



# WORLD ABILITYSPORT ADULT RECREATION CAMP

25 - 29TH  
SEPTEMBER  
2023

INFORMATION PACK

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## Introduction

CPISTRA / IWAS are committed to providing opportunities for people with Cerebral Palsy to take part in recreational sport and adventure, increasing participation in outdoor physical activity both in day-to-day life and in more challenging, adventurous settings. The first step in this process was the inaugural CPISTRA International Outdoor Recreation Camp which took place in September 2019. Due to the success of this camp, and camps since then, and the enjoyment of those who have taken part, we are holding a similar camp in 2023.

The 2023 camp will be open to adults (age 18+) with Cerebral Palsy or related conditions and promises fun, personal development, new friendships and the breaking of boundaries through outdoor adventure. It will be held at the Bendrigg Trust, near Kendal in the Lake District, at their purpose built facility where guests can enjoy the benefits of outdoor activities in a safe and accessible, yet challenging environment.

The Bendrigg Trust has over 40 years of experience delivering outdoor adventure holidays for people with disabilities. The Lake District facilities are accessible to all ages and levels of physical disability, including those for whom many outdoor facilities are not normally accessible. The surrounding hills and lakes are breath-taking, they offer a full range of activities, and the staff are experienced in ensuring you achieve your full potential whilst having fun.

# Camp Overview

## *When is the camp?*

Monday 25th September to Friday 29th September 2023.

## *Who is the camp for?*

The CPISRA Teen Outdoor Recreation Camp is open to adults (age 18+ at the time of the camp) with **cerebral palsy** or a **physical impairment**. The camp is ideal for those wanting to engage in physical activity in a supportive and safe, yet challenging environment, build friendships and interact with their peers.

A mix of team and individual activities will challenge what you think is possible. The week will promise personal development, team building and the breaking of boundaries.

The camp is suited to those with a minor-severe physical impairment with no or minor intellectual impairment. Please see CPISRA Recreation Impairment Guide at the end of this document for more guidance if required. Those with minor intellectual impairments may wish to bring a personal assistant as no care is provided by CPISRA/IWAS or The Bendrgigg Trust Staff.



## *What will the camp involve?*

We will enjoy a 4 night, 3 day activity camp in the Lake District at the purpose-built Bendrigg Trust facility.

Activities will include group based activities such as canoeing, Zip Wire, indoor cave, and bushcraft which will encourage team building and provide opportunities for leadership and social challenges. The rock and ropes course, abseil and assault course will have you challenging what you currently think is possible, testing trust in yourself and others, pushing your limits, and challenging your comfort zone – providing a great opportunity for adventure!



## *What will the camp involve?*

*This is a sample timetable, things may change slightly depending on the weather and the ability of the group.*

**Monday:** Arrive from 3pm settle in, get to know each other, site tour and kit issue.

Evening: Sports hall games and sensory room

### **Tuesday:**

Morning - Tube slide

Afternoon – Zip wire

Evening – Archery

### **Wednesday:**

Morning – Climbing and Abseiling

Afternoon – Ropes Course/Assault Course

Evening – Indoor caving

### **Thursday:**

All day trip (Canoeing or caving)

Evening – Group bushcraft, presentation, and party

**Friday:** Farewell and depart 10am

*All activities are fully accessible and adaptable, including (for example) wheelchair abseiling and specialised seating for canoes.*



## Camp accommodation

We will enjoy a 4 night, 3 day activity camp in the Lake District at the purpose-built Bendrigg Trust facility. We will be staying in the Acorn house the newest accommodation unit. It has it's own central lounge, kitchen and dining area, as well as a games room.

The special features and gorgeous views overlooking the woodlands, make it a tranquil and relaxing space.

Features and Accessible Aid's include :

- Automatic doors & lights
- Ceiling-mounted tracking hoists running from bedrooms to bathrooms
- Large bathrooms
- Shower beds and chairs
- Profile beds (with/without bed sides)



Although Bendrigg Trust staff are on duty at all times, including providing site safety cover throughout the night, personal care is not provided. CPISRA personnel, while in attendance, will also not be providing personal care so anyone requiring this will need to be accompanied by a personal assistant.

### ***How Much will the Camp cost?***

Cost per person attending the camp: £550

Cost per personal assistant: £250

Cost includes 4 nights' accommodation, all meals while at the Bendrigg Trust, including breakfast, lunch, evening meals, unlimited hot and cold drinks, and all activities and gear. Personal carers/assistants to be present at all adventure activities and at the venue throughout the camp.

Participants are encouraged to seek funding support for the camp from local sponsorship, eg. Rotary groups or crowd-funding. Please contact [claire.buckle@cpisra.org](mailto:claire.buckle@cpisra.org) if you would like supporting information for your personal fundraising.



## When do I need to pay?

If you are interested in coming to the Adult Recreation Camp, please fill in the application form as soon as possible. Once we have received all the application forms, we will confirm if your application has been successful.

If you are successful you will be required to send a £100 deposit per person before **28th April 2023** along with the completed Bendrigg Trust medical form. Places are limited and will be secured only with receipt of the deposit.

50% payment due: **Friday 16th June 2023**

Full payment due: **Friday 21st July 2023**

## Refund Policy

If you are unable to come to the camp after signing up, cancellations from **1st August 2023** will not receive a refund. This is in line with the Bendrigg Trust Terms and conditions.

If a waiting list is in place and CPISRA is able to fill your spot at the camp, a full refund (minus £100.00 of the deposit) will be returned.

