



Self-Catering Activity breaks for people with disabilities



About us

The Lake District Calvert Trust has been providing activity-based residential courses for people with physical, learning, and sensory disabilities for over 30 years.

We are pioneers in the field of accessible outdoor activities, which include kayaking, archery, canoeing, abseiling, climbing, hand-cycling, sailing, horse-riding, trap-driving, ghyll-scrambling, orienteering, land-yachting and hill walking. With the support of our highly qualified instructors and specially adapted equipment, our aim is to promote education, confidence, motivation, independence, inclusion, and self-belief, by getting our visitors **outside** into the world-renowned countryside of the Lake District, **outside** of their boundaries, and **into** a future where they learn that disability is not inability! It's what you can do that counts'!

Most of our visitors come in groups and stay at our main Centre on all-inclusive residential activity packages. However, for smaller groups,

families and their friends, our Self-Catering Cottages offer a more relaxed, flexible, and independent visit.

All of our 5 or 7-day self-catering tariffs include a free half-day of fully instructed activity (AALS Licenced) of your choice from a range on offer. Our Activities Team will personally organise your activity, in advance, and according to your needs. Additional activities are available at separate cost.

Please note: The Lake District Calvert Trust does not offer personal care assistance. We request that at least one member of your party has a physical, learning and/or sensory disability.



Self-catering at the Lake District Calvert Trust

We have four self-catering cottages: The South Barn, The Shillies, The Coach House, and The Grooms. All are on ground level, are truly adapted for those with disabilities, and have been approved by Quality Cumbria/Cumbria Tourism. The cottages have fully-adjustable kitchen counters, grab-railed bathrooms/wet-rooms and at least one raisable electronic bed (extra portable hospital beds can be provided on request). Hoists, slings, shower chairs, and other mobility aids are supplied free of charge (reliable local suppliers can provide motorised scooters, airflow mattresses etc, on a 'for hire' basis). You can even arrange to have your pet 'homed' just a mile up the road during your stay! Just let us know your requirements at the time of booking. Our cottages have digital-ready TV/DVD players, but no landline telephones or internet access.

Payphones are available on-site. All cottages are equipped with fridge/freezers, microwaves, ovens, kettles, toasters, crockery/cutlery, pots, pans and utensils, spare bed-linen, and access to free laundry facilities.

Each cottage has its own unique character, but all are finished to high standards. We feel sure that you will find something to suit every taste and requirement. We have one cottage at our main Centre site, South Barn, and the rest are situated approximately 3.5 miles from the main Centre at our Old Windebrowe site, which is just 1.5 miles from the historic, bustling market town of Keswick. Our small hydrotherapy pool, tuck-shop, sensory garden, outdoor eating area, library, wi-fi access, 2-acre grounds and TV room are all situated at our main Centre site.

South Barn



Situated on a secluded part of our main Centre site, but within easy access of all of the Centre's amenities, South Barn is a relatively recent extension to an old historic farm byre.

It has a distinctly 'Scandinavian' feel, with lots of blonde wood, wooden furniture/panelling, and open-plan living space. A large, light conservatory area leads to two en-suite bedrooms that are joined by a communal kitchen/dining/lounge area. The South Barn sleeps six, with a double + single bed room, plus a separate lockable twin-bed room with a raisable electronic bed that stores an additional pull-out bed. Ample storage is provided.

SPECIFICATIONS:

Entrance: ramped and wheelchair accessible

Width of entrance door: 84 cm

Width of smallest bedroom/bathroom door: 86 cm/84 cm

Width of living room door: 90 cm

Height of lowest bed (floor to top mattress): 50 cm

Floor to base of lowest bed: 18 cm

Floor to seat of lowest/highest toilet: 44 cm/44 cm

Parking: up to 2 vehicles alongside the barn

The Old Windebrowe Cottages

The Shillies Cottage, The Grooms Cottage, and The Coach House, which are located close to our Riding Stables, are part of a traditional farmstead of huge historical importance.

These cottages were once the home of William and Dorothy Wordsworth. They occupied the cottages for 2 years after the death of their parents, and before their later move to the famous Dove Cottage in Grasmere. Dorothy once wrote of Old Windebrowe, in her famous diary, 'You cannot conceive of anything more delightful than this house', and William was so enamoured of the property that he carved an inscription on a wooden bench at Windebrowe extolling its virtues!

Welcome to some Lake District Cottages steeped in a history that is beyond compare!



The Shillies Cottage

Situated at the far end of the 3-cottage complex that makes up Old Windebrowe in modern times, the Shillies Cottage sleeps five (one double-bed room, one twin-bedded room, and one single bedroom).

The Shillies is decorated throughout in traditional country-cottage style, with a gorgeous and original arched window in the double bedroom. A large bathroom/toilet with a bath and electronic bath chair, and a separate shower room/toilet provide ample facilities, as does a small open-plan galley-style kitchen/ breakfast station, and a cosy sitting-room area that opens out through French patio doors onto a secluded outdoor seating and al-fresco dining area.

A slate oven-nook, exposed beams, and recessed overhead sky-lights complete the charm of this cottage!

Bedrooms have floor-to-ceiling doors that open out onto a rear stone covered alleyway that is perfect for barbeques when the weather is inclement!

Our twin-bedded room has a lockable door that leads through into The Grooms Cottage, so that larger parties of up to eleven can be accommodated by booking both cottages.

