



WHITEMOOR LAKES





[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=Q7KAEHG18A8](https://www.youtube.com/watch?v=Q7KAEHG18A8)



OAK
WHITE ROCK
LAKES
EST. 1972

NAYC (Northamptonshire Association of Youth Clubs) & ACUK (Action Centres UK) is one organisation committed to releasing potential in young people. Since 1961 we stood firm on our mission to help and educate young people through leisure-time activities. We use activities to develop their physical, mental and spiritual capacities so that they may grow to full maturity as individuals.



HOME

HOME

SUPPORT US

ABOUT US

ACTIVITY CENTRES

CONFERENCING

YOUTHWORK

KING'S PARK SPORTS

GAP YEARS

CAREERS

BLOG

ENQUIRE NOW

NAYC-ACUK
HOME

ACTIVITY & TRAINING
CENTRES

CONFERENCING

YOUTHWORK

KING'S PARK
SPORTS

OUR FACILITIES

Whitemoor Lakes Activity Centre
Staffordshire

Facilities

- Over 20 Outdoor Activities
- 348 Beds
- Fully Catered

Firm Foundations Instructor Training Activity Centres

Facilities

- Free Outdoor Qualifications
- Free Accommodation
- Free Meals

Pioneer Activity Centre
Shropshire

Facilities

- 18 Outdoor Activities
- 216 Beds
- Fully Catered

King's Park Sports
Northampton

Facilities

- Tennis
- Roller skating
- Futsal
- And more!

