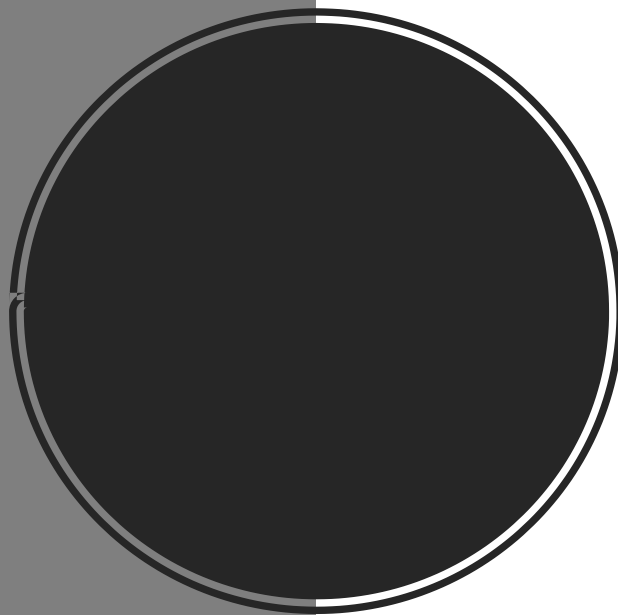


Caythorpe Court


Mon 1st July 2024 - Fri 5th July 2024

THEIR FIRST
STEP INTO A
LIFETIME OF
ADVENTURE...





What we will
cover:

- Dates and times
 - Where are we going?
 - What will we be doing?
 - What will we need to pack?
 - Where we will be sleeping?
 - What will we be eating?
 - Safety and security
 - Medication
 - Questions
- 

Dates and times:

- Depart Hanslope: Monday 1st July 2024.
Please come to school at the normal time.
- Depart Caythorpe Court: Friday 5th July 2024
and arrive back at Hanslope (time TBC)

We will keep you informed via Whatsapp

For the coach, children will need a packed lunch, labelled in a disposable bag.

