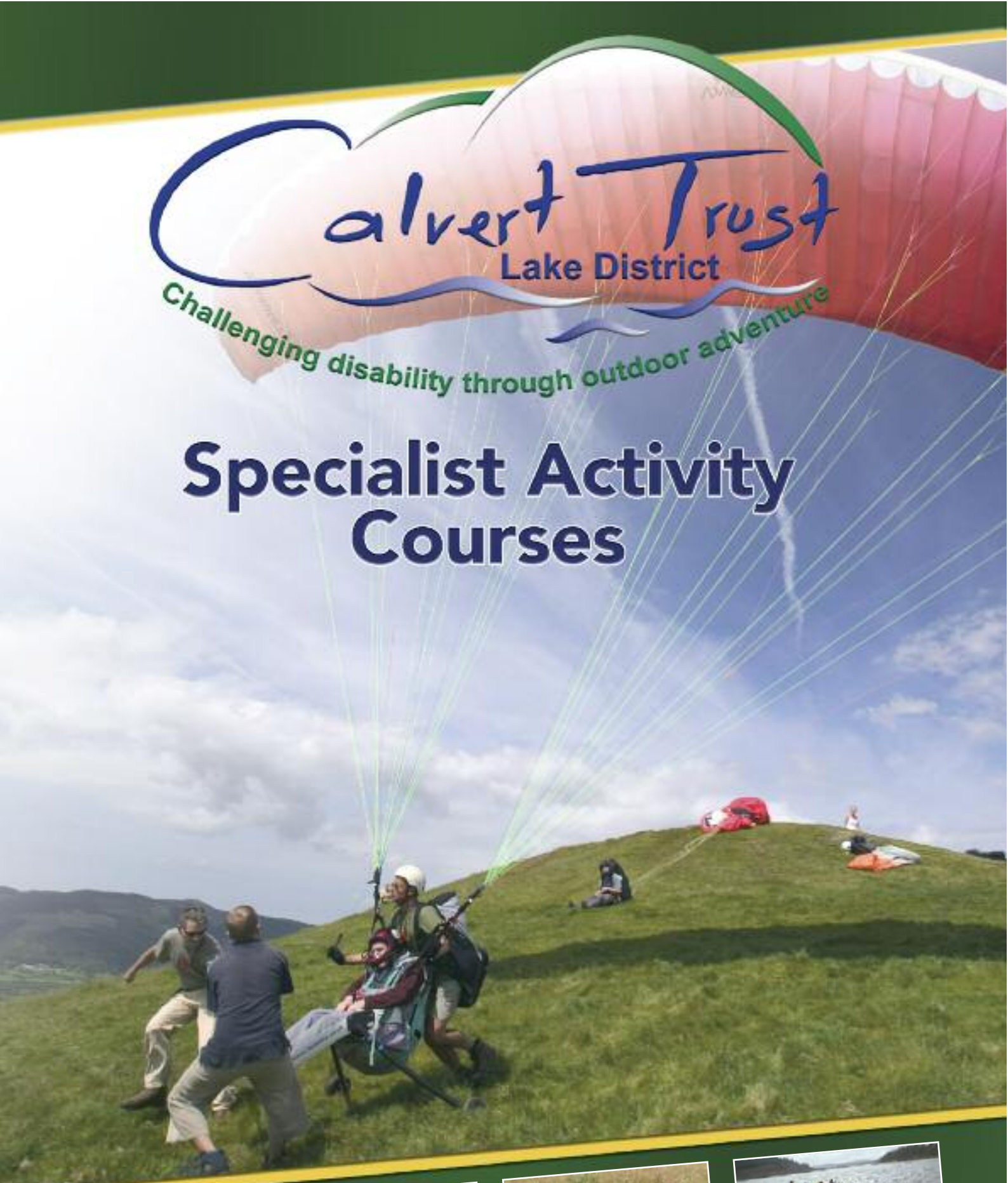


Calvert Trust

Lake District

Challenging disability through outdoor adventure

Specialist Activity Courses



Lake District

Welcome to



About us

For over 30 years, the Lake District Calvert Trust has been a pioneer in the field of outdoor education and adventurous activity for those with physical, sensory and/or learning disabilities. Our aim is to challenge disability by encouraging those with disabilities to push their boundaries and discover their full potential. We believe that 'it's what you can do that counts'!

Our highly trained instructors all have many years of experience of working in the field, and together with our adaptive equipment, they help us provide an educational and inspirational environment that is designed to promote inclusion, motivation, confidence, independence and self-belief.

