nd</sup> activity

## Lunch

2:10 – 3:40      3<sup>rd</sup> activity

3:50 – 5:20      4<sup>th</sup> activity

## Dinner

7:30 – 8:30      Evening activity

8:45              Return to rooms, wash,  
brush teeth and get ready  
for bed.

# Sample kit list

- In the information pack there is an example kit list.

We would strongly recommend:

- Taking at least 2 towels: 1 for showering and washing and 1 for wet activities
- A swim suit/wet activity clothing.
- A small battery powered alarm clock is very useful if you have any.
- A pair of trainers/ water shoes that might get ruined/ never return from the lake.
- All safety/ specialist equipment needed is provided by the centre.

# Things children must not pack:

- Mobile phones
- Computer games
- Ipods/ mp3 players
- Any other electronic device that can connect to the internet or be used for messaging.
- Sharp or dangerous objects
- Hair dryers/ straighteners/ hair wands
- Aerosols
- Jewellery (apart from a small pair of stud earrings and a watch – **not an Apple/Smart watch**)
- Anything too expensive or of high sentimental value (in case it gets broken or lost)
- **Any food containing nuts**



# WHAT TO BRING

Please ensure that all items are named.

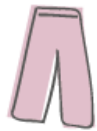
## CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets
  - T-shirts
  - Long sleeved shirt/T-shirts
  - Waterproof jacket
  - Fleeces/jumpers
- Trousers or leggings but not jeans as they get heavy and cold when wet
- Underwear & socks
- Swimming costume/trunks for water activities
- 1 or 2 sets of clothes for the evening
- Suitable nightwear



*Your arms will need to be covered to do some activities.*



*Your socks will need to cover your ankles to do some activities.*



## FOOTWEAR

- 2 pairs of trainers
  - 1 for activities
  - 1 old pair for watersports
- 1 pair of dry shoes for evening activities



## OTHER ITEMS

- 2 towels
  - 1 for showering
  - 1 old one for activities
- Reusable drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag or duvet and pillow (unless otherwise advised)
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)
- Hair ties for long hair
- Torch
- Pocket money £10-20 Recommended



## TRAVELLING IN THE...

**...SUMMER?**

- Shorts
- Baseball cap/sun hat
- Sunscreen

**...WINTER?**

- Warm coat
- Hat and gloves

## What to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

### Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimwear (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wellies
- ✗ Jeans


### Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

### Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

## PLEASE DO NOT BRING

- 
- ✗ Electrical devices
  - ✗ Computer games
  - ✗ Food items that contain nuts
  - ✗ Jewellery/valuables
  - ✗ Aerosols



Mobile phones



# GIFT SHOP PRICE LIST



## TOYS

- Teddy Bears.....from £5.00
- Football.....£6.00
- Basketball.....£6.00
- Bouncy Ball.....£1.00

## STATIONERY

- Notebook & Pen.....£3.50
- Colouring Pencils.....£2.50
- Pencils.....£1.00
- Pen.....£1.00
- Rubbers.....from 40p

## ACCESSORIES

- Water Bottle.....£4.50
- PGL Medal.....£3.00
- LED Torch.....£3.00
- Badges.....from £1.00
- Wristbands.....£1.00
- Coaster.....£2.50

## CLOTHES

- Caps.....£5.50
- T-shirts.....£7.50

## GIFTS

*Treat someone you love...*

- Keyrings.....£3.00
- Magnets.....from £2.50
- Mugs.....£4.50
- Postcards.....£0.50





# Liddington

## Wiltshire

### FAQ

#### **How busy will we be?**

You will be active from early morning until about 9pm everyday. There are usually 4 day time sessions which are 90 minutes each plus an evening session. Plus 3 meals, getting changed (if needed for activities) plus walking to each activity.

There is very little free time but it is always fun!

#### **Will I share a room?**

Yes, you will be asked to select a short list of people you would like to stay with and you will share a room with at least one of these people.

#### **Can I take my phone?**

No. No internet enabled devices are allowed to be taken. This includes phones, tablets, laptops, smart watches etc. The staff will have phones and will be able to contact the school if it is needed.

#### **Will I be able to speak to my family and friends who stay here when I am away?**

No, one of the best things about this trip is to build your independence to help you prepare for secondary school in a safe and secure environment.

#### **Will my room have a TV, hair drier, computer etc.**

No. You will have a bed, somewhere to store your clothes and that's about it!



# Liddington

## Wiltshire

### FAQ

#### **What do we eat?**

There are 3 sessions per day, breakfast, lunch and dinner. At each session there is a selection of food available including cooked and cold food. The food ranges and includes things like: currys, pizza, hot dogs, chips, pasta, salad, jacket potatoes, fresh fruit, ice cream etc.

#### **Can we take some sweets and snacks?**

Yes. You can take a selection of things to enjoy throughout the week. These must be items that can be stored safely at room temperature and you can not take any energy drinks (you will also have to share your sweets with the staff!)

#### **Can we take a camera?**

Yes you can but it must be a camera only, not a camera phone etc. It will be your responsibility to look after.

#### **What sort of clothes do we need to take?**

A variety of clothes to be active in. You will probably get wet at least once during your stay. You will need long sleeves for some activities. You will need shoes that you can walk comfortably in. You might want some nice clothes for the disco.

It is a good idea to have at least two sets of clothes (and possibly shoes) that you don't mind ruining by getting wet or dirty!



# Liddington

## Wiltshire

### FAQ

#### **Do we have to take part in every activity?**

Yes. Everyone is expected to attempt every activity. You might not complete it but you must have a go at everything. Even if you can't take part in the actual activity you will be required to be with your group as they do it as you can not be left alone anywhere.

#### **What time do we need to get up in the morning?**

This depends on what breakfast time you are assigned but is usually between 7am-7:30am.

#### **Will someone wake me up?**

No, you will need to get yourself up or you will miss breakfast and won't be able to eat until lunch time! You can take an alarm clock to help you though.

#### **What time do we go to bed?**

Evening activities usually end about 9pm. After this you have a little free time and you usually go to bed about 9:30 for lights out at 10:00pm (Although as the week goes on some people go to bed earlier).



**Thank you for listening**  
**Any questions?**



# Health & safety

The PGL Code of Practice describes all safety and operational procedures both on and off-site including:

- Sample risk assessments
- Staff-to-pupil ratios
- Operating procedures
- Staff vetting & training
- Site security
- First Aid procedures
- Emergency procedures

[www.pgl.co.uk/cop](http://www.pgl.co.uk/cop)