



CHILDREN'S HOLIDAY 2017



INFORMATION PACK



**19TH TO 26TH AUGUST
PGL LIDDINGTON (SWINDON)**

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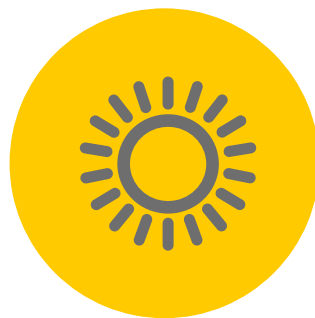
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WELCOME

START GETTING EXCITED...! YOU'RE COMING TO CAMP!

We are so excited that you are coming to our Sickle Cell Society Children's Holiday 2017. The Society has been running the holiday for almost 30 years and this year we will be taking you and 29 friends with sickle cell disorder to PGL Liddington in Swindon. I hope you are ready for a week of fun, games and lots of laughter! In this pack should be all the information that you need to know about coming to camp.

LOGISTICS

HOLIDAY VENUE:

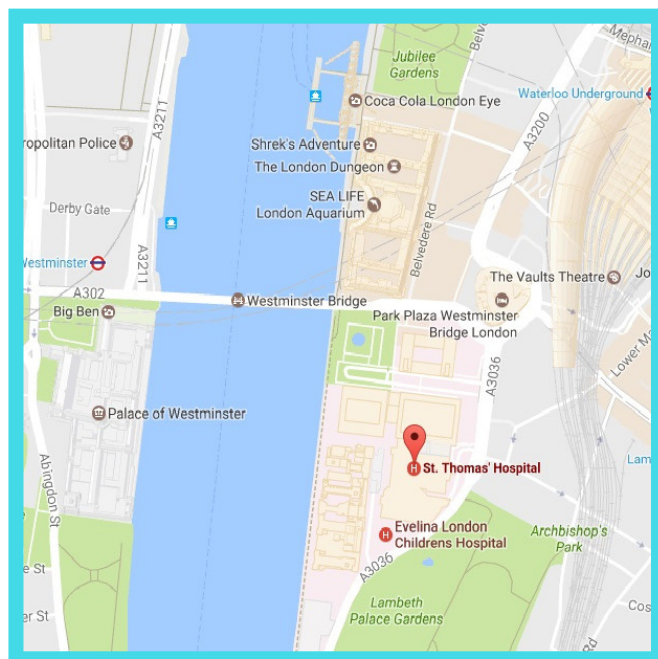
PGL Liddington,
North Wessex Downs AONB,
Liddington Fox Hill,
Swindon SN4 0DZ

LEAVING ON: Saturday 19th August 2017

TIME: Registration at 11:30am

MEETING POINT:

Central Hall,
St Thomas' Hospital
Westminster Bridge Rd,
Lambeth, London SE1 7EH



Please note that if it is more convenient for you, you can meet us at PGL Liddington at 3:30pm.

RETURNING ON: Saturday 26th August 2017

TIME: Approximately 11:45am

MEETING POINT: St Thomas' Hospital (see address above) - exact point TBC

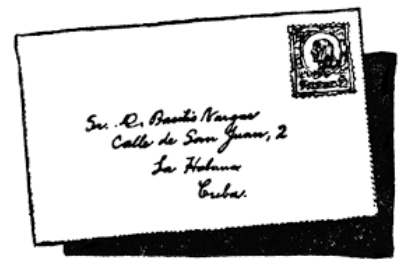
If you would like to pick up your child from PGL Liddington instead, please arrive at 9am sharp.

CONTACT DETAILS

Jessica Boatright, our Children's Activities Coordinator, will be your point of contact whilst your child is at camp. For the whole week she will be available by phone, text and whatsapp on the activities mobile: **07851 741220** (only text between 10pm and 7am please). She will also be available via e-mail jessica.boatright@sicklecellsociety.org.uk. As this is a tech free camp, children and young people will not be able to call you on their mobile phones, but Jessica is happy to give you regular updates on how your child is getting on.

If you would like to send a letter to your child whilst they are away, please send this to:

Sickle Cell Society c/o Jessica Boatright
PGL Liddington
North Wessex Downs AONB,
Liddington Fox Hill,
Swindon SN4 0DZ



Please DO NOT contact PGL Liddington as they will not be able to pass on phone or e-mail messages.