Our multi-activity Courses provide many of our visitors with their first taste of activities such as sailing, horse riding, canoeing & kayaking, climbing, abseiling, trap driving and hand cycling. However, as an educational establishment, we are committed to extending the 'Calvert Experience' to a greater skill level in those activities that lend themselves to more intensive and dedicated training. This commitment forms the basis of a series of Specialist Courses which we run throughout the year.

About our Specialist Courses

Our Specialist Courses have been designed to meet the needs of individuals or groups who would prefer to visit us and focus on a single activity. Participants can choose to do a 'Taster' (weekend) Course or a Full Course. Taster Courses provide an introduction to, and a flavour of, the chosen sport, and are ideal for those who have an interest in the sport but are not yet ready to commit to a longer, more intensive training programme. Full Courses provide a firm and thorough introduction to both the theory and the practice of the activity of interest. The aim of the Full Specialist Course is to teach, train, and help those with disabilities work towards gaining nationally recognised qualifications, in the hope that they will be inspired to take their interest further and achieve a lifetime's enjoyment from their sport.

All of our Specialist Courses are residential. Most are based at our main Centre site at Little Crosthwaite, Keswick, which is situated on the shores of Bassenthwaite Lake. Participants stay in our fully accessible Cumbrian farmstead, where they have access to all the amenities of our Centre such as our indoor hydrotherapy pool and sauna, Games room, TV lounge, library, Wi-Fi, tuck-shop and free laundry facilities. All accommodation, food, tuition, and use of equipment is included in the price of the Specialist Course.

Full Courses

Our Full Courses generally run from Monday to Friday (although the paragliding and offshore sailing Courses run for a full week).

Canoeing & Kayaking Course

This course is specifically designed for those with an interest in canoeing and kayaking. Our British Canoe Union (BCU)-qualified Instructors will teach, train and guide participants towards gaining a BCU Award.

The Canoeing & Kayaking Course begins with sessions in our small, indoor heated swimming pool. We use these sessions to fit the appropriate seating, paddles and buoyancy aids to suit specific needs. Participants will be encouraged to develop their skills in this safe environment, before progressing to the outdoors. Throughout the course there will be planned exploratory lake and river trips that will provide greater variety and excitement, whilst offering the participants the opportunity to explore the Lake District National Park by water.

The main purpose of the Canoeing & Kayaking Course is to provide participants with the basic skills that will allow them to safely enjoy this wonderful sport on some of the country's most spectacular and breathtaking lakes and waterways.

Horse Riding Course


This course is aimed at those people with disabilities who have tried riding and wish to progress, and who have an interest in and passion for horses. It provides a solid education in horse riding and stable management, and an introduction to trap driving.

The Horse Riding Course is based at our purpose built Riding Centre, which is situated just 4 miles from our main Centre (transport is provided), and which boasts both indoor and outdoor floodlit schooling arenas, a viewing gallery, and fully operational stables.

Participants are taught by British Horse Society (BHS) and Riding for the Disabled (RDA)-qualified Instructors who, together with our electronic hoisting and raisable platform equipment, will assist those with all levels of ability to enjoy an unforgettable horse riding experience. All aspects of horse care and stables management (covering the syllabus for BHS Progressive Riding Tests), and the theory and practice of grooming, health, and feeding are covered during the Course. Participants will join progressively adventurous rides and hacks around the beautiful fells and bridleways of the Lake District, and will be given the opportunity to try trap driving.

Participants will join a group of up to six other riders, and must attend with a friend, carer or supporter if they have personal care needs or have insufficient balance to sit astride a horse un-aided.





‘The course has been an inspiration, allowing us to reflect on our disabilities and give us the strength to positively cope better with day-to-day living – understanding what is possible rather than what is not’

Hand Cycling Course

This course provides its participants with the most amazing opportunity to push their boundaries of endurance and upper body strength, whilst discovering the beauty of one of England’s most breathtaking National Parks – the Lake District.

Although beginners are welcome, it is primarily designed for those with some previous experience of hand cycling. All participants are expected to be capable of cycling a minimum of 10 miles per day (on flat to gently undulating terrain).

A variety of hand cycles and adapted bikes will be provided, and each day participants will be introduced to a variety of cycle tours that will be chosen in relation to the fitness, ability and needs of the clients. All tours will involve transportation to and from the start point. Friends, family and supporters are welcome to join those with disabilities on this course.

