

## INFORMATION FOR PARENTS

Dear Parent / Guardian,

We look forward to welcoming your child to the Urdd Centre at Llangrannog. This leaflet gives information on what will be needed for your child's stay at the Centre.

### **A CHILD SHOULD BRING: you should ensure that a name is shown on each item of clothing**

1. Sleeping bag
2. Night clothes and toiletries
3. Spare clothes (not the best) including long sleeved tops and trousers
4. A warm jumper and anorak or raincoat
5. Sports clothes, swimming costume and towels
6. Trainers or suitable shoes for walking, and an old pair of shoes or wellingtons for the horse-riding and quad bikes
7. Suitable clothing for skiing and tobogganing i.e. old gloves and an old tracksuit or jeans
8. Pencil and notebook (for courses only)
9. **VERY OLD CLOTHES FOR OUR MUDDY ADVENTURE COURSE** (April – October). Very old clothes, shoes and towel should be sent for this activity – clothes you don't mind getting very dirty or even thrown away after the activity or on returning home as this activity is very muddy – but a great deal of FUN. A bag is provided for the dirty clothes after the activity.

**IMPORTANT:** You should ensure that a name is shown on each piece of clothing (especially swim wear) - a large number of untagged items are left every week!

### **WHAT IS NOT NEEDED**

Please don't allow your child to bring a radio or personal music player (e.g. iPod), video games or expensive toys, torch or **mobile phones** (there is no reception in the area) to the Centre, and due to Health and Safety regulations, a pocket knife, aerosol sprays (please bring roll-on deodorant), portable electric equipment e.g. hair dryers, straighteners and travel irons are not permitted. If children do bring these personal items then they will be collected at the beginning of the course and returned at the end. Any other valuables may be left at Reception for safekeeping e.g. cameras.

**WE WILL NOT BE RESPONSIBLE FOR ANY LOSS OR DAMAGE TO THE ABOVE ITEMS IF BROUGHT TO THE CENTRE**

### **SHOP**

The Centre has a shop that sells sweets, drinks, souvenirs and presents. The shop is usually opened by accompanying staff at a convenient time to the timetable.

### **THE BEDROOMS**

All children sleep in centrally heated bedrooms. The children are responsible for making their beds and keeping the rooms tidy. We ensure that each child knows where to find help during the night from staff who are close at hand. Corridor lights are on throughout the night. Foam pillows are provided.

### **MEALS**

Up to four meals a day are provided: breakfast, dinner, tea and supper - with a variety of Healthy Eating menus to suit all tastes. The Centre has been awarded a Food Hygiene Rating of 5 (see <http://ratings.food.gov.uk/Welcome.aspx>) under the Food Standards Agency's Food Hygiene Rating Scheme. If your child has an allergy or has special dietary requirements e.g. nut allergy, gluten free, diabetic or follows a specific diet for religious reasons - **please inform us a week in advance so that the necessary arrangements can be made.** Please remember to include this information on the Health Certificate as well. Vegetarian meals are available at all mealtimes. Cold drinks are provided free of charge at all times. Hot drinks can be purchased outside of meal times.

### **THE TELEPHONE**

Please do not arrange for your child to phone home at the beginning of the course. If you do not hear from us you can be sure that your child is safe and well. We will contact you immediately there is a problem with health or homesickness. If you have a message for your child you are welcome to contact Reception (01239 652140) or email ([llangrannog@urdd.org](mailto:llangrannog@urdd.org)) we will be happy to ensure that the message is passed on.

### **THE PROGRAMME**

The programme will be designed in conjunction with the course leader and Centre staff. A full programme is provided in line with the course leaders requests, with a range of activities - Skiing, Tobogganing, Go-karting, Archery, High Ropes Course, Climbing Wall, Team games, Ropes Challenge Course, Nature Walk, Quad Biking, Muddy Adventure Course (April – October), Swimming, Bushcraft, Trampoline, Horse Riding, Shelter Building, Orienteering, heritage lessons in the Caer Chwedlau Heritage Centre. There is also a multi-purpose sports hall, outdoor playing fields, and an all weather playing area. During the evenings there is an array of activities on offer from, night walk, folk dancing, bingo, quiz, talent show, games, disco and much more.