



PENTLANDS ACTIVITY CAMPS

INFORMATION BOOKLET 2026

Pentlands Activity Camps (PAC) offers holiday adventure and activity for school aged children. Now in our 22nd year, **PAC** is based in Peeblesshire in the beautiful Scottish Borders.

PAC is organised and run by the Newlands Centre, based at our community centre in Romanno Bridge, just outside West Linton. Our facilities, including fully equipped sports hall, allow for a wide range of exciting activities, and our team have a wealth of experience working with children.

PAC 2026 camps run on a day basis during school holidays. The structured activity programme runs from 9 am to 5 pm - an extra time service is available before and after these times. (8-9am; 5-6pm)

Each child participates in a wide range of activities, as much as possible outdoors, run by the **PAC** staff team. The emphasis is on having fun, excitement and new experiences in a healthy, positive and safe environment. The ethos of **PAC** is to make each child feel unique and valued, with the age sensitive programme allowing the child to grow in self-confidence and social skills.

www.pentlandsactivitycamps.org.uk

info@pentlandsactivitycamps.org.uk

07435 966879

The Team

PAC prides itself in choosing the right staff team to support the children throughout the week. The team are skilled and enthusiastic, with plenty of experience of working with groups of children and young people. All staff have undergone appropriate police checks through Disclosure Scotland and go through our selection and training process.

Our Group Activity Leaders are joined by older teenage volunteers who gain valuable work experience at **PAC** as Assistant Group Leaders. Many of them have previously been at **PAC** when younger themselves!

Venue

PAC is hosted at the Newlands Centre, Romanno Bridge, near West Linton, Peeblesshire, EH46 7BZ. The extensive grounds are set on the doorstep of the beautiful Pentland Hills, with playing fields, woodlands, an orchard and community garden and nearby streams - all available for **PAC** attendees to enjoy.

There is ample space for all the usual **PAC** activities - playing, sports and wide games, hide and seek, commando, pond dipping, arts and crafts, drama, baking, campfires.....and the Newlands Centre large indoor spaces are ideal for those occasional cold, rainy days!

PAC at Newlands Centre is easily accessible by road by the main routes from Edinburgh - whether by the A701 (Edinburgh via Penicuik) or the A702 (Edinburgh, via West Linton or Glasgow via Dolphinton). The Newlands Centre is 15 mins from Peebles (A72/B7059); 15 mins from Penicuik (A703/A701) and around 30 minutes from Edinburgh.

Programme

Your child/children will be assigned to a group at the start of each day and will have an allocated member of staff as Group Leader with them for the time they are at **PAC**. Each group will take part in a range of activities during the week,

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mostly led by their leader and at other times combining with other **PAC** groups depending on whatever activity is currently active.

A **PAC** Day is split up into 4 sessions, each lasting for about 1½ hours. All attendees come together for snacks in the morning and afternoons. **PLEASE ENSURE YOU PROVIDE BOTH A MORNING SNACK & PACKED LUNCH FOR YOUR CHILD.** In the afternoons, all children and staff get together for juice /coffee and delicious home baking, made by a different **PAC** group each day!

Please look at the sample timetable below - this gives you a flavour of what we offer during a **PAC** week. (Note: **PAC** retains the right to make changes where necessary - activities may be rearranged according to circumstances, e.g. weather).

All children attending **PAC** can take part in a range of activities, which are tailored according to their 'age and stage'. Wherever possible, activities take place outside. **CHILDREN WILL BE REQUIRED TO HAVE SUNTAN LOTION/MIDGE CREAM WITH THEM.**

Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am	Arrival	Arrival	Arrival	Arrival	Arrival
Session One	Introduction to PAC	Commando	Making chocolate truffles	Craft activity - chalk art	Duck hunt
Break	Snack/ chat/play	Snack/ chat/play	Snack/ chat/play	Snack/ chat/play	Snack/ chat/play
Session Two	Scavenger hunt	Den building	Drama games	Frisbee golf	Craft activity - paper planes
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Session Three	Boat building & racing	Craft activity - making bird feeders	Den building - always popular!	PAC country fair	Campfire & smores
Break	Break & scones/jam/cream	Break & choc chip cakes	Break & truffles	Break & vanilla cakes	Break - smores
Session Four	Wide games	Parachute games	Dodgeball	PAC team challenges	Capture the flag
4.45-5.00	Sparkling moments!	Sparkling moments!	Sparkling moments!	Sparkling moments!	Sparkling moments!

The **PAC** Day starts at 9am. It is expected that all children arrive by that time.

The **PAC** Day finishes at 5pm. Please collect your child/children and please **don't forget to sign them out!** For those parents who need to use our extra time sessions (8am to 9am or 5pm to 6pm), please book this in advance - (give up to 24 hours' notice please!). Use your reservation account or give us a call on 07435 966879

Signing out arrangements

ALL children (regardless of age) MUST be signed out of PAC by a parent/guardian or approved adult. Should you decide that someone else will collect your child/children at the end of the day, then please let us know in advance of collection.

Contact us: Should you need to get in touch with us while your child is at **PAC**, please call/text the following numbers:

PAC mobile: 07435 966879

Newlands Centre office: 01968 660980

Food

PAC snack and lunch times are a chance for everyone to come together.

In the afternoon we offer homemade cakes or snacks that one of the groups of children will have made that morning. We offer water and diluted juice (hot drinks for staff, volunteers and for those children in high school) & drinking water is readily accessible throughout the day.

Children should remember to bring a morning snack, and a packed lunch every day. It is helpful if they can bring a water bottle with them - which can be refilled throughout the day.

Please NO NUTS! We appreciate if you can check labels carefully and ensure no nuts or products containing nuts are brought onto the premises -

we do have children attending with nut allergy and maintain nut-free premises.

(Please inform us if your child has any special dietary requirements).

Clothing

It is important that children wear comfortable clothes, with a selection of layers should the weather change. Waterproofs and wellies/boots are essential. Some of the activities may be messy. Old clothes are best. A spare set of clothes, shoes and a towel are essential! There is no need for money and don't bring any gadgets!

ESSENTIALS

- Please provide a snack & packed lunch each day - remember NO NUTS OR PRODUCTS CONTAINING NUTS.**
- Please provide a water bottle.**
- Please provide suntan lotion and / or midge cream.**
- Please name your child's belongings - that way we can get them back to you if they go missing or are left behind.**

EACH YEAR WE ARE LEFT WITH A MOUNTAIN OF UNCLAIMED GOOD CLOTHES!!

Equal Opportunities Statement

PAC strives to provide equal opportunities for all children participating in their activities, whatever the child's race, religion, language, culture, gender, disability or lifestyle.

Children with additional needs

PAC welcomes children who may have additional needs where we can offer appropriate care within our Camps. We are realistic about the challenges of an activity camp environment for children with additional needs and attendance will be considered on an individual basis. Please do not hesitate to contact us to discuss this further. Additional staff may be required to assist children to get the most out of PAC. We have on occasion been able to support parents/ carers in accessing funding from charitable organisations and/or local councils to fund additional support when required.

Confidentiality

PAC operates a confidential record keeping procedure. PAC staff will be informed of essential information, particularly health details, which will enable them to care for your child while they are at PAC.

Safe and Sound

If you require a copy of our Child Protection Policy, please contact PAC.

Insurance

PAC has public liability and employer's liability insurance cover. PAC does not accept liability for the loss or damage of any property belonging to participants. We will endeavour to return any items that are clearly labelled with your child's full name.

Risks

All activities, whether playing hide and seek or baking, have inherent risks attached. PAC tries, wherever possible, to minimise all potential risks by following good practice for adult-children supervision ratios and training staff and volunteers to allow us to plan and run activities safely. We also assess all the activities on offer, within reason, for potential risks. Further information about PAC Health and Safety can be viewed on our website and paper copies are available on request.

Concerns, complaints and suggestions

PAC welcomes and values any feedback, positive or otherwise, from parents, professionals and importantly, from the children themselves.