Site Map



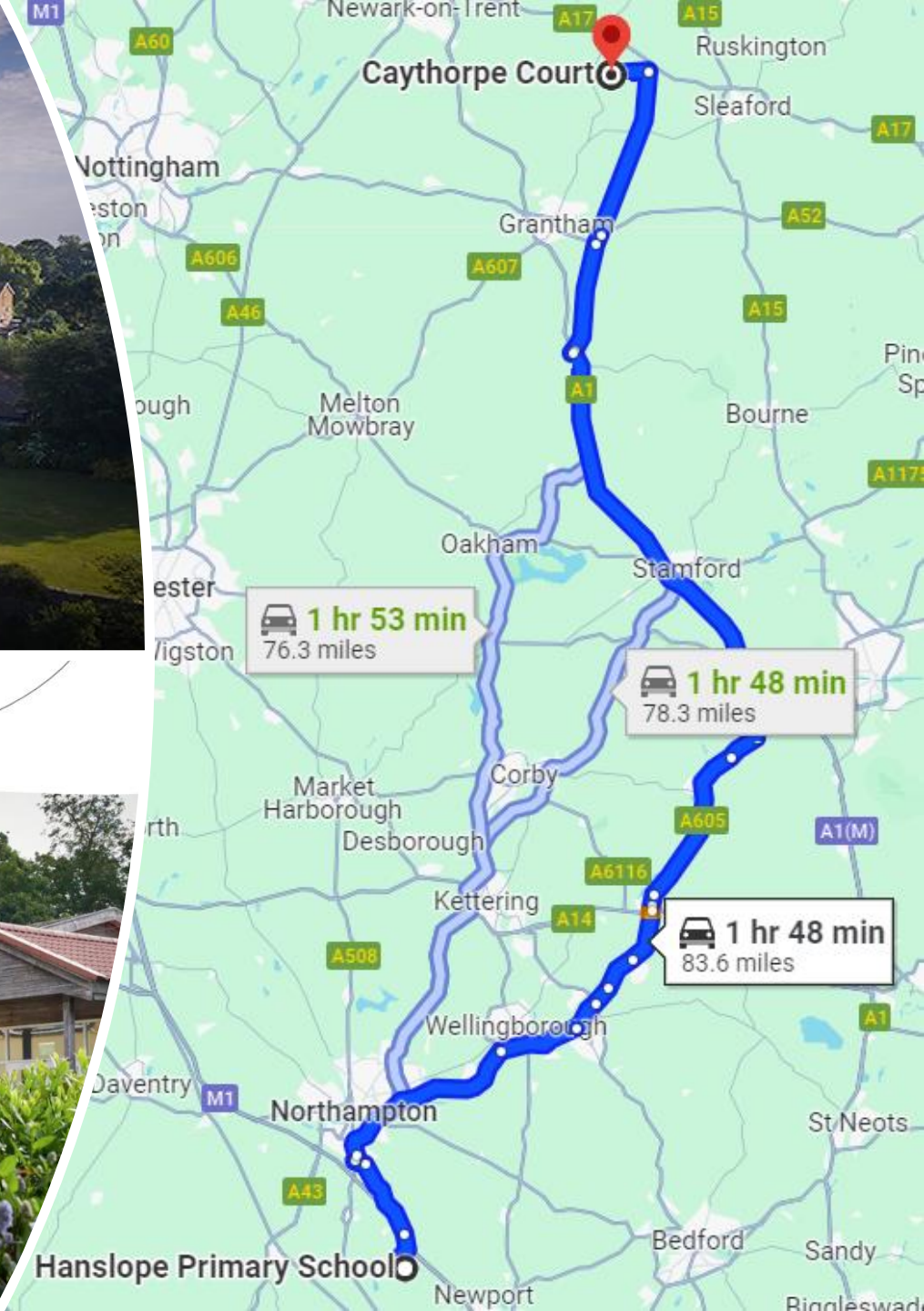
Adults

6 adults

- Mrs Lovegood (Trip Lead)
- Miss Norris
- Mrs Duffield
- Mrs Pink-Hatt
- Mrs Watkins
- Miss O'Halloran

Where are we going?

- In the heart of the countryside, just north of Grantham, the beautiful grounds at Caythorpe are packed full of adventures on land and water.



What will we be doing?

A finalised programme will be given on arrival.

Support
independence

Boost
wellbeing

Encourage
development

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30
Monday	1						Arrive on Centre	Campfire (CF1)
	2						Arrive on Centre	Campfire (CF1)
	3						Arrive on Centre	Campfire (CF1)
	4						Arrive on Centre	Campfire (CF1)
	5						Arrive on Centre	Campfire (CF1)
Tuesday	1			Trapeze (TR2)	Canoeing (OC2)	Rifle Shooting (R1)	Survivor (SU1)	Balloon Splash (BSP2)
	2			Canoeing (OC2)	Trapeze (TR2)	Survivor (SU1)	Rifle Shooting (R1)	Balloon Splash (BSP2)
	3			Vertical Challenge (VC2)	Survivor (SU1)	Trapeze (TR2)	Canoeing (OC2)	Balloon Splash (BSP2)
	4			Survivor (SU3)	Vertical Challenge (VC2)	Archery (A2)	Trapeze (TR2)	Balloon Splash (BSP2)
	5			Problem Solving (PS3)	Survivor (SU2)	Vertical Challenge (VC2)	Archery (A2)	Balloon Splash (BSP2)
Wednesday	1			High Ropes Course (HR1)	Raft Building (RB6)	Jacob's Ladder (JL1)	Laser Tag (LT1)	Passport To The World (PTTW1)
	2			Jacob's Ladder (JL1)	High Ropes Course (HR1)	Raft Building (RB6)	Laser Tag (LT1)	Passport To The World (PTTW1)
	3			High Ropes Course (HR2)	Rifle Shooting (R1)	Laser Tag (LT1)	Raft Building (RB6)	Passport To The World (PTTW1)
	4			Rifle Shooting (R1)	High Ropes Course (HR2)	Laser Tag (LT1)	Jacob's Ladder (JL1)	Passport To The World (PTTW1)
	5			Trapeze (TR1)	Jacob's Ladder (JL1)	Laser Tag (LT1)	High Ropes Course (HR2)	Passport To The World (PTTW1)
Thursday	1			Abseiling (AB1)	Archery (A3)	Vertical Challenge (VC2)	Problem Solving (PS3)	Quiz Show (QS1)
	2			Archery (A3)	Abseiling (AB1)	Climbing (CL1)	Vertical Challenge (VC2)	Quiz Show (QS1)
	3			Problem Solving (PS2)	Jacob's Ladder (JL3)	Abseiling (AB1)	Climbing (CL1)	Quiz Show (QS1)
	4			Climbing (CL1)	Problem Solving (PS4)	Canoeing (OC2)	Abseiling (AB1)	Quiz Show (QS1)

WHAT TO BRING

Please ensure that all items are named.

