

## **Lindley Educational Trust – Course Delegate Information**

The information in this leaflet is designed to help you prepare for your forthcoming visit to the Hollowford Centre.

### **The Hollowford Centre**

The Hollowford Centre is situated in the heart of the Peak District National Park, at the head of the Hope Valley, near the popular village of Castleton. It is surrounded by beautiful gritstone and limestone scenery and is within easy reach of many popular Peak District locations.

The centre has been purpose built and provides modern comfortable accommodation in three or four berth rooms, most of which have en suite facilities. Leisure options include a TV and video room, table tennis, pool and stereo system. A licensed bar is available by agreement with the client companies.

### **Your Course**

The exact nature of the programme you attend will depend on the agreed aims and on the progress made by yourself and your fellow delegates while you are with us. No two events are the same as we always tailor our programmes to meet objectives agreed with the client, and then maintain a flexible approach once a course is underway in order to meet the needs of different groups.

The principle behind our programmes is to provide opportunities for course delegates to achieve memorable and relevant personal learning related to the objectives. This is achieved through a mixture of:

- Workshop sessions dealing with background theories and ideas
- Practical exercises where the theory is put into practice
- Review sessions looking at group and individual performance.

The practical exercises we use often make use of the 'outdoor' environment, such sessions may include; rock climbing, raft building, abseiling, orienteering and camping expeditions. Other exercises may utilise problem solving tasks, presentations, debates and logic problems.

Throughout the course you will be given maximum responsibility for organising yourself in order to give you the opportunity to learn from your own successes and failures.

## What to Bring

Generally speaking casual dress is worn throughout our courses. As a percentage of the programme will take place outdoors (whatever the weather) it is worth bringing three sets of clothing suitable for outdoor use.

The Centre will provide all necessary specialist outdoor equipment including kagouls, waterproof trousers, boots, rucksacks, balaclavas, and mitts, although you are welcome to bring your own if you wish. You may find the following kit list a useful check:

Kit List	Also useful:
3 sets of outdoor clothes Outdoor clothes may receive heavy wear, so bring old but sturdy trousers, shirts/t-shirts, jumpers/sweatshirts. <b>NB - jeans are unsuitable for outdoor activities</b> Indoor casual clothes & shoes 2-3 pairs of thick woollen socks Training shoes for activities Old training shoes (for water activities) Tights and thermal underwear are valuable in winter. Toilet kit, soap, towel etc Pen and notebook	Torch Thermos flask and plastic lunch box Shorts, swimwear, suncream - in summer Alarm clock (no wake up call available) Scarf, hat and gloves - in winter

## Personal Property Insurance

It should be noted that it is not possible for Hollowford to insure against the loss, theft or damage of personal effects. Those who wish to protect themselves against this risk should check the cover provided by their own house contents insurance and if necessary, take out additional cover.

## Emergency

In the case of personal or family emergency, messages can be taken by the Admin Office during office hours on 01433 620377. Outside office hours messages may be left on the answer phone on the same number. This is checked at regular intervals and messages will be passed on. Please ensure this number is passed to your family.

## The Full Postal Address

Hollowford Centre, Castleton, Hope Valley, S33 8WB. For outgoing mail there is a post box situated on site. Your incoming mail will be distributed to you as early as possible.

## Finally

We trust that you find this information useful and we look forward to welcoming you to Hollowford. We are sure that if you come to your course ready to learn and rise to personal challenges you will find that your time at Hollowford is most enjoyable and worthwhile.