SOCIAL MEDIA

We will be updating everyone about our adventures on the Children's Holiday **daily** on our social media feeds. You can follow us on:



@sicklecelluk

PROGRAMME AND ACTIVITIES

Liddington is one of PGL's biggest adventure centres so there's acres of space for you to explore and enjoy and plenty of activities to inspire, motivate and challenge you. Conveniently located just minutes from the M4 near Swindon, PGL Liddington has got excellent accommodation and great indoor facilities - with classrooms and social spaces - and the very best in outdoor adventure activities.

ACTIVITIES

Whilst you are at PGL Liddington you will take part in a huge range of activities. Sessions may include:

- Abseiling
- Climbing
- Aeroball
- Photography
- Arts and Crafts
- Challenge Course
- Team Games
- Fencing
- First Aid
- Giant Swing
- Disco
- Campfire
- Mountain Biking
- Orienteering
- Quad Biking
- Healthy Eating
- Crate Challenge
- Managing Sickle Cell
- Talent Night
- Quiz Show
- Zipwire
- Cabin Chat
- Tunnel Trail
- Sports
- Yoga and relaxation
- Cinema Night
- Trapeze
- Drama
- Music
- Card making

Face paint, fancy dress and nail varnish is encouraged throughout the week!

A TYPICAL DAY

*All timings are approximate

7am: Wakey wakey!

7:30am: Med Shed open for morning meds

8:30am: Breakfast

9:15am: Morning Activities x 2 with a 15 minute break in between

12:30pm: Lunch

1:15pm: Rest Hour

2:15pm: Afternoon Activities x 2 with a 15 minute break in between

6pm: Dinner time and chillax

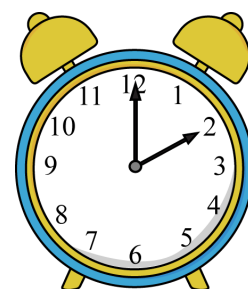
7pm: Evening Activities

8:30pm: Evening Meds and Cabin Chat

9pm: Lights out (Bears)

9:15pm: Lights out (Tigers)

9:30pm: Lights out (Lions)



GROUPS

Whilst on our Children's Holiday, the children will be split into three groups roughly according to age:

BEARS - 8-10 year olds

TIGERS - 10-12 year olds

LIONS - 12-15 year olds



VOLUNTEERS AND STAFF

Whilst on the holiday, children will be looked after by a strong team of trained volunteers and a member of Sickle Cell Society staff. Six or seven volunteers will be linked to each team and will look after the children for that team for the whole week. Many of our volunteers have a medical, teaching or childcare background and some volunteers have sickle cell themselves. Our volunteers are positive role models for the children and are there to make sure the children are happy, healthy and enjoying themselves! Each team has a volunteer group leader who will be responsible for leading the team and reporting back to Jessica (the member of staff from the society). The volunteers will provide 24 hour care for your child. The volunteers will also be supported by a member of PGL staff who will be linked to our group for the week.

All volunteers are DBS checked and have undergone a thorough interview and safeguarding training. There will be five medically trained volunteers (one doctor and four nurses), split amongst the teams. These medical volunteers are highly experienced in the world of Sickle Cell (many of them are Sickle Cell Nurses or consultants), especially in paediatric care.

Adventure activities are led by trained members of PGL staff who hold the relevant qualifications for the activity. You can read more about their staff here: <http://www.pgl.co.uk/en-gb/adventure-holidays/parents/our-parent-guide/pgl-staff-and-safety>

MEDICAL INFORMATION

Your child's medical care is very important whilst at camp. It is essential that we have up to date information about your child and their medical care so that we can keep them safe. Your child will not be able to attend camp if we do not have:

- A fully completed medical form
- A medical recommendation from their consultant
- Pain medication, ideally prescribed by their GP
- Their regular medications that they take weekly/daily
- Appropriate clothing



Medication must be given to us in see through, clearly labeled bags, making sure that the dosage, name of the medication, the child's name and any storage instructions are available and easy to read. Medication will be looked after by trained medical staff, stored securely and given to the children at our Med Shed.

Infection control is a big focus of ours at camp as we want to keep children safe and well whilst they are under our care. You **MUST** tell us if your child experiences any of the following a week or less before camp so that we can assess their case and ensure that they are well enough to attend the holiday:

- A crisis or notable pain
- Cold or flu
- An infection of any kind
- Diarrhea, vomiting and/or nausea
- A temperature



Our local hospital when we are at camp is Great Western Hospital (Marlborough Rd, Swindon SN3 6BB). This is where we will take children if they become unwell or in the unlikely event that they have an accident at camp.