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

FOOTWEAR

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



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



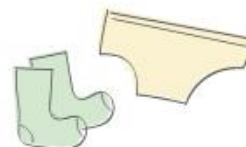
Your arms will need to be covered to do some activities.

- Trousers or leggings but not jeans as they get heavy and cold when wet



- Underwear & socks
- 1 or 2 sets of clothes for the evening

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



- Suitable nightwear

What will we need to pack?

**Each child must
bring a sleeping bag
and a pillow**

Bedding



PLEASE DO NOT BRING



Money

- We recommend the children bring no more than £10 cash for the shop.

ACCESSORIES

- Water Bottle.....£5.00
- Medal.....£3.00
- LED Torch.....£3.00
- Badges.....£1.00
- Wristbands.....£1.00
- Coaster.....£2.00

STATIONERY

- Rubbers.....from 40p
- Pencils.....from 80p
- Eco Pen.....£1.00
- Eco Notebook.....£3.00

CLOTHES

- Caps.....£5.00
- T-shirts.....£7.00

PGL

GIFT SHOP PRICE LIST

TOYS

- Teddy Bear.....£5.00
- Football.....£6.00
- Basketball.....£6.00
- Bouncy Ball.....£1.00
- Dangly Bear.....£3.00

GIFTS *treat someone you love...*

- Magnets.....£1.50
- Mugs.....£4.50
- Keyrings.....£2.50
- Postcards.....£0.50

Where will we be sleeping?

Caythorpe Court has a range of accommodation blocks with cosy and clean dormitory-style rooms. Children stay in bunk beds, sleeping 3-8 per room, complete with en suite bathrooms.





Hungry work! A focus on food & drink



[SAMPLE MENU](#)

- ✓ 3 healthy, nutritious meals a day
- ✓ Plenty of choice for all types of taste buds
- ✓ Dietary needs catered for - so nobody leaves any meal hungry!
- ✓ Water stations available throughout activity centre

What will
we be
eating?

REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY

Baked Beans (ve) (319kcal)
 Hash Browns (ve) (119kcal)
 Fresh Mushrooms (ve) (334kcal)
 Sausages (300kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

TUESDAY

Baked Beans (ve) (302kcal)
 Hash Browns (ve) (176kcal)
 Fresh Mushrooms (ve) (334kcal)
 Bacon (829kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

WEDNESDAY

Baked Beans (ve) (319kcal)
 Hash Browns (ve) (119kcal)
 Fresh Mushrooms (ve) (334kcal)
 Sausages (300kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

THURSDAY

Baked Beans (ve) (302kcal)
 Hash Browns (ve) (176kcal)
 Fresh Mushrooms (ve) (334kcal)
 Bacon (829kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

FRIDAY

Baked Beans (ve) (319kcal)
 Hash Browns (ve) (119kcal)
 Fresh Mushrooms (ve) (334kcal)
 Bacon (829kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

SATURDAY

Baked Beans (ve) (302kcal)
 Hash Browns (ve) (176kcal)
 Fresh Mushrooms (ve) (334kcal)
 Sausages (300kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

SUNDAY

Baked Beans (ve) (319kcal)
 Hash Browns (ve) (119kcal)
 Fresh Mushrooms (ve) (334kcal)
 Bacon (829kcal)
 Quorn™ Vegan
 Cumberland (ve) (216kcal)

Available every day: Porridge with toppers* (469kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (319kcal)
 Margherita Pizza (v) (373kcal)
 Plant-based Margherita
 Pizza (ve) (376kcal)
 Served with: Skinny Fries (ve)
 (354kcal)

Beef Burger (300kcal)
 Meatless Farm™ Plant
 Based Burger (287 kJ) (ve)
 Served with: Ziggy Fries (ve) (416 kJ)

Battered Chicken
 Chunks (327kcal)
 Vegetable Nuggets (ve)
 (323kcal)
 Served with: Potato Wedges (ve)
 (256kcal), Garden Peas (ve) (79kcal),
 Sweetcorn (ve) (159kcal), Sweet Chilli
 Sauce (ve) (79kcal)

Homemade Beef
 Bolognese (433kcal)
 Homemade Vegetable
 Ratatouille (ve) (125kcal)
 Served with: Penne Pasta (ve)
 (209kcal), Garlic Bread (v) (82kcal),
 Grated mild cheddar (v) (143kcal)