Mountaineering Course

This course has been designed specifically for people with physical or sensory disabilities. The course involves training in basic navigation and mountain skills, and through days out in the magnificent fells of the Lake District it will introduce the participant to hill walking, ghyll scrambling and climbing. Participants must be ambulant and have a reasonable level of fitness, but the course is suitable for those at all levels of experience, from beginners to those with good hill-walking experience alike. The only requirement is that the participants have a desire to explore the fells of the Lake District!

Paragliding Course

During this extraordinary, life-changing Specialist Course, participants cover the theory and practical knowledge of paragliding, with a view to qualifying as a BHPA (British Hang Gliding & Paragliding Association) elementary pilot. Training begins with dual ‘tandem’ flights, that teach the ground and canopy handling skills that are necessary for the participant to contemplate progressing to solo flying.

Our Paragliding Course is brought to you in conjunction with Flyability, and Escape, a local adventure company directed by world-renowned pilot Jocky Sanderson. Together with Jocky and Flyability, the Lake District Calvert Trust has developed the equipment adaptations that allow people with disabilities to experience the thrill of flying solo.

Please Note: All participants must have reasonable upper body strength. For insurance reasons we are unable to allow those participants with a history of epilepsy to fly solo.

Paragliding Course fees include instruction, equipment, temporary BHPA membership, and flying insurance. Prices quoted assume that the participant qualifies for a Flyability scholarship (participant must have a physical, sensory or learning disability and must not have previously received an award from Flyability).

Extra tuition is available at very competitive rates, and friends and family are welcome to participate at full rate (non-subsidised) for accommodation and/or flying tuition as desired. Prices are available upon request (please call Bookings on 017687 71924/71927).

Sailing Courses

The Lake District Calvert Trust offers three Specialist Sailing Courses. These are extremely intensive but fun, and are designed to lead to a Royal Yachting Association (RYA) award.

Our sailing courses make use of the wide variety of different sailing craft that comprise the Lake District Calvert Trust Sailing Fleet, and which includes Wind Riders, Challengers, Drascombe Longboats, Laser Bahia's, Sea Fly's, Access Dinghies and a Catamaran Cruiser. All theory and practical aspects of seamanship and boat management are covered.

Please Note: Although the Sailing Courses are designed for beginners, some previous experience of sailing is preferred.

RYA Sailing Course

This course concentrates on teaching essential boat handling skills. Participants will have access to the full Calvert Trust Fleet, and the chance to progress their skills to higher levels. Our RYA-qualified instructors have a wide experience of working with people with disabilities. They will aim to choose the correct craft, the best adaptive equipment, and the most challenging exercises in order to fully 'stretch' each participant.

RYA Sailing Course - Spinal Injuries

This course is similar to our RYA Sailing Course, but is specifically designed for and tailored towards those people who have acquired a spinal cord injury. It is particularly suited to those who actively embraced sailing prior to their injury,

or to those who simply want to pursue a new sporting adventure in a safe and professionally-guided environment. The Lake District Calvert Trust runs this Specialist Course in conjunction with the Back-Up Trust. All enquiries and bookings must be made directly to the Back-Up Trust on 020 887 51805,

Offshore Sailing Course

This course offers a unique opportunity for the more experienced sailor to live life on a yacht for a week! Participants are expected to live in close company with others, in basic conditions with little privacy, and to 'muck in' and help with all aspects of running a boat (including cooking!). They are also expected to have fun!

This course is run by experienced Lake District Calvert Trust RYA Yachtmasters who have years of experience of working with people with a broad range of disabilities.

The Offshore Sailing Course will begin with an introduction, safety briefings, and job allocations, before taking you into sail training on the Solent. Participants will then sail the boat overnight, for several nights (possibly even sailing into a foreign port), before returning to the Solent and disembarking (provided, of course, that they have cleaned the boat to the Skipper's satisfaction!).

A real 'hands-on' sailing course, this week will assist participants in working towards their RYA Start Cruising, Competent Crew, or Day Skipper Awards. The experience of a lifetime!



‘Despite all my difficulties, they weren’t afraid to push my boundaries with amazing results. It just goes to prove that anything is possible! ‘

Taster Courses

Our Taster Courses run from Friday lunchtime to Monday lunchtime. They are residential.

Sailing, Canoeing & Hand Cycling

Taster Courses in sailing, canoeing and hand cycling are similar in content to their Full Course counterparts, but as introductory programmes they do not involve the same level of theory and practice that is necessary for participants on Full Courses to achieve national awards. It is our hope that participants will enjoy their ‘taste’ of these activities and then wish to progress their skills in the future.

