

Gilwern Outdoor Adventures

FOR OVER
50
YEARS
Delivering Outdoor Adventures



 **MonLife**
AWYR AGORED OUTDOOR

 monmouthshire
sir fynwy

Introduction

MonLife Outdoor Adventure is the group name for our outdoor adventure service run by MonLife as part of Monmouthshire County Council formally known as Gwent Outdoor Centres.

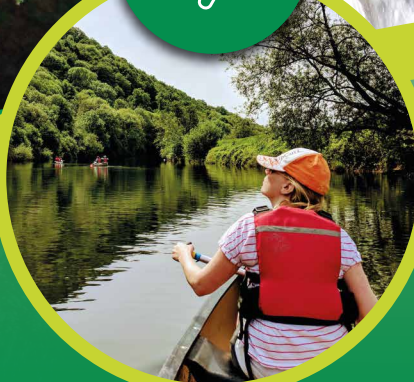
The centre is in Gilwern near Abergavenny and is situated near some of the best outdoor environments you could wish to find anywhere in the UK: including the River Usk, Black Mountains and the Brecon Beacons on our doorstep.

On site, there is comfortable accommodation with plenty of space in the communal areas for children to get together and celebrate their achievements after a busy day of adventurous activities.

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What We Offer



Our team of experienced and highly qualified staff deliver residential adventure trips and day activities, designed to appeal to primary and secondary schools, youth groups and corporate clients alike.

ACTIVITIES WE OFFER:

- Canoeing & Kayaking
- Stand-up paddle boarding
- Digital orienteering
- Raft building
- Adventure days
- Climbing & Abseiling
- Mountain biking
- Gorge walking
- Hill walking
- Forest skills
- Team building
- Orienteering
- Geocaching
- Archery
- Caving



Most of our activities are accessible but this will depend on the level of impairment. Together with group leaders, helpers and carers we will create a suitable programme of activities to include every student regardless of ability and mobility.

Outreach Activities:

- Mobile climbing tower
- Outdoor team building
- Cycling skills
- Orienteering
- Bush craft
- Archery

Outdoor Programs

- Re-engage in education program
- Staff outdoor learning training
- Duke of Edinburgh award
- Staff EVC training
- ALN programs

Accessible Outdoor Activities



We offer a range of activities that are accessible for people with physical, neurodiversity, sensory, learning, complex disabilities and impairments to have fun, challenge themselves whilst increasing self-confidence.

Together with group leaders, families and carers we'll create an inclusive programme of adventurous activities to include everybody based on their ability.

- Adapted Bikes
- Archery
- Bushcraft
- Canoeing
- Climbing/High Ropes
- Wheelchair Abseil Ramp
- Geo-Caching
- Off-Road Wheelchairs
- Orienteering
- Duke of Edinburgh (DofE) Awards



“

Everything was brilliant, the activities were great, the staff were knowledgeable and every aspect was catered for.

“

The children worked together to support each other. They were pushed to meet the challenges of the visit and were so proud of what they had achieved.

“

Pupils gained confidence, experienced new things and used team building skills. They also developed their independence and how to take responsibility for themselves.

“

Challenging activities that taught the children independence.



Site Capacities

Please note that residential groups will have sole occupancy of their lodge. The Blorengelodge also has a purpose-built wheelchair accessible accommodation and bathroom.

Breakfast and evening meals are both served in the dining room, a cooked breakfast plus toast and cereal is available every morning and our dinner times include a traditional home cooked two-course meal. Packed lunches are also included; the children can make these each morning before setting off for their day.

We will work with the party leader to make sure that all of our packages are tailor made to your school's needs. We provide all of the specialist equipment and have a team of highly qualified instructors who will be on hand to guide each child through their journey with us.

| Gilwern OAC | Children | Staff |
|------------------------|-----------------|--------------|
| Sugarloaf Lodge | 62 | 5 |
| Blorengelodge | 35 | 3 |
| The Bryn | 8 | 0 |

Learning Outcomes

All of our learning outcomes are embedded in to all areas of our delivery at MonLife Outdoor Adventure. All our activities and sessions will provide valuable life lessons which will contribute to the development of young people. If you have any curriculum requirements, please let us know.



MOTIVATION

Be an enthusiastic & motivated group member



COMMUNICATIONS

Communicate effectively with others during activities



ENVIRONMENTAL AWARENESS

Show an understanding of how our behaviour affects our environment



SELF CONFIDENCE

Demonstrate self-confidence in themselves and show trust and support for others



LEADERSHIP

Use clear communication & language as a group leader & support to others



PROBLEM SOLVING

Devise a plan, execute it and review it's effectiveness



TEAMWORK

Work constructively as a team member



“

There was a lovely mix of both physical and mental activities. All the activities provided opportunities for teamwork which was certainly enhanced over the trip.

“

Really enjoyed caving because I was able to experience things i've never experienced before and was an exciting once in a lifetime opportunity.

“

Loved setting out on a quest to discover an out of this world experience learning in the epic and breathtaking Welsh Landscape of Monmouthshire.

Safeguarding



MonLife Outdoor Adventure caters for thousands of people each year and has been in operation for more than fifty years. We are proud of our excellent safety record, which has been achieved through centre staff, visiting staff and all clients working in close collaboration and providing mutual support.

Upon Arrival

The welcome talk given by centre staff will include a reminder on the standards of conduct required of all visitors and a list of do's and don'ts specific to the site. This will be followed by a fire drill. All clients are expected to conform to the safety advice given. In the unlikely event of an accident, procedures are in place to ensure that MCC policies and procedures are correctly followed.

Activities Led by Staff

All our staff are highly qualified and experienced practitioners of outdoor education, and accept that the safety and welfare of the client is paramount at all time! Only staff with a National Governing Body qualification will lead adventure pursuits such as canoeing, rock climbing, mountaineering and caving. All staff are also trained in accordance with MCC policies with reference to Safeguarding and DBS.

Adventure Activities Licence Details

MonLife Outdoor Adventure provide adventure activities that are licensed in accordance with the Activity Centres (Young Persons' Safety Act) 1995. This means that we have been inspected by the (AALA) and our systems and risk analysis were approved for the following activities: caving, climbing, paddle sports and trekking. AALA license; Gilwern 14531.

Centre Vehicles

All vehicles are regularly maintained and inspected (every 10 weeks) by the Transport Department of Monmouthshire County Council. All vehicles are fitted with seat belts for all passengers.

Buildings and Equipment

Officers of our Property Services Department for fire, legionella and food safety regularly inspect the buildings. All equipment provided is safe, well maintained and appropriate for the use to which it is intended.

Schools will be required to ask parents or carers to complete a parental consent form which will include contact and medical details. This will be held, stored and destroyed in accordance with GDPR.





Business Support Contact Details

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