

## Building the bridge to success together

Tuesday 6 June 2023



### Derbyshire Itinerary

Visit 1: Wednesday 21st June – Friday 23rd June (6B and 6BR)

Visit 2: Wednesday 28th June – Friday 30th June (6E and 6H)

#### Day 1

- 1) Leave school by 8.00am.
- 2) Drive to Speedwell Cavern for 10.am.
- 3) Leave Speedwell go to Longshaw Estate – Pond dipping
- 4) 5.00pm Arrive at the Nightingale Centre in time for tea

#### Day 2

- 1) Coach to pick up at The Nightingale Centre at 9:00 am
- 2) Leave the Nightingale Centre and then travel to Lea Green Centre
- 3) Arrive at the centre at 10.00am and begin activities
- 4) 4.00pm - Bus collects from Lea Green and returns to Nightingale Centre.

#### Day 3

- 1) Coach to pick up at The Nightingale Centre at 9.15am. Load coach with all luggage.
- 2) Leave the Nightingale Centre by 9.30 then travel to Mayfield Alpaca Farm.
- 3) Arrive at the farm at 10.00am and begin activities.
- 4) Leave Mayfield Farm at approx. 1.30pm and take to Hathersage Outdoor Pool.
- 5) Arrive at Hathersage for 2.00pm Swim
- 6) Leave swimming pool at approximately 3.45 to return to Hessele around 5.00pm

#### Kit List


Items your child will need to bring for the residential visit. Pupils NEED to be responsible for ALL of their property. (We would be very grateful if it could be named!)

- Warm fleece or similar, gloves and scarf (optional)
- Waterproof coat (this is a MUST as it can rain VERY heavily even in June)
- 2 Pairs of outdoor shoes
- Indoor shoes (slippers/canvas shoes)
- Two changes of clothing for outdoor use (T-shirts not vest/strappy tops please)
- A change of clothing for indoor use



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NB - Jeans must NOT be brought as part of outdoor clothing but may be worn indoors

- 2 warm jumpers/hoodies
- At least 4 pairs of socks
- Underwear
- Nightwear (appropriate for mixed company e.g. onesies, pyjamas etc)
- Swimming costume or trunks (a rash vest/t-shirt can be worn over swimsuit if required)
- Toiletries (no aerosol sprays and 2 towels: 1 for use in the house, 1 for swimming)
- Day backpack – with a plastic bag as a liner
- Sun cream and cap

Please note: Children will need to wear long trousers/leggings when at Mayfield farm on Friday morning. This is due to the risk of ticks in the long grass in the countryside. The following guidance is from the UK Health Security Agency and the NHS.

<https://ukhsa.blog.gov.uk/2022/04/13/what-is-lyme-disease-and-why-do-we-need-to-be-tick-aware/>

<https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites#:~:text=Using%20fine%2Dtoothed%20tweezers%2C%20gently,the%20skin%20around%20the%20bite.>

### **First day rucksack/suitable bag**

- Inhalers (please ensure any other medication required is taken in the morning and then handed to the designated adult)
- Spending Money (£1 coins only please) up to a maximum of £10
- Packed lunch with 2/3 drinks in plastic bottles of fruit juice and/or water

### **(Absolutely no fizzy or energy drinks)**

- A small bag of sweets/snack
- Waterproof jacket and trousers

- Sun hat and sun cream (hopefully!)
- 2 carrier bags – 1, to line 'day bag' and 2, to sit on at lunch.
- Spare pair of socks

**All other clothing, shoes, wash bag, named drinks, etc. should be in a suitcase/holdall to be placed in the boot of the coach. This suitcase is inaccessible throughout Day 1 until we arrive at the Nightingale Centre late afternoon.**