Trap Driving

This Taster Course will provide the opportunity to learn the most basic skills of trap driving, grooming and horse care. Participants will drive on the beautiful lanes and tracks of the Lake District in fully accessible traps, and will also be encouraged to develop the skills necessary to compete in challenging indoor/outdoor Cones Course races. Ideal for beginners, an interest in horses is essential for participation in this unique Specialist Course!

Want to try something different?

Can’t see an activity you would like to try on our listing?

Call our Activities Team to see if we can accommodate you, on **017687 72255**

Fancy doing a Specialist Course elsewhere?

In the past, we have run Hand Cycling Courses in the South of France, Skiing Expeditions to the Pyrenees and Canoe Trips down the River Spey. Let us know what you would like to do, and if you can find enough people to join you we will see if we can make it happen! (minimum group size of 8). Call us on 017687 72255.

Want to continue an activity when you go home but don’t know how to or where to find it?

Speak to a member of our Outreach Project Team. They will help you find the right venue, put you in touch with the right people, and even come out and provide training for others so that they in turn can help you continue your activity journey in your own community. For more information on Outreach, call us on 017687 72255.

General Information for Specialist Courses

Equipment

The Lake District Calvert Trust will provide all necessary equipment, including waterproof clothing, boots and safety tackle. Participants are welcome to bring their own equipment to use, as long as it conforms to current British Safety Standards and is approved by our instructors.

Weather

We hope that you will understand that many of our Specialist Courses are extremely weather-dependent, and that we cannot guarantee that your course will run strictly to programme. You may be required to make early starts, late returns, or have a considerable amount of 'free time' during the day. Wherever possible, the theory part of your course will be conducted during times when the weather is not conducive to its more practical elements. In the event that no practical training is possible throughout your week's stay with us, full refunds will be given (please see our full Terms & Conditions at www.calvert-trust.org.uk/visitolakedistrict – these will be supplied in writing when we receive your preliminary booking and deposit).

Participation

All participants must be aged 18 or over. The Lake District Calvert Trust is not able to provide personal care for participants. We therefore request that all participants with a personal care need attend with a friend, carer or supporter. Participants with physical/sensory disabilities who are unable to transfer alone must also attend with a supporter. In keeping with our ethos of inclusion, all non-disabled supporters are requested to participate fully on our Specialist Courses (with the exception of paragliding).

Accommodation

All Specialist Courses are full board. Participants stay in fully accessible twin-bedded en-suite rooms at our main Centre site*. All meals are provided, and these include a full cooked breakfast, picnic sandwich lunch, and a 3-course evening meal. Hot and cold beverages are available free of charge, as is the use of our

laundry facilities. (* the Offshore Sailing Course is off-site and based around the Solent. All meals are included)

Mobility aids such as electronic raisable beds, portable hoists, shower chairs and bed rails are available free of charge upon request. We can put you in touch with reliable local suppliers of more specialised equipment for hire such as motorised scooters, pressure-flow mattresses and oxygen. We regret that pets, with the exception of guide dogs, are not welcome.

Travel

Information regarding how to reach us will be supplied on booking. Our nearest train station is Penrith, and our nearest coach station is Keswick. Our staff can pick you up at Penrith, but each journey will be charged at local rates. Pick-ups from Keswick are free of charge.

Cancellations/Bookings

The number of places available on each of our Specialist Courses is limited, so please book early to reserve your place. The Lake District Calvert Trust reserves the right to modify the Specialist Course programme after consultation with the course participants. Should any such changes substantially change the nature of the course, the option of a full refund will be offered to all participants.

The Lake District Calvert Trust reserves the right to cancel a Specialist Course at late notice if there are insufficient numbers to run the course practically. Under these circumstances, a full refund will be given.

'Of great benefit at the time and confidence boosting for the rest of the year. All made possible by the incredibly patient and remarkable staff at the centre. We would recommend this course to anyone – sufferer or carer'

A photograph of a sailboat with three masts and white sails, sailing on a calm lake. Several people are visible on the deck. The boat and its reflection are clearly visible in the still water. In the background, there are rolling hills or mountains under a clear sky.

**Specialist Activity Courses at
The Lake District Calvert Trust**

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Version No: 091

VAT Registration No: 288 1067 37

The Lake District Calvert Trust is a Company Limited by Guarantee. Company Registration Number: 1240160 Charity Registration Number: 270923

Designed & Printed by Print Graphic Limited - Tel 01228 593900