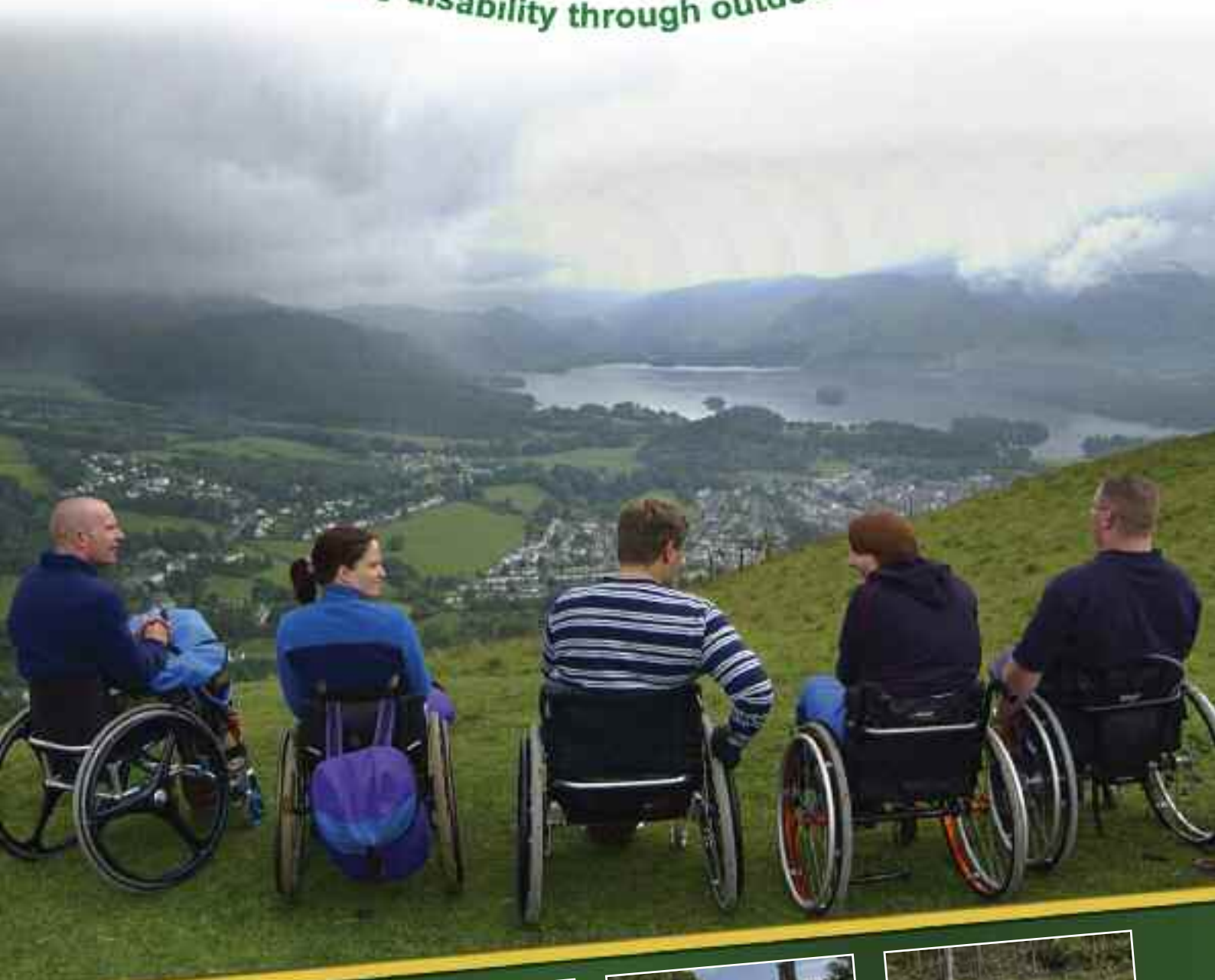


Calvert Trust

Lake District

Challenging disability through outdoor adventure



Lake District

Welcome to



Aims & Philosophy

Conceived in 1974, the Lake District Calvert Trust was the first Centre to pursue the ideal of enabling people with disabilities, together with their families and friends, to achieve their true potential through the challenge of outdoor adventurous activities in the countryside.



The instructors and staff provide the professional help and expertise necessary to achieve this aim. We constantly strive to expand and improve the range of activities available to those with physical, sensory and/or learning disabilities. Our residential courses are individually designed to promote education, inclusion, independence and self-motivation for those with even the most severe and complex of disabilities.

The Centre

The Centre is located in the Lake District National Park, just four miles outside of Keswick. The accommodation is a converted Cumbrian farmstead situated at the foot of Skiddaw (3053 ft), and on the shores of Bassenthwaite Lake.

