







YOUNG PEOPLE'S WEEKEND

INFORMATION SHEET

Our Young People's Weekends have been developed as a way to allow kids with CMT to meet, socialise, share experiences and above all, be "normal" for a while and achieve all those things that other kids take for granted.

Activities will include:

-  Rock climbing/abseiling
-  Horse riding
-  Canoeing
-  Assault Course
-  Swimming
-  Archery



- And who knows what else?!

Date: Friday 28th October to Monday 31st October.

You should aim to arrive after 4pm on Friday, and be collected **NO LATER than 9.30am** on Monday.

Venue: Bendrigg Lodge, Old Hutton, Kendal, Cumbria LA8 0NR

The Bendrigg Trust is situated in the open countryside between the Lake District and the Yorkshire Dales. The centre is easy to reach, just a short drive from Junction 36/37 on the M6 Motorway.

Junction 37 of the M6 Motorway gives the easiest access. Follow the signposts for Bendrigg from the first turning south on the A684, half a mile east of junction 37. This route goes alongside Killington reservoir.

Alternatively from Kendal follow the Oxenholme - Old Hutton road. After passing the three distinct parts of the Old Hutton village the road to Bendrigg Lodge is signposted on the left.

Who can go:

Kids between 12 and 20 who have CMT - however the upper age limit is at the discretion of the organisers. If there are still places available by the middle of September, it may be possible to take along an unaffected sibling, but kids with CMT will always have priority. We are unable to take children younger than 12 as the volunteers who attend cannot be responsible for providing "mothering" to very much younger children.



All children, regardless of the level of their disability, will be expected to "care" for themselves to the best of their ability - part of the challenge will be achieving independence from parents and carers, to give the kids that taste of freedom! Kids who genuinely need a helping hand will only have to ask nicely, and someone will be glad to help!

In addition to the activity programme an equally important aspect of a residential stay at Bendrigg Lodge is being involved in the day to day running of the Centre.

Group members will take an active part in organising and carrying out domestic duties including some assistance with cooking, setting tables and washing up. For many with disability this may be their first opportunity to help in the preparation and serving of meals. Guests are also expected to make their own beds and tidy their rooms after use. Staff are always present to provide guidance, assistance and support.

What will they need to take:

Whatever time of year you visit, much of the time will be spent outdoors, so our emphasis is on OLD, WARM, LOOSE FITTING clothes. All specialised clothing and safety equipment will be provided by the centre. However, we ask that guests bring with them as many of the following items as possible.

Important

3 complete changes of clothes
 (loose trousers are best, not jeans)
 2 towels
 2 fleeces
 Pair of gloves & a hat
 Swimming clothes
 Waterproofs
 Thick socks for walking boots
 1 pair Slippers or Indoor Shoes

Useful if you have them

2 pairs of trainers
 (one old pair for water activities)
 Strong outdoor shoes or boots
 Flask
 Torch
 Wellingtons

Medical emergencies

A full medical consent/release form is enclosed with your booking form. We would appreciate these being returned at least three weeks before the event.

What is included in the cost of £45 per child?

Full board from supper on Friday night, and including breakfast on Monday morning. The actual cost of the weekend to the organisation is almost £200 per person, but we are able to subsidise the cost to the tune of £150 per person due to the efforts of our wonderful fundraisers!

Safety

All our volunteers, and all the staff at the Calvert Trust Centre, have full Criminal Records Bureau clearance to ensure the safety of your children.

Further information: Please contact Karin Rodgers with all your queries on Karin@cmtuk.org.uk or telephone on 0845 2412544



The whole gang from the 2008 event!