

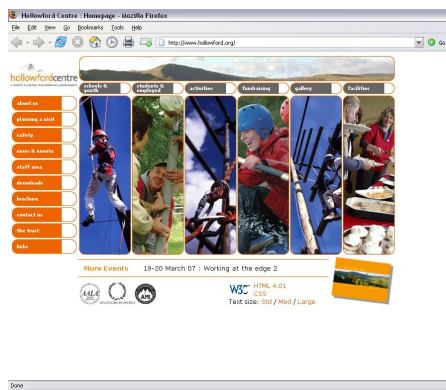
Newsletter - Spring 2007



www.hollowford.org

Our new website has just been published. Development will continue and we will update content regularly.

We have tried to load on everything you could need. Please let us know if we've missed anything.



Learning Outside the Classroom

In November the government launched the Learning Outside the Classroom Manifesto. Lindley Educational Trust welcomes this Manifesto and hopes that it will help increase the number of children that will experience the world beyond the classroom. The Manifesto recognises that outside of classroom experiences have a key part to play in young peoples learning and personal development.

Some thoughts from a prestigious participant from the past



"Congratulations to the Lindley Educational Trust for giving opportunities to many young people from very deprived backgrounds to participate in educational activities beyond the classroom. Hollowford gave me that opportunity many years ago and it's an experience I have never forgotten. The challenge for today's young people is very different to that of over 40 years ago and that is why this is a very valued service.

I believe that one of these challenges is to get young people to work as part of a team and to put emphasis on helping one another to succeed. I believe this is vital in today's society and Hollowford enables young people to experience this in one of the most beautiful surroundings. This can have a huge impact on their lives which could not be experienced within a classroom."

Rt Hon Richard Caborn MP - Minister For Sport

Rewarding, Hardwork, Frustrating, Varied, Fun

Just some of the words to describe my work delivering learning experiences to a diverse variety of clients. Hollowford's proximity to natural resources – crags, caves and water, means activity programmes can be designed to challenge individuals as well as developing teamwork, whilst promoting environmental awareness and the benefits of a healthy lifestyle. I am in a unique position and find it particularly rewarding to observe group dynamics as they change and grow throughout their programme.

Castleton Primary took a different approach to physical education – for 10 weeks of their winter term they came to the centre for their PE sessions. This proved to be a fantastic way for the children to develop themselves, 'life' skills and working with others. The programme was implemented using activities such as climbing, caving and cooking together.

Claire

New developments afoot

Work should commence on our new building in May 2007. Its certainly seems to have taken a long time for plans to come to fruition. Back Tor will be a separate building with additional en-suite bedrooms accommodating 24 bringing our total capacity to c.120 beds, a group room and small kitchen.

This building will be ideal for smaller groups that require some privacy. Two of the rooms will have high spec disabled facilities. We are currently looking at funding additional GREEN elements of the building such as rainwater harvesting and wind power.

All being well we will be inviting you to a grand opening ceremony in September this year.

Stange bedroom block is also receiving some attention. We are improving the shower and toilet arrangements – taking into account customer feedback about the existing arrangements.

What leaky roof! As you will be aware a key feature of your stay at Hollowford is the drips along the front corridor. We have a builder repairing the roof this spring.

Facts & Figures...

Last year we had

- **260** different events
- **5749** delegates including
- **4610** under 25's
- **9805** "bed-nights" inc.
- **7693** under 25's

Over the years in excess of 100,000 young people have benefited from the Hollowford experience. We are now finding participants' parents or even grandparents attended Hollowford and have fond memories of their time at the Centre. They recall how their course at Hollowford helped shaped their lives, by making them more confident or learn vital lessons about teamwork.

Back to School



A graduation ceremony in December marked the end of a two year programme of part time study and the completion of my MA in Management Learning, and Leadership at Lancaster University. My most significant learning was gaining a greater understanding of the academic perspective, becoming conversant with 'academic speak' and exploring different research philosophies. The area of research is one I intend to develop in partnership with others to better understand the impact that Lindley programmes have on course participants. **Max**

Why Review?

Sometimes referred to as 'reflection' or 'debriefing' is used to "Bring out responses to experiences in ways that enhance their value, their impact and their benefits" to quote Dr Roger Greenaway. (http://reviewing.co.uk/_site.htm)

Ever since people started writing on learning from experience, the importance of reviewing has been highlighted. Outdoor experiences without reflection, while they may be enjoyable are unlikely to lead to learning or personal development.

Bill Krouwel's recent article 'Welcome to Outdoorsland...' in the current edition of Horizons (<http://www.outdoor-learning.org>) quotes one Scottish provider referring to the "fun" end of the spectrum as "Disneyland" on the basis that it disnae' help anyone and disnae' change anything."

The trick then with reviewing is to make it an integral part of the experience, it can be informal, enjoyable and allows the participants to make sense of and learn their experiences.

Both Roger Greenaway and Bill Krouwel will be running workshops at the **Lindley Festival of Learning** on the first weekend of March at Hollowford.

A Chef's Dilemma

Government guidelines recommend reducing fat, salt and sugar to help combat obesity. We know what children like to eat and it is difficult to change things, but with a few careful measures, diets can be improved without many of them realising that they are eating much healthier food! Last year we purchased a 'Rational Self Cook Centre' oven, which now allows us to cook much more healthy meals, we now steam all our vegetables without the addition of salt. The new oven also allows us to fry menu items, including chips and battered cod with the need of no more than a light spray of pure vegetable cooking oil.

We have also included healthier options for packed lunches. We now offer baked potato snacks, which contain 70% less saturated fat than normal crisps. Also dried fruits, and cereal bars have replaced the chocolate bars.

We are proud to be able to offer fresh, healthy, home cooked food, and know that our customers also greatly appreciate this too!
Regards from all the catering staff.

Legendary Mars Bar Cake

World famous and made to a secret recipe this is a client & staff favourite



You come to Hollowford and we explore the world

Challenge and Adventure is our product. So how do the instructors get their fair share of excitement. We certainly try to practice what we preach and this means we encourage staff to work hard and play hard.

Over the last few months;

- Mark spent a month trekking and exploring in Tibet.
- Phil has been to Scotland so many times he had to buy a new car
- Both Claire and Chris have been to New Zealand.
- Max and Becki have been Skiing.
- Ice climbing is another popular winter trip with Phil trying Italy and Mark Norway.
- Vanessa and Adrienne decided on Egypt!

Mark, Becki and Phil completed a 5-star open canoe course in Wales. This is the highest personal skills award in canoeing (the rapids get pretty big).

Claire has just completed her Local Cave and Mine Leader award, which involves being observed by an assessor when working with a group underground.



The **perfect** place for personal development