Up to forty-eight people can be accommodated in comfortable, ensuite, twin and family bedrooms. Visitor facilities include a heated indoor hydrotherapy/swimming pool with sauna, a games room, sports hall, and lounges with TV, a library, quiet room, laundry and drying rooms.

The buildings have been modernised and adapted to fully meet the needs of people with disabilities, with wheelchair access, shower chairs, mobile hoists, a ceiling hoist and other domestic aids available. More specific aids (e.g. pressure mattresses) can be supplied as required.

Full board is provided, with quality home-made foods that are sourced locally and organically wherever possible. The menu includes a full English breakfast, picnic lunch, and a three-course evening meal. Vegetarian options are always available, and we can cater for other diets (e.g. vegan, gluten-free, lactose-free) if required.

Courses

The range of courses at the Lake District Calvert Trust aim to promote education, personal development, rehabilitation, integration and fun. They are custom built to meet the needs of our visitors and to ensure that their aims and objectives are fulfilled. Pre-course visits are welcomed, and all Groups are consulted with regard to the approach and programme content they wish to have during their visit.

Our programmes for young people are particularly designed to support and endorse the manifesto for **Learning Outside the Classroom**, which states that 'every young person should experience the world beyond the classroom as an essential part of learning and personal development, whatever their age, ability or circumstances'. Our courses also fulfil the philosophy that **Every Child Matters** by providing opportunities to:

- ◆ **Be Healthy** – through experiencing activities and life practices that promote good health;
- ◆ **Stay Safe** – by safely experiencing situations outside their comfort zone that promote the responsibility for the management of their own safety;
- ◆ **Enjoy & Achieve** – by partaking in an exciting range of outdoor activities;
- ◆ **Make a Positive Contribution** – by helping others amongst groups, contributing to domestic life in the Centre, and by helping to maintain/improve the natural environment – all skills which may be transferred into daily life;
- ◆ **Achieve Economic Well-Being** – by obtaining the skills and confidence needed to better enable them to achieve employment and initiate/maintain relationships.

Although mainly working with groups of 8 or more, the Centre welcomes individuals and families on several weeks of the year. Please note that the Lake District Calvert Trust does not provide care or support staff. We expect those participants with learning disabilities to be accompanied by a friend or carer. Participants with physical disabilities who require personal care or physical assistance will also require a friend or carer to accompany them.

Equipment

The Centre provides all necessary safety equipment for activities, which includes waterproofs, boots, rucksacks and lifejackets/helmets etc. Visitors are requested only to bring warm comfortable clothing (a detailed list is provided upon booking). Individuals with their own specialist equipment may bring it and use it, provided it meets our current safety standards.



Activity safety & staffing

All activities are led by experienced and qualified staff who hold National Governing Body awards (where appropriate) and have undertaken specialist training in working with people with disabilities. They are supported by best working practices and safety equipment which provide the extra reassurance and techniques necessary for our guests' needs.

The Centre is regularly inspected and is approved by National Governing Bodies for the teaching of outdoor activities. The Centre is licensed by the Adventure Activities Licensing Services for the provision of specific activities such as Water Sports, Climbing, Caving and Trekking. Copies of risk assessments, licenses, staff qualifications, and professional liability insurances are available on our website or for inspection upon request.



“I want to tell you how much all of us enjoyed the week and how much it meant to us for all sorts of reasons. To be given the chance to experience the same fears and exhilaration as everyone else was so important.”

**Pinderfields Hospital
Spinal Unit**



Activities



Water Activities

These take place on Bassenthwaite Lake, where the Centre has a fully accessible boathouse, jetty and RYA-approved teaching facilities. We also utilise nearby Derwent Water, local rivers and Lake Windermere

as appropriate. Water activities are supported by two-way radios and our well-equipped safety boat.

Canoeing and Kayaking

Canoe and Kayak trips may involve a short paddle across the lake, a longer trip, or even an expedition with an over-night camp. After safety/teaching sessions in our indoor pool, boats suitable for the needs of the group are selected from our wide range of craft.

Sailing

The Lake District Calvert Trust has a wide variety of different sailing craft. These range from single-handed access dinghies and Challengers, larger boats (such as the Drascombe Longboat or Windrider Trimaran) that are ideal for group work, to our catamaran cruiser that is moored on Lake Windermere.

Climbing and Abseiling

The Lake District is one of the premier climbing areas within the UK. Close to the Centre is a range of climbs to suit all abilities, including easy, angled scrambles for people with limited mobility, and low level routes for those who suffer with vertigo! An exciting alternative to climbing is abseiling. This is possible in wheelchairs, or you can ‘hang free’ leaving your chair behind! The Centre has its own indoor climbing wall and rope work area on site.



“The course regained the flow of adrenalin and excitement, I only had before my accident.”