King's Park Conference Centre
Northampton

Facilities

- 7 Conference Rooms
- 175 Beds
- Fully Catered

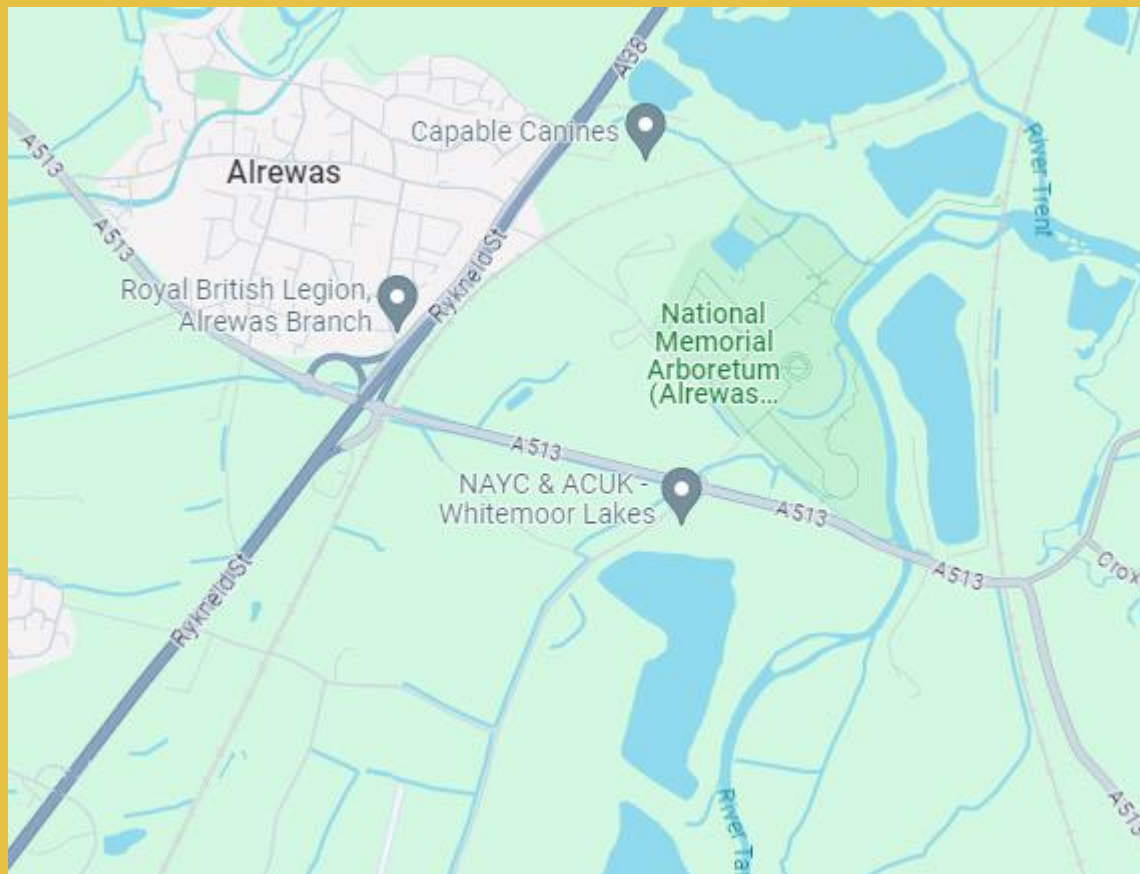
Youthwork Association
Northamptonshire

Services

- Support
- Training
- Resourcing

WHAT DO WE DO?

Where is it?



- Located in the south of Staffordshire, Whitemoor Lakes provides the ideal backdrop for fun, adventure and comfort. Opened in 2011, this is a modern, bright and well-equipped centre that has a proven track record with FGT school visits.

- Whitemoor Lakes is set in secure grounds with access via a reception desk which is manned 24 hours a day.
- Children are not allowed onto the car park areas.
- Free time is supervised by both on site and school staff.
- There will be a fire drill on the day of arrival to ensure all children are aware of procedures.
- There is secure access into the lodges.
- Fire exits in lodges are alarmed and alarms go off in both staff bedrooms and at the reception desk.
- Porters and a security company patrol the grounds throughout the night.



Where will we be staying?

- Lodges are secure, with school staff holding the keys.
- Each lodge contains a number of en-suite bedrooms with either 4 or 5 beds in them.
- Staff bedrooms are situated within each lodge.
- Doors are alarmed and will go off if opened at night, both in staff bedrooms and at the reception.





Grasmere Lodge



- We will be staying in the self-contained Grasmere lodge.
- We have the entire lodge for our group only. There is a lodge lounge with a kitchenette to chill out during free time.
- The bedrooms are all ensuite and have central heating.
- Bedrooms are in arrangements of: 3s, 4s and 5s.
- We will be sharing the particulars of room arrangements on arrival.
- We will ensure that children are with at least one nominated person with whom they wish to share.





Timetable of the day.

- Each morning the children will be woken between 7 am and 8 am and given time to get washed and ready.
- The children will eat breakfast and dinner in the hall and lunch will be a packed lunch which will be eaten in a lounge area.
- There will be times the children will be able to have 'free time' –staff from Gentleshaw will supervise the children at these times.
- Bedtime will be around 8.30pm.



Timetable of Activities

- We are on the Action Plus experience. It provides a well rounded and exciting residential stay for school students. Action Plus teaches young people that every person makes valuable contribution and that perceived limitations can be stretched. Action Plus is designed to give increased contact time with our instructors as well as certificates.
- It is fully inclusive, all activities, accommodation and food are included in the price.



Timetable of Activities

Gentleshaw Primary Academy Year 5 Action Plus Activity Programme Wednesday 24th - Friday 26th January 2024

	Wednesday				Thursday					Friday		
	11.30	2.00-3.30	4.00-5.30	7.00-8.00	9.30-11.00	11.30-1.00	2.00-3.30	4.00-5.30	7.00-8.00	9.30-11.00	11.30-1.00	2.00
Group 1	Arrival and Welcome	Ice Breakers	Zipwire 1	Campfire 1	Circus Skills 1	Traverse 1	Orienteering 1	Problem Solving 1	Extreme Teams	Gladiator 1	Buggy Building 1	Goodbyes and depart
Group 2			Buggy Building 1		Zipwire 1	Circus Skills 1	Traverse 1	Orienteering 1		Problem Solving 1	Gladiator 1	

The programme of events has been created to link our aims - independence, teamwork, communication and resilience.



Zip Wire



- Experience the thrill of whizzing down the zip-wire as well as the enormous feeling of achievement for daring to step off the tower with support and encouragement from the team – and watch young people overcome their fears.