## Insurance

The Bendrigg Trust holds Public Liability insurance, as required by law. This does not include Personal Accident Cover so participants are responsible for taking out their own via holiday/travel insurance policies if required.

## ***Snacks and Drinks***

The Bendrigg Trust do not run any sort of tuck or snack shop's throughout your trip. Therefore you are advised to bring your own snacks and drinks (Including Alcohol) for your stay. There will be opportunities at night for some down time, where snacks and drinks of your own will be required.

## **Travel to camp**

### **How to find Bendrigg Trust**

Address: Bendrigg Trust  
Old Hutton  
Kendal  
Cumbria  
LA8 0NR

Individuals will be responsible for their own travel to and from the camp, however, CPISRA and Bendrigg Trust can arrange a pick-up at Oxenholme Train Station 4 miles away. This may incur a small additional costs

**Postcode: LA8 0NR**  
**Grid Ref: 581892**

## Directions for arriving by car:

- Take the M6 to Junction 37 (Kendal/Sedbergh).
- Turn east towards Sedbergh on the A684 for approx ½ mile.
- Turn first right off this road (signposted Old Hutton). This junction is quite easy to miss as the main road is bending left and the right hand turn is on the apex of the bend.
- Go straight on, taking the long, narrow road down to the reservoir (just over ½ mile), and turn right again at the corner of the reservoir (there is a sign for Bendrigg Lodge on the right hand side of the road at this junction).
- Keeping the reservoir on your right, go past the sailing base and continue down the hill. Take the 90° turn to the right at the bottom and then go over a small bridge.
- Keep on this road; Bendrigg Trust is another 1¼ miles (do not take any other small roads to the side as you do not want to re-cross the motorway). Look out for our small Bendrigg Trust signs at each junction, (they have our logo on – not county council signs).
- Our buildings are located on the left hand side at the top of the hill.
- Please report to the Acorn Lodge main room on arrival.

## Arrival and Departure Times

Please arrive from 3pm on Monday 10th April 2023 where you will be greeted by CPISRA and Bendrigg Trust staff.

Departure is at 10am on 14th April.

## Daily Routine

**8.30 am** A selection of breakfast options

**9.30 am** Activities commence (dependent upon the needs of some groups)

**12.30** Lunch freshly made sandwich, crisps and snacks (these will be ordered on Monday when you arrive)

**1.30 pm** Afternoon activities commence

**5.30 pm** Evening meal

**7.30 pm** Evening activities

## CPISRA Contact Information

Please contact Claire at

**[claire.buckle@worldabilitysport.org](mailto:claire.buckle@worldabilitysport.org)**

with any enquiries.



# **Bendrigg Trust Centre Facilities and Services**

## **Catering**

The Bendrigg Trust are able to cater for gluten-free, dairy-free, Vegan, Halah and other medical diets (blended/mashed) if notified in advance. If you receive food products on prescription, they ask you to bring this with you.

## **Bedding**

All bedding is provided including feather-free duvets and pillows.

## **Telephone**

There is mobile phone reception at the centre but this is unreliable. A Wi-Fi internet service is available across most areas of the centre for those visitors who wish to bring their tablets or laptops.

## **Facilities**

Sports hall, games room, television room, quiet room, sensory room, play area and laundry room available on site. You may wish to bring some of your own music on CD or iPod to use in the lounge.

## **Wheelchair Users**

Please bring a spare inner tube and, if you use a sports wheelchair, please also bring push handles.

# What to bring

## Aids and Medication

The Bendrigg Trust Centre has been specially converted for use by people with disabilities, but please bring your own personal aids with you. There are a variety of aids available at the Centre including height adjustable beds, cot sides, monkey bars, toilet seat raisers, commodes, shower chairs, portable hoists, baby listeners and door alarms for loan if required. Please advise us of requirements beforehand as numbers of each are limited. Please make a note on your medical form (issued closer to the camp) of any medication you take and its dose and bring sufficient for your stay.

## Kit List

At the Bendrigg Trust the emphasis is on activity and it is more important to wear comfortable, practical clothing rather than fashion clothes. It is particularly important to keep warm and to have clothes to change into if you get wet. The Centre will provide waterproof protective clothing and boots, but you are welcome to bring your own if you have them.

Layers of clothes will keep you warm and you can always remove a layer if you are too hot. For example, two or three thinner jumpers are better than one thick sweater. In the winter months you may need to wear thermals or tracksuit trousers beneath your outer trousers for extra insulation.

The following items of clothing are regarded as essential for the activities carried out at the Bendrigg Trust. You can use this as a checklist.

## Kit List

- ☐ Jumpers - 2 or 3
- ☐ Trousers - giving freedom of movement, e.g. tracksuit bottoms (preferably not jeans as they become uncomfortable, very cold when wet and restrict movement)
- ☐ Thick socks - several pairs, and thin socks. Wool is warmest and most comfortable.
- ☐ Trainers - 2 pairs, one pair for wet activities, sailing and canoeing, and one for wearing around the Centre.
- ☐ Hat and gloves or mittens
- ☐ Swimming costume
- ☐ Toiletries - including soap
- ☐ Towels - 2 recommended

The following items are also suggested;

- ☐ Changes of underclothes and T-shirts
- ☐ Shorts
- ☐ Casual wear for evenings
- ☐ Sun cream
- ☐ Camera
- ☐ Wellies – please make sure your name is inside
- ☐ Torch – for night walks and trips to the mine

# We look forward to welcoming you at the Adult Recreation Camp!



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