Battered Fish (316kcal)
 Jumbo Sausage (623kcal)
 Quorn™ Fishless Fingers
 (ve) (122kcal)
 Served with: Skinny Fries (ve)
 (354kcal), Garden Peas (ve) (79kcal)

Jacket Potato (ve) (204kcal)
 Served with your choice of: Grated
 Mild Cheddar (v) (82kcal), Baked
 Beans (ve) (191kcal) or Tuna Mayo
 (128kcal)
 Homemade Chilli
 Non Carne (ve) (249kcal)
 Served with: White Rice (ve) (842kcal)

Roast Beef (178kcal)
 Meatless farm™ Plant-
 based Chicken Breast
 (ve) (292kcal)
 Served with: Roast Potatoes (ve)
 (209kcal), Yorkshire Pudding (v)
 (190kcal), Fresh Broccoli (ve) (453kcal),
 Baby Carrots (ve) (98kcal), Gravy (ve)
 (146kcal)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (275kcal)
 Homemade Beef
 Lasagne (322 kJ) (ve)
 Vegetable Lasagne (ve)
 (317kcal)
 Sides: Garlic Bread (v) (82kcal), Rice
 (ve) (242kcal), Garden Peas (ve) (79kcal),
 Fresh Broccoli (ve) (429kcal)

Fish Fingers (276kcal)
 Hunters Chicken (149kcal)
 Shepherdless Pie (ve)
 (489kcal)
 Sides: Baby Potato (ve) (284kcal),
 Baby Carrots (ve) (98kcal), Whole
 Green Beans (ve) (429kcal)

Chicken Curry (149kcal)
 Baked Cheesy Meatballs
 (254kcal)
 Vegetable Curry (ve) (229kcal)
 Sides: Rice (ve) (242kcal), Penne Pasta
 (ve) (209kcal), Mixed Vegetables (ve)
 (151kcal)

PGL's Sausage Pasta
 Bake (439kcal)
 Chicken Kiev** (275kcal)
 Homemade Sausage &
 Bean Casserole (ve) (129kcal)
 Sides: Mashed Potato (v) (276kcal),
 Fresh Broccoli (ve) (429kcal), Baby
 Carrots (ve) (98kcal)

Beef Burger (402kcal)
 Homemade Mac 'n'
 Cheese (v) (321kcal)
 Meatless Farm™ Plant
 Based Burger (ve) (381kcal)
 Sides: Ziggy Fries (ve) (416 kJ),
 Sweetcorn (ve) (84kcal), Whole Green
 Beans (ve) (226kcal)

Battered Chicken
 Chunks (327kcal)
 Homemade Beef
 Lasagne (322kcal)
 Vegetable Lasagne (ve) (276kcal)
 Sides: Garlic Bread (v) (82kcal), BBQ
 Sauce (ve) (84kcal), Skinny fries (v)
 (354kcal), Mixed Vegetables (ve) (453kcal)

Fish Fingers (276kcal)
 PGL's Sausage Pasta
 Bake (439kcal)
 Shepherdless Pie (ve) (489kcal)
 Sides: Cheesy Garlic Potato (v)
 (242kcal), Baby Potato (ve) (284kcal),
 Sweetcorn (ve) (84kcal), Whole Green
 Beans (ve) (226kcal)

Homebaked Iced Sponge
 Cake (v) (209kcal)

Chocolate Muffin (v) (226kcal)

Jam Doughnuts (v) (226kcal)

Homebaked Chocolate
 Sponge (v) & Chocolate
 Custard (v) (226kcal)

Homebaked Apple
 Crumble (ve) & Vanilla
 Custard (v) (226kcal)

Chocolate Muffin (ve)
 (226kcal)

Chocolate Cookies (v)
 (226kcal)

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water.

* Small children can choke on seeds

** Chopped and shaped chicken.

ASK ABOUT
 ALLERGENS
 WE ARE HAPPY TO HELP

Safety and security



Safety, Quality & Care

- ✓ All centres awarded Learning Outside the Classroom Quality Badge
- ✓ BAPA and Adventuremark accredited
- ✓ Fully ABTA bonded
- ✓ Teams are enhanced DBS checked and receive extensive Safeguarding training
- ✓ Fully qualified activity instructors
- ✓ On-centre SENCO and designated Safeguarding Officers
- ✓ AAA-rated insurance cover included



RYA



Medication



Wednesday 26th June.

Please bring in any medication on 26th June. It needs to be clearly labelled in the prescribed box and with the correct form.

Bedding and medication:
Wednesday 26th June

Any questions?

