

My Visit to Barhaugh Hall, Alston



My Name is:

**Robinwood Activity Centre is at Barhaugh Hall,
near Alston in Cumbria.**

When we arrive, this is what I will see.



These are the main dining rooms where we eat our meals.



At breakfast time, I can have cereal, toast, sausage, beans and potato waffles.
I can have all of these if I want or I can just choose my favourites.

When I arrive at Robinwood, my lunch will be a choice of sandwich (cheese, ham or jam) with crisps and a chocolate biscuit.

My Group Leader will ask me what I would like for the rest of my stay.

These are my options:

Evening meal Day 1:

Baked Potato
(with choice of filling)
Pasta Bolognese
Tomato Pasta
Salad available

Choc Ice

Lunch Day 2:

Hot dog
Chicken burger
Sandwich with filling
(cheese, ham, tuna or jam)

Crisps
Fruit
Yogurt tube

Evening meal Day 2:

Cheese & Tomato Pizza and
Chips
Curry and Rice with Popadoms
Peas and Sweetcorn available

Chocolate brownie

Lunch Day 3:

Sausage Roll
Cheese Roll
Sandwich with filling
(cheese, ham, tuna or jam)

Crisps
Fruit
Caramel wafer

If I don't like something, I can tell my Group Leader or my Teacher and they will arrange something different for me so that I have something that I like.

These are examples of where I might sleep.
The bedrooms all have a name to help me
remember which one I am in.



This is a bedroom door with the name on it.



There are helpful instructions inside the bedrooms.



If I need help at night, I can press a button that tells the Robinwood night staff that I need somebody to come to my room. It won't wake anybody up in my room if I press it.



The toilets all have locks on the door.
The toilets near my bedroom looks like this.




The toilets and showers I will use in the day time
look like this.




My group will be given a timetable for our visit that will look a little bit like this.

Robinwood Barhaugh Hall - Mountain Group Timetable

Clovenfords Primary School **19-Apr-17 to 21-Apr-17**




Group & Course Leader



Tess

Hi, My name is Tess. I am from a small island in Scotland. I have a dog called Trouble. My favourite thing to do is Ski.



Wednesday

Arrivals 11.00am	Moorland Challenge 11.00 - 12.00pm	Arrivals Meeting 12.10pm	Lunch from 12.10pm	Piranha Pool 1.40 - 2.00pm	Crate Challenge 3.20 - 4.50	Evening Meal from 8.00pm	Archery 6.10 - 7.20pm	Zip Wire 7.30 - 8.40pm	Review of the day to 10.00 pm
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Thursday

Arrivals 8.00 - 9.10am	Canoeing 9.30 - 10.30am	Dungeon of Doom 10.30 - 11.30am	Giant Swing 11.40 - 12.50pm	Lunch from 1.00pm	Team Review 1.40 - 2.10pm	Caving 2.10 - 3.20pm	Trapeze 3.30 - 4.40pm	Climbing 4.50 - 6.00pm	Evening Meal from 6.10pm	Team Challenge 7.10 - 8.30pm	Review of the day
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Friday

When it's time for a drink, I can have one at the Drink Station.



I can borrow waterproofs and fleeces when I need them for water activities or if it's raining or cold.



When I have finished with my wet clothes, after a shower I leave them in the group bins to be washed.



These are the activities I can do. I will do them all but they will be in the order shown on my group's timetable.

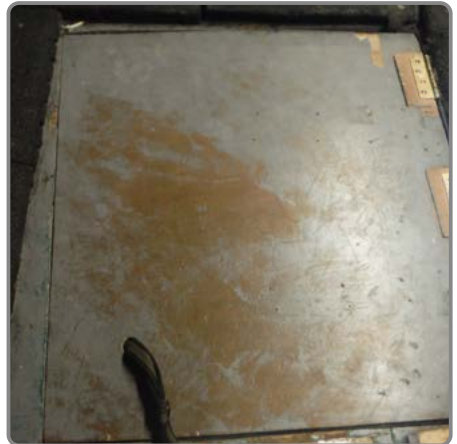
Archery: I will learn to shoot a bow and arrow and play lots of fun archery games.



Canoeing: For canoeing I will wear a buoyancy aid and a helmet so that I am safe.



Caving: I will wear a helmet to protect my head.



If I want to get out of the caves there are exit hatches in the roof. If I knock on it, my Group Leader will come and let me out.

Challenge Course: I will go over the obstacles with my friends, earning shields when we complete it.



Climbing: I will wear a harness so that I am safe.



Crate Challenge: I will wear a helmet and harness to keep me safe.



Dungeon: I will solve lots of different puzzles to help my team escape.



**I will also wear a sash like the ones in the photo.
They have different names on.**

Giant Swing: I will wear a harness and helmet to keep me safe. I will pull the rope to help my teammates



Knight's Quest: I will help my team to solve puzzles and help them complete the challenge.



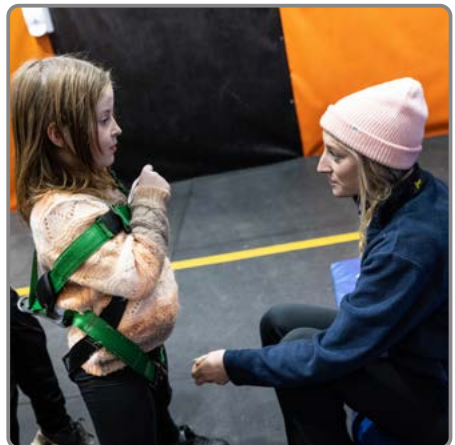
Night Line: I will wear goggles so that I can't see, then hold on to a rope in a line with my friends so we always know where we are going. My friends will pass on instructions to help and a helmet will protect my head.



**Piranha Pool: I will work with my team to solve the clues and get out of the room within 40 minutes.
I will wear a Piranha Pool t-shirt.**



Trapeze: I will wear a harness so that I am safe. We will climb up onto the tower and jump off attached to a rope.



Team Challenge: I will join the rest of my school and play games



Zip Wire: I will wear a harness and helmet so that I am safe. I will sit the top of the tower and wait for my turn.



Which activities are you looking forward to the most?



We can't wait to see you at Robinwood!