Headway Group

Riding and Trap Driving

At the Centre's own stables just outside Keswick, visitors may learn the basics of horse riding in our indoor school, travel down secluded bridle paths, or experience the excitement of carriage driving in our wheelchair accessible traps.

Hill Walking

The true spirit of the Lake District is imparted through walking amongst its magnificent scenery. A range of accessible walks, varied in both scenery and difficulty, are available in the local vicinity. The view from Latrigg Fell is breathtaking (see the front page of our brochure) and rivals any within the UK.

Orienteering

Orienteering – the thought sport – is fun and requires cunning use of the map! Progressive accessible courses are available and include the first permanent Trail Orienteering course in the country.

Archery

Try this ancient precision sport. Our pioneering equipment adaptations makes this sport available to all, and the competitive activities are fun.

Challenge Course

Test your balance, skill and teamwork to overcome the range of obstacles in front of you. A variety of courses are available, including an innovative course for wheelchair users.



Trapeze and Swing

Do you dare leap for the suspended bar? Is it an optical illusion, or can you really jump that far? Do you trust the person holding your safety rope? A great personal challenge! How high do you dare go before pulling the release chord on the big swing?


Caving

Experience the thrill of being underground. The Centre has an artificial cave system on site, and there are disused mines nearby to explore.

Problem solving and Group Work

The 'problem' may involve building a tower, crossing a river, or completing a ropes course. As well as being fun, problem solving activities can enhance the personal development of individuals and assist in the team building of groups.





“I learnt for the first time since becoming a quadraplegic that disability is not inability and sports can still be fun.”
Back-Up

Additional Activities

The following activities are available in addition to the standard activity programme. These activities must be arranged prior to your visit by contacting the Lake District Calvert Trust in advance.

Evening Activities

Groups may wish to relax using the Centre facilities, organise a trip to a nearby pub or restaurant, or have a formal session built into their programme. The Tuck-shop and a final-night disco are available to all groups.

Swimming

The pool, heated to hydrotherapy temperatures, makes a great way to relax after a day of activity, or it can be an activity in itself with instructional staff on hand to improve water safety and technique.

Indoor Sports

Archery, hockey, football, basketball, and other sports are available indoors. This provides excellent inter-group competition, evening activities, and a wet weather alternative.

Camping and Hut Nights

Some groups choose to spend a night under canvas or in a mountain hut, thus feeling very much at one with nature and with the rest of the group members. This is often a highlight of the course.

Paragliding

On occasion, the Centre is able to offer you the freedom of flying on our tandem paraglider. All participants are accompanied by a qualified pilot. It must be remembered that this activity is extremely weather-dependent and that it will involve an additional payment.

Hand Biking and Cycling

The Centre owns a selection of hand bikes and offers an introduction to this excellent integrated sport on nearby cycle tracks and quiet country roads.

Land Yachting

For the right groups, this non-adapted sport provides access to a fast-paced activity available in many parts of the UK.

Ghyll Scrambling/Gorge Walking

Experience the amazing scenery of the Lake District as you follow the route of a mountain stream. This is a challenging group activity which is very weather dependent.

Specialist Courses & Expeditions

For those who wish to pursue a single activity more fully, develop their professional prowess in the activity and/or perhaps work towards a nationally-recognised award, we offer a range of specialist courses throughout the year. These vary, but usually include sailing, canoeing, riding & stable management, hand-cycling, motor-cruising, off-shore sailing and paragliding. Details are available separately. Please contact us at the Centre.

“I’d seen these things done on TV but never believed I would do them myself.”
Sherbourne Fields School

Fancy doing something a bit different?

Does your group want to go canoeing down the rivers of Scotland, skiing in the Pyrenees or hand-cycling in the South of France? Why not give us a call and see if we can make your dream a reality!



“The Calvert Trust has shown me that with the right conditions and equipment I can do as much as an able bodied person.”
A spinally injured visitor

Self Catering

If you prefer a more flexible or independent approach to your visit, why not stay in one of our fully accessible self-catering cottages and develop your own activity programme from the range of fully-instructed activities we offer ourselves, or from the wider Lake District arena.

Beautifully appointed, our four cottages suit a wide range of tastes from those with families or small groups of 2-6, to a bunk-house style dwelling that houses up to 14 people. Please see our separate brochure for details.





The Calvert Trust also has two other centres at:

*Calvert Trust Exmoor
Wistlandpound Kentisbury BARNSTAPLE
Devon EX31 4SJ
Tel : 01598 763221*

*Calvert Trust Kielder
Kielder Water HEXHAM
Northumberland NE48 1BS
Tel : 01434 250232*

The Lake District Calvert Trust

Little Crosthwaite KESWICK
Cumbria CA12 4QD

Tel: 017687 72255

Email: enquiries@lakedistrict.calvert-trust.org.uk

www.calvert-trust.org.uk

“It’s what you can do that counts”



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