

essex
outdoors

Danbury Outdoors



www.essexoutdoors.com

"Committed to delivering high quality outdoor learning to the young people of Essex and the wider community"



Essex Outdoors is Essex County Council's Outdoor Education service. Our job is to deliver high quality outdoor learning opportunities to the young people of Essex, and the wider community.

Bradwell
Outdoors

Danbury
Outdoors

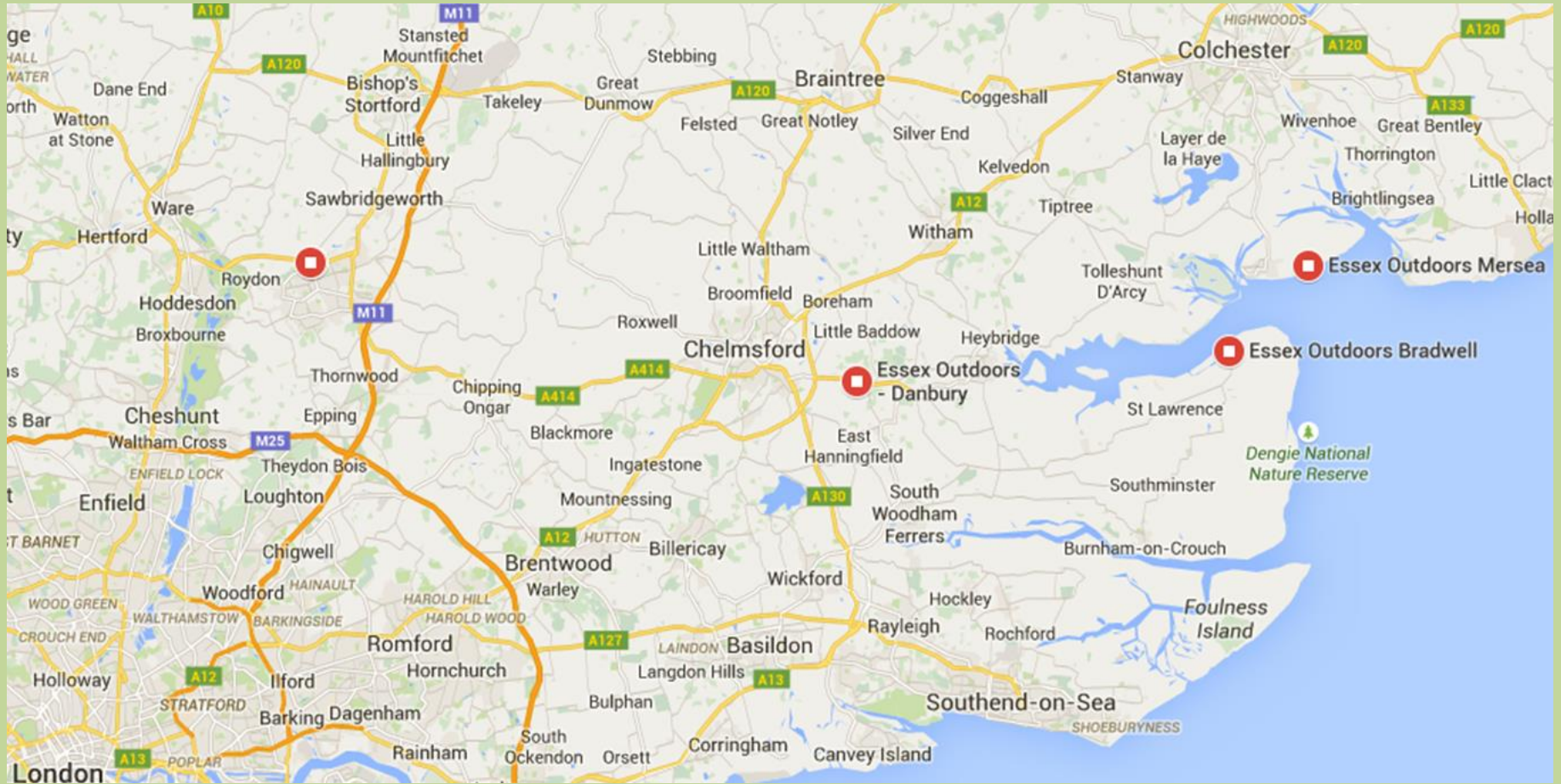
Mersea
Outdoors

Harlow
Outdoors

The Lock
Climbing
Wall

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- School groups, youth groups, adult groups
- Duke of Edinburgh award training, practice and qualifying expeditions
- National Governing Body award training and assessments
- School holiday activity programmes (day and residential)
- Special Educational Needs programmes
- GCSE P.E. training and assessments
- Work experience for School Students
- All aspects of 'Learning Outside the Classroom'
 - Develop new skills
 - Increase resilience
 - Improve confidence and self-esteem
 - Promote social and emotional learning
 - Facilitate flexible learning
 - Encourage sustainable living

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Why Danbury Outdoors?

Danbury Outdoors promotes safe, enjoyable, learning experiences for children and adults. This means, your safety is our priority. If you are safe on an activity, you'll have fun on an activity. If you're having fun...you might just learn something!

Please be encouraging of the opportunities available to try new activities and experience new environments.

We will not force young people to do anything they really don't want to do, but we will encourage them to have a go at things and try them out. We want to build young people's self confidence, not hold them back. Children are encouraged to work together and support one another in all aspects of the residential visit and they may even learn something new about themselves.

All of our staff work to support inclusivity at Danbury Outdoors, treating everyone specific to their needs.

Children will spend the some of the week with friends in activity and dormitory groups and have plenty of opportunities to make new friends too.

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- **Aerial Trekking**
- **Archery**
- BMXing
- Bridge Build
- **Bush Craft**
- **Canoeing**
- **Caving**
- **Climbing**
- First Aid
- Jacobs Ladder (High ropes)
- **Kayaking**
- Leap of Faith (High ropes)
- Low Ropes
- **Mountain Biking**
- **Obstacle Course**

- Orienteering
- Problem Solving
- Quad Biking*
- Raft Building
- Vertical Obstacle Course
- **Zip wire**

*12+ only

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Mountain Biking



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Obstacle Course



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Log cabins

- 10 log cabins, each with an en-suite toilet and wash basin
- They sleep between 8 and 10 young people and have a separate leaders room
- **Bedding you will need to bring yourselves - Pillow, pillow case, bottom sheet, duvet and duvet cover or; a sleeping bag and a pillow and pillow case.**
- There is