Buggy Building

Buggy building is always a favourite, teamwork and problem solving are essential. This activity involves rope work skills and always guarantees a smile.





Circus Skills

Learn unique skills that'll help you master our circus activities, you'll have the opportunity to try juggling, plate spinning, diabolo and trick sticks. An exciting session where our instructors aim to develop gross motor skills, fine co-ordination and kinesthetic learning through the use of several circus entertainer materials.





Traverse

An exhilarating combination of high ropes and low ropes.





Camp Fire



What will we be eating?

- The centre have assured us that all the meals served are not only wholesome but also what young people tend to like.
- The centre are happy to accommodate the needs of every child so please let us know if your child has any special dietary requirements.
- Every child should bring a water bottle. These will be able to be refilled as required.

Typical Menu

Breakfast:

Bacon/sausage sandwiches, cereal, toast, fruit

Cooked Lunch

Cooked Evening Meal

Bread/fruit available at all meals

*** Children will require a packed lunch on the day of arrival.**



How to prepare.

- Packed lunch for the first meal.
- Teddy bear/Soft toy - We would like everyone to bring a teddy bear or soft toy that is familiar, to help feel settled.
- Please see kit list - the children will need to bring a single duvet cover and pillow case, they can also bring their own bottom sheet if they would prefer.
- The children will be asked to make their bed on arrival - please practice - we will be on hand to help!
- As mentioned on kit list - old, comfortable clothes are ideal.
- Book for bedtime



How to Prepare

- No snacks/food/sweets - the children are not allowed snacks/food in the dorm rooms - this is for health and safety reasons.
- No electronics e.g. phones, hairdryers
- Please be mindful of only packing essential items - the children will have to carry their bags to their rooms.
- Please label **all** clothing and items!

Kit List.

Outdoor Activities

One set of clothes per day
Warm layers
Trainers or outdoor shoes
Waterproof jacket
Sun hat or woolly hat and gloves
Hair bobbles for long hair

Water Sports

Clothes you don't mind getting wet
Shoes you don't mind getting wet
Spare towel
Plastic bag for wet things

Indoor Activities

Indoor Shoes

Optional Items

Waterproof trousers
Wellington boots
Torch

General Items

Pocket money (we recommend no more than £5/£10 in small change)
Packed Lunch (if you are arriving at the centre in the morning)
Towel
Wash kit (toothbrush, tooth paste, soap, flannel, shampoo, roll on deodorants only)
Sun cream
Insect repellent/hay fever medication if necessary
Nightware/Pyjamas
Enough underwear and socks for your stay, plus spares in case you get wet
Water bottle
Optional: books, teddy, quiet games such as cards or board games
Small plastic bag for dirty clothes

How to prepare.

- No mug or tea towel is needed- Laches Wood now provide these.
- No snacks/food/sweets - the children are not allowed snacks/food in the dorm rooms - this is for health and safety reasons.
- No electronics e.g. phones, hairdryers
- Please be mindful of only packing essential items - the children will have to carry their bags to their rooms.
- Please label **all** clothing and items!



Emergency.

We want to keep contact limited to promote independence.

In an emergency we will contact you directly.



X (Twitter)



We will keep you up to date via Twitter, sharing photographs and videos.

Please note that staff will not be available to respond to emails from parents while we are away.



Medical Form



Any prescribed medication should be handed to a member of staff with details of dosage, timings etc



ENTRUST OUTDOORS - MEDICAL INFORMATION & CONSENT FORM

It is recommended that all participants complete this form before attending any Entrust Outdoors course. For all participants under 18, this form should be completed by a parent, guardian, or those with parental responsibility. It should not be completed more than 14 days prior to the visit to ensure the information is as accurate and up-to-date as possible.

Name Of Participant	Date Of Birth	School/Establishment
Participant's Address:		Home telephone Number
Parent/Guardian/Contact Name(s)	Relationship to participant	Contact numbers:
		Home: Work: Mobile:

Completed no more than 14 days prior to the visit

And finally.....

- I would like to take this opportunity to thank you for your co-operation. There has been a great deal of organisation to attend to and without your support the task would have been a lot harder.**