



Youth CAMP

TUE 29 OCT-
FRI 1 NOV



**FRONTIER CENTRE
ROCK UK**

COST 150£
(including transport, meals,
accommodation, activities)

**ALL YOUNG PEOPLE
YEAR 7+**

www.uxbridgeparishyouth.org

WELCOME LETTER

Dear families,

We're excited to have you register or consider registering for our 2024 youth residential trip. We look forward to welcoming your child/children for a fun-filled adventure this October half-term!

This year, we will be joining other youth groups from "Youth Ministry in Communion," offering a unique opportunity for shared experiences. There will be joint activities, allowing your children to connect with peers from different communities.

All the necessary information to prepare for camp is provided in this 'information pack'. If you have any questions, feel free to reach out to Alessandra at 07900289064 or email her at alessandra.bazzo@uxbridgeparish.org.

If you haven't yet completed the registration form and would like your child to attend, please do so as soon as possible, especially if your child has any dietary or special needs.

The trip costs £150 per person, covering coach transport, accommodations in dormitories, and all activities. Payment details are included in the document.

A complete kit list is also available in this pack. To avoid lost items, it's a good idea to label your child's clothes. The camp may get quite muddy, so please avoid sending expensive items.

Please note our 'no tech' rule during activities. While young people may bring phones, we are not responsible for any loss or damage. Phones can be used during free time, but should be kept away during activities and group sessions. We ask that no other electronic devices such as tablets or laptops be brought along.

We don't want cost to be a barrier. If the fee is an issue, please contact us or speak to a vicar or Alessandra. We have some bursaries available to assist.

We can't wait to create a sense of togetherness and make new memories at the camp.

GENERAL INFORMATION

TRAVEL ARRANGEMENTS

On Tuesday 29 October, we currently anticipate meeting at St Andrew's Church, Uxbridge at 11am to depart at 11:30am. We'll travel by coach to the Rock UK Frontier Centre in Wellingborough (NN9 5UH).

We will return on Friday 1 November and aim to be back at St Andrew's for 4pm. We will keep you updated on the progress of our journey.

Details are to be confirmed and we will update you nearer to the time of the trip.

AT CAMP

The 3 night residential will take place at the Frontier Centre which is managed by a Christian activity centre organisation; Rock UK.

Accommodation is provided in dorm rooms (single-sex). Bedding will be provided, but young people need to bring a towel.

Whilst on camp, we will be taking part in various activities including those offered by the venue (such as canoeing, high ropes, bushcraft...) - we will confirm which activities are taking place nearer the time.

The venue is safe and secure - each night we will have duty female and male leaders who will be the first point of contact for young people in an emergency.

Alessandra will be provided with emergency contact information should we need to contact you.

Should you need to contact us in an emergency, please call:

- Alessandra Bazzo-camp leader: 07900289064
- Frontier Centre (Venue): 0193320654120

MEALS

Dinner will be served by the centre's onsite catering team, who are experienced in accommodating a variety of dietary needs. Please make sure you've included all relevant information in your registration form. Breakfast and lunch will be prepared by our own teams. Participants should bring a packed lunch for their arrival at the centre, as our first provided meal will be dinner on Tuesday. The last meal we will provide is lunch on Friday.

MEDICATION

If your child takes any medication, please include this on the registration form. We are happy to keep hold of any medication and do our best to ensure it is administered at the correct times - please provide us with this information by email in advance.

BEHAVIOUR AGREEMENT

We want everyone to have fun and enjoy themselves. However, there are times when we have to ensure the safety and smooth running of the trip for everybody else... We expect young people to follow all reasonable instructions given by camp leaders and venue staff. If any young person presents a constant behavioural problem, we may be required to ask them to leave the camp and need you (their parent/carer) to collect them.

KIT LIST

CLOTHING

- Suitable Nightwear
- Underwear (for many activities, socks need to cover ankles)
- Comfortable trousers/leggings (not jeans!)
- 1 pair of trainers for activities (may get muddy or wet!)
- 1 pair of trainers for indoors and non-activity time
- Fleece/sweatshirts for activities
- T-shirts
- Waterproof jacket or coat (and trousers if you have them)
- Hat and gloves for if it gets cold
- Toiletries (flannel/sponge, soap, toothbrush, toothpaste, shampoo, deodorant, hairbrush/comb)
- Girls please bring sanitary products even if you think you may not need them.
- Sun Lotion of a high factor
- Sun hat/Sunglasses
- Torch with good batteries
- Medications
- Refillable Water Bottle

OTHER ITEMS

- A packed lunch for Tuesday - arrival day
- One towel for showering
- One 'old' towel for wet activities
- Labelled bin bag for wet and dirty clothing
- Baby wipes
- tissues if you have a cold

PROGRAMME

THIS IS JUST A SAMPLE TO GIVE YOU A GENERAL IDEA OF WHAT TO EXPECT

08:00 - BREAKFAST

09:30 - MORNING GATHERING & BRIEFING FOR THE DAY

11:00 - GROUP ACTIVITIES (RUN BY UXPY & YMIC)

12:30 - LUNCH

13:30 - GROUP ACTIVITIES (RUN BY CENTRE - E.G. HIGH-ROPE)

17:00 - FREE TIME (E.G. RELAXING, GAMES, FOOTBALL, VOLLEYBALL, CRAFT ETC)

18:30 - DINNER

19:30 - EVENING GATHERING, FOLLOWED BY CAMPFIRE/NIGHT WALK

21:00 - FREE TIME

22:30 - LIGHTS OUT

FURTHER INFO

What is Uxbridge Parish Youth's vision?

At UXPY, we are committed to provide young people with unforgettable experiences that leave a lasting impact and help them encounter the love of God. We believe that by connecting young people who are on similar journeys, we can enrich their experiences, help them build friendships and develop essential soft skills, by fostering their wellbeing.

Who is YMIC?

It is a youth organization working with Church of England parishes in London. It is a sacramental and inclusive youth network that encourages and enables young people to explore the Christian faith within a safe setting without pressure or prejudice.

UXPY and YMIC: why sharing a youth camp?

We are excited to collaborate with Youth Ministry in Communion (YMIC) following our positive experience at Taizé in October 2023. We share YMIC's vision and appreciate their formidable expertise in guiding and supporting young people through leaders who are always available for conversations and encouragement.

By participating in these shared experiences, we aim to help young people grow spiritually, socially, and personally.

Are your leaders DBS checked?

Yes! Every leader on the camp will have had an Enhanced DBS check and we have safeguarding protocols and officers onsite. The Rock UK staff are also qualified and DBS checked.

What happens if it rains?

We'll carry on as normal - as long as it is safe to do so! Pack waterproofs and clothes you don't mind getting dirty.

Can parents visit during the trip?

Sadly, we are unable to allow any parents to visit during the camp.

My child has a medical condition or special educational needs. Who should I tell?

We're experienced in dealing with a variety of young people with various needs. We have qualified First Aiders onsite. You should include any relevant information in the registration form - you can also follow up with Alessandra by email:

Alessandra.bazzo@uxbridgeparish.org

FRONTIER CENTRE MAP