SPECIFICATIONS:

Entrance: ramped and wheelchair accessible

Width of entrance door: 98 cm

Width of smallest bedroom/bathroom door: 84 cm/84 cm

Width of living room/patio door: 94 cm

Height of lowest bed (floor to top mattress): 56 cm

Floor to base of lowest bed: 22 cm

Floor to seat of lowest/highest toilet: 46 cm/46 cm

Parking: up to 2 vehicles in private yard to rear of complex



The Grooms Cottage

The Grooms Cottage is a little gem, from its blue & white china-filled Welsh Dresser, to its rustic pine beds, furniture, and earthen-ware tiled kitchen.

It sleeps six (one double-bedded room). A large bathroom with electronic bath chair, as well as an additional shower room, completes its credentials. Outside, the front door opens onto a small cobbled area complete with patio table and chairs. We must not forget the ancient stone trough and tap beside the front door! This was probably a watering hole for horses in Wordsworth's time.

The Grooms Cottage is ramp-accessed from the front of the complex via a narrow cobbled courtyard that is surrounded by high stone walls. There is restricted vehicle turning space in front of the cottage, so we request that no more than one vehicle be parked for access purposes. All bedrooms have doors that provide easy access to the exterior of the building. There is also a ramped access to the rear of the building that leads to a covered stone-walled area that is perfect for candle-lit evening dinners.



**“Calvert cottages?
quiet, peace and
adventure if you
want it. Who could
ask for more?”**

SPECIFICATIONS:

Entrance: ramped and wheelchair accessible

Width of entrance door: 89 cm

Width of smallest bedroom/bathroom door: 84 cm/83 cm

Width of living room door: 89 cm

Height of lowest bed (floor to top mattress): 50 cm

Floor to base of lowest bed: 18 cm

Floor to seat of lowest/highest toilet: 44 cm/44 cm

Parking: up to 1 vehicle in narrow private yard to front of complex

The Coach House

The third cottage in the complex, The Coach House provides a completely different style of accommodation. Up to 14 people can sleep in the bunk-style dormitories on offer. The 'feel' is minimalist and suited for large groups of outdoor adventurers. The two large dormitories are situated either side of an open, central area that incorporates a kitchen, dining and communal relaxation area. Each dormitory boasts exposed beams, two wet-rooms with showers and toilets, as well as a 'hostess' station with a sink, mirror and lockable storage cabinet. The Coach House is ideal for those who want to stay in a self-sufficient, contained environment that engenders 'team work', routine, and 'pulling together'.

Please note that The Coach House does not have baths.

The entrance to The Coach House is via the front of the cottage complex, but we cannot accommodate more than one minibus-type vehicle. Additional parking space for large groups may be negotiated by prior arrangement through our Bookings Department.

The outward-looking windows on The Coach House come complete with original heart-carved wooden shutters to provide the ultimate in privacy. The front door leads out to a cobbled area that provides a great outdoor seating/eating area during fine weather. A back ramp leads to a rear covered area that is popular for more private evening entertainment or when the weather is not so kind.

SPECIFICATIONS:

Entrance: ramped and wheelchair accessible

Width of entrance door: 85 cm

Width of smallest bedroom/bathroom door: 80 cm/80 cm

Width of living room door: 85 cm

Height of lowest bed (floor to top mattress): 47 cm

Floor to base of lowest bed: 31 cm

Floor to seat of lowest/highest toilet: 48 cm/48 cm

Parking: up to 1 large vehicle in narrow private yard to front of complex



“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 activity breaks

Having seen what we can offer, we hope that you will come and enjoy our self-catering facilities at the Lake District Calvert Trust.

All self-catering cottage packages include the following:

- **A free half-day, instructor-led activity of your choice for all 5-7 day bookings, and further access to exciting activities at separate cost.**
- **Bed linen (waterproof mattress protectors, sheets, pillowcases, duvets, pillows) plus extra linen stored on-site at your cottage.**
- **Free laundry facilities – you provide the detergent, we provide the machines. Washing machines, tumble-dryers, irons and boards, scrub-sinks and drying room facilities.**
- **A welcome pack (tea, coffee, sugar, milk), kitchen linen, hair-dryer and an emergency kit.**

Please note: Towels and toiletries are not supplied.



What to do now?

The Lake District Calvert Trust welcomes you to our Self-Catering Activity Breaks for people with disabilities. Contact us on:

General Enquiries: 017687 72255. Fax: 017687 71920.

E-mail: enquiries@lakedistrict.calvert-trust.org.uk

Bookings/availability: 017687 71927.

E-mail: bookings@lakedistrict.calvert-trust.org.uk

Web site: www.calvert-trust.org.uk/visitlakedistrict

Need respite care or a different self-catering experience?

Why not call our other Calvert Trust Centres in Northumberland (Calvert Trust Kielder) and Devon (Calvert Trust Exmoor) and see what they can do to tailor-make your self-catering break in an alternative but equally beautiful National Park setting?

Calvert Trust Kielder: 01434 250232

Calvert Trust Exmoor: 01598 763221



The Lake District Calvert Trust Self-Catering Cottages

'The Door to your new Adventure'



Telephone **017687 72255** • Fax **017687 71920** •

enquiries@lakedistrict.calvert-trust.org.uk

www.calvert-trust.org.uk/visitlakedistrict

South Barn:

Little Crosthwaite,
Underskiddaw, Keswick,
Cumbria CA12 4QD

Old Windebrowe Cottages:

Old Windebrowe, Keswick,
Cumbria CA12 4NT

Photographs © Robert White 2008