We are in close contact with Great Western Hospital Haematology Team and they are prepared if a child has a crisis whilst in our care. If your child needs to visit the hospital, we will call you immediately. The child will be supervised by volunteers, ensuring that your child gets the best possible care - though you may be asked to come and join us, especially if your child needs to stay in hospital overnight. If your child's condition is managed and they feel up to it, they will be able to return to camp.

PACKING LIST

Please make sure that you pack enough clothes for your child for an active 7 nights/8 days. Clothes should be outfits that you don't mind getting dirty/messy - leave your posh dresses and smart shoes at home! All shorts must be finger length or longer (when the child puts their arms by the side) and straps on strap tops should be the width of two fingers . NO ELECTRONICS SHOULD BE BROUGHT TO CAMP. These will be confiscated if found.

CLOTHING:

Underwear

Socks (including socks that cover your ankles for some adventure activities)

At least two pairs of pyjamas

Hoodies/Jumpers

T-shirts/long sleeved tops

Trousers/leggings

Shorts

Sunhat

Wooly hat and scarf

Gloves

A nice outfit and shoes for the disco

Two pairs of trainers that can get dirty

Slippers

Waterproof coat

Dressing Gown

TOILETRIES:

Shower gel

Shampoo

Conditioner

Sun cream

Toothpaste

Toothbrush

Baby wipes to remove facepaint

Sanitary products (if needed)

Two towels

Deodorant (no aerosols)



MISC:

Pocket money (£10 maximum)

Book/Magazine/Puzzle Book

Packed lunch for the coach

Medication including painkillers

A pen and notebook

Torch

IF YOUR CHILD WOULD LIKE TO BRING SWEETS OR CHOCOLATE TO SHARE WITH THEIR FRIENDS PLEASE ENSURE THIS IS NUT FREE AND THAT YOUR CHILD BRINGS NO MORE THAN TWO OR THREE PACKETS OF SWEETS.

POLICIES AND PROCEDURES

Please make sure you have signed the 'Policies and Procedures' statement to tell us that you and your child understand and agree to the below.

Code of Conduct

To abide by our camp principles, we expect safe, respectful and caring behavior from all members of the camp: campers, parents, staff, volunteers and anyone with whom we interact. We ask for your support and understanding of our efforts to keep camp safe and enjoyable for everyone.

At Our Children's Holiday we encourage fun, friendship and safety in a positive environment. To accomplish this, we have established clear behavioral guidelines that reinforce three basic principles:

1. Respect for yourself
2. Respect for others
3. Respect for your environment

During camp everyone will:

- Treat each other equally with kindness, patience, respect, and trust
- Celebrate our differences and embrace people of all ages and backgrounds.
- Look out for each other
- Make good choices about our behaviour and actions
- Take our medication and keep ourselves hydrated, warm and healthy
- Practice good hygiene (e.g. shower daily, clean teeth, wear deodorant etc)
- Tell an adult if you feel unwell, in pain or something is bothering you.
- Look after each other, our belongings and our equipment

At camp we will not tolerate.

- The use or threat of violence
- The use of weapons (real or imaginary)
- Swearing
- Unkind, rude, derogatory or disrespectful behaviour.
- Bullying of any kind

There will be opportunities for children and parents to provide feedback about the holiday at the end of event, which will help us to continue to improve the children holiday experience

POLICIES AND PROCEDURES

Camper Safety

Safeguarding the welfare of our campers is our staff and volunteer's primary duty whilst at camp. Whilst your child is in our care we are responsible for their well being and safety. In everything we do, the welfare of your child will be our top priority.

Safeguarding refers to all things that adults do to keep children safe and protect them from harm. In order to keep your children safe and for your peace of mind, the Sickle Cell Society does the following things:

- At the Children's Holiday we will have a safeguarding lead who is supported by John James, the Sickle Cell Society's designated safeguarding officer. They are both specially trained by external agencies to deal with safeguarding issues.
- All of our volunteers and staff members on the holiday are DBS checked, have provided two references and have undergone a comprehensive interview process before the holiday.
- All volunteers and staff at the holiday will be trained in safeguarding and child protection, and know the policies and procedures to follow if they have any worries about the children.
- All of our activities that we do on the Children's Holiday are thoroughly risk assessed. We have emergency procedures in place for all eventualities and volunteers are fully trained in these.

Please do contact us if you would like to see a copy of our Child Protection and Safeguarding policy before the holiday.



POLICIES AND PROCEDURES

Bullying

We expect all staff, volunteers, parents and campers to support our Bullying Policy as described below:

At the Children's Holiday, bullying is inexcusable. During the camp each of our campers has the opportunity to explore new friendships, develop life skills, learn about their condition and discover new talents without judgment or negativity.

As a team, we make a concerted effort to ensure that each of our campers enjoys an environment that promotes self-confidence, personal growth and long-lasting memories. Every child has the right to the best possible camp experience and we must proactively ensure that none of our campers be denied this experience. Unfortunately, children who are bullied may not have the same potential to get the most out of their camp experience. Consequently, we maintain a strict policy forbidding bullying.

Our staff and volunteer team addresses all bullying incidents seriously, and we encourage our volunteers to promote open communication within their team so that campers feel comfortable letting us know if there are any problems at any point during their camp experience. As a camp, we believe positive behavior comes from a cooperative effort between campers, parents and staff.

While we make every effort to establish communication with parents before taking any major disciplinary steps, it is important to note that fighting, demonstration of disrespectful behavior, hitting, biting, bullying, harassing and displaying destructive behavior are grounds for immediate discussions with the child and parent, the implementation of our behaviour procedure and possible dismissal from camp.



POLICIES AND PROCEDURES

Photography, Phones and Electronics

The camp day has a full schedule enriching and engaging activities so phones and electronic devices are not permitted at camp. There are no exceptions to this rule. This includes iPads, hand held video games, electronic games, iPods, MP3 players, hand held TVs, tablets etc. E-readers WITHOUT games and wifi access can be brought to camp but we cannot take responsibility if they are lost or broken,

If you ever need to communicate with your child for any reason or if you would like to check that they are okay, you should always call or text Jessica, our member of staff on camp.

Cameras are not permitted at camp and photography is prohibited unless it is on the official Sickle Cell Society cameras or the Activities mobile phone. We will provide lots of photos and film clips for children to remember their holiday - they do not need to take their own.

For privacy reasons, we do not allow communication between campers and volunteers/staff (phone, email, Instagram, Facebook, Twitter, etc). If children would like to interact with staff or volunteers, all communication by letter or e-mail must be sent via the Main Office (54 Station Road, London, NW10 4UA)

Lost Property

Please make sure that your child's name is on all of his/her belongings. We are not responsible for items lost or damaged at camp. Our staff and volunteers will make every effort to help campers keep track of their belongings. To avoid losing a valuable or cherished item, we respectfully request that you encourage your camper to leave these items at home.

Our objective is to always maintain a safe and fun atmosphere at camp. If, in our volunteers or staffs judgment, a camper brings a personal item from home that may affect safety and/or cause disruption, we reserve the right to prohibit that item from camp. To ensure safety, we reserve the right to search materials brought to camp.

FREQUENTLY ASKED QUESTIONS

1) Where will I sleep?

You will share rooms with children of the same gender in en-suite rooms of 4 to 6 campers. Some of the beds may be bunk beds.

2) What is the food like?

The food is simple but (mainly) healthy camp food - a little bit like school dinners. There is fresh fruit available at every meal. An example menu is below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas
Pork Sausages (V) Quorn Sausages Omelette Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Bacon (V) Vegetable Sausages Scrambled Eggs Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Pork Sausages (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Bacon (V) Vegetable Sausages Omelette Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Pork Sausages (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Pork Sausages (V) Vegetable Sausages Scrambled Egg Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Breads	Homemade Soup of the Day Choice of Breads	Homemade Soup of the Day Choice of Breads	Homemade Soup of the Day Choice of Breads	Homemade Soup of the Day Choice of Breads	Homemade Soup of the Day Choice of Breads
Pizza with a Choice of Meat or Vegetarian Toppings Potato Wedges	Baguette or Wrap Choice of Meat & Vegetarian Fillings Ready Salted Crisps	Jacket Potato or Rice Choice of Meat & Vegetarian Toppings	Fajita or Tacos Choice of Mexican-Style Meat & Vegetarian Fillings Tortilla Chips with Salsa	Build a Burger Meat or (V) Falafel and Spinach Burger with Choice of Relishes Fried Onions Chips and Peas	Pasta Bar Choice of Meat or Vegetarian Dish Garlic Bread
Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
Honey and Lemon Chicken Creamy Parmesan White Fish Pie (V) Sun-dried Tomato, Basil and Mozzarella Pasta Bake Couscous or New Potatoes Green Beans & Carrots	Fish Fingers Beef Lasagne (V) Chickpea and Vegetable Rogan Josh with Mushroom Biryani Chips Baked Beans & Sweetcorn	Pork Loin served with Apple Sauce and Gravy Chicken Goujons & Sweet Chilli Sauce (V) Creamy Vegetable Kiev Potato Wedges Green Beans & Cauliflower Cheese	Chicken Tikka with Poppadom & Mango Chutney (V) Sautéed Vegetable and Lentil Lasagne (V) Quinoa with Roasted Vegetable & Feta Stuffed Peppers Garlic Bread or Rice Sweetcorn Cobettes & Carrots	Battered Fish Fillet with Lemon & Tartare Sauce Roast Chicken Breast with Stuffing Crust (V) Ricotta and Spinach Cannelloni Chips or New Potatoes Mushy Peas & Broccoli	Breaded Chicken Chunks with Sweet & Sour Chunky Vegetable Sauce (V) Vegetable Encheladas served with Salsa (V) Indian Sweet Potato Dhal Pie Diced Potatoes or Rice Summer Vegetable Medley
Seasonal Fresh Fruit & Salad Bar Cheesecake Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Apple and Fruits of the Forest Crumble with Custard Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Ice Cream Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Cake Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks

3) What if I feel sad or I miss home?

If you are feeling sad or you miss home, please tell one of the volunteers and they will have lots of things to help you feel better,

4) What if I have a problem in the middle of the night?

There will be volunteers and medical staff on duty every night to help you. There will be a sign on their door to let you know who is able to help you that night. Please come and knock on their door if you need help, whatever time it is - we will always be there.

FREQUENTLY ASKED QUESTIONS

5) What do I do if I feel poorly or I have pain?

If you aren't feeling very well please tell a volunteer in your group as soon as possible so that they can help you. Please don't keep it to yourself - it's really important that we know if you are feeling unwell - no one will be cross. We will do all we can to keep you at camp if you want to stay, even if you are feeling poorly.

6) What happens if I wet the bed?

This is not a problem at all - it happens to lots of children so you shouldn't feel embarrassed. If you feel comfortable, please tell an adult in your group what has happened so that they can get you some clean sheets and pop your pyjamas in the wash. We will check the beds every morning too and we promise to be discreet.

7) Should I bring my pocket money with me? Is there anything to buy?

There is a tuck shop on site that we will visit a couple of times where you can buy treats, sweets and souvenirs of your trip. You will be able to bring a maximum of £10 with you to spend here. Your volunteers will look after your money for you.

8) What if I am uncomfortable with how another child or adult is treating me?

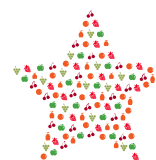
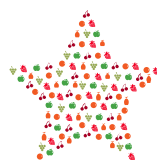
It is very important that if anyone is making you feel uncomfortable, you tell another adult immediately. Everyone deserves to enjoy their holiday and we will do everything in our power to ensure this is the case.

9) Can i bring some toys with me?

We recommend that you bring a book with you, a teddy if you sleep with one and perhaps a quiet activity that you can do during rest hour (such as a puzzle book or loom bands) but please don't bring anything electronic or precious with you as we cannot be responsible if you loose it or if it breaks.

10) Who will help me with my medical care?

We have lots of volunteers who are doctors and nurses who will help you with your daily medical care. They will be based in the Med Shed where all your medication will be kept. Make sure to bring all the medication that you need with you.



PRE-CAMP CHECKLIST

This is everything that you need to do before your child attends camp. Please tick off the tasks to make sure that you have done everything.

Fill in the medical questionnaire and return it to Jessica

Fill in the 'All About Me' form and return it to Jessica

Fill in the travel and permissions form and return it to Jessica

Tell your nurse/consultant that your child is attending the holiday so that transfusions etc can be scheduled around the dates.

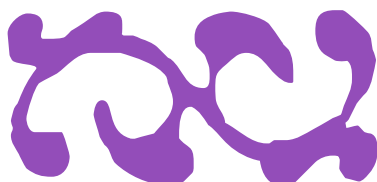
Pick up any medication that your child needs, including painkillers, from the pharmacy. Put this in a clear bag and label it with your child's full name and DOB.

Pack your child's suitcase using the packing list. Make sure to label all of your child's belongings with their name. Put pocket money in a purse labeled with your child's name.

Fill in the medical update form and bring it with you to check in.

Put Jessica's number into your phone so that you can get hold of her quickly if needed. Follow us on social media.

Check your child in with the medical volunteers when you arrive at St Thomas's (or PGL) with them. Hand your child's medicine and pocket money to the check in volunteer.





AND SO...

**THE
ADVENTURE
BEGINS**



WWW.SICKLECELLSOCIETY.ORG
02089 617795

