

Pentlands Activity Camps

2022

Pentlands Activity Camps (PAC) offers holiday adventure and activity for school aged children. Now in our 17th year, **PAC** is based in Peeblesshire in the beautiful Scottish Borders.

PAC is organised and run by Lindsay Mann, Sally Card and Ian Reid, local residents who, between them, have over forty years professional experience of working with children in a variety of childcare settings.

PAC 2022 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.

The Team

PAC is a small company that 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

This year's **PAC** will take place at the Broomlee Centre, on the outskirts of West Linton, Peeblesshire. The grounds are set on the doorstep of the beautiful Pentland Hills, with 30 acres of natural playground, including woods, a burn, fields, & hidden wilderness!

There is plenty of space for all the usual **PAC** activities - playing, sports and wide games, hide and seek, commando, pond dipping, arts and crafts, drama, bonfires.....and use of the grounds for games, walks and outdoor activities is part of our agreement with Broomlee.

PAC at Broomlee is easily accessible by road on the main routes from Edinburgh. It is signposted on both the A701 (from Edinburgh via Penicuik) and the A702 (from Edinburgh or Glasgow via Dolphinton). Broomlee, West Linton, is about 20 mins from Peebles on the Glasgow road A701; 15 mins from Penicuik and about 30 minutes from Edinburgh.

Programme

Your child(ren) will be assigned to a group at the start of the day and will have an allocated member of staff as Group Leader with them for the time they are at **PAC**. Each group takes part in a range of activities during the week, sometimes with their leader and sometimes with another member of the **PAC** team, according to their particular skills.

A **PAC** day is split up into 4 sessions, each lasting for about 1¼ hours. We all come together for snacks in the morning and afternoons. **Please provide both a morning snack and a packed lunch for your child.** In the afternoons all children and staff get together for juice / coffee and delicious homebaking, made by one of our groups!

Please take a look at the sample timetable below - this gives you a flavour of what we offer during a **PAC** week. All children attending **PAC** have the opportunity to take part in a range of activities, which are tailored according to their 'age and stage'. Wherever possible, activities take place outside. **Children will require suntan lotion and / or midge cream.** **PAC** retains the right to make changes where necessary - activities may be rearranged according to circumstances, eg. weather!

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/ 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 + smore's
Break	Break + scones / jam/cream	Break + choc chip cakes	Break + truffles	Break + vanilla cakes	Break - smore's
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 the children arrive at that time.

The **PAC** day finishes at 5pm. Please collect your child(ren) and please **don't forget to sign them out!** For those parents who wish to use our extra time sessions from 8am to 9am, or from 5pm to 6pm, please book this in advance - up to 24 hours beforehand! Use the booking form or give us a call - 01968 660248 / 07718 933725

Signing out arrangements -ALL children regardless of age should be signed out of **PAC by a parent/guardian or alternative adult.** Should you have to make arrangements for someone else to collect your child(ren) at the end of the day, then please just let us know.

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

Lindsay Mann 07718 933725

Sally Card 07952 786971

And in case of emergency:

Broomlee Outdoor Centre 01968 660259

Food

PAC snack and lunch times are a chance for everyone to come together. In the afternoon we offer home made cakes or snacks that one of the groups of children will have made that morning with Lindsay. We offer water and diluted juice (hot drinks for staff, volunteers and for those children in high school!) & drinking water is easily 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 inform us if your child has any particular dietary requirements.

Clothing

It is important that children wear comfortable clothes, with a selection of layers should the weather change! Waterproofs and wellies or 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! Please provide **sun tan 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!** There is no need for money or any gadgets!

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 operating good adult:children supervision ratios, by training staff and volunteers to plan and run activities safely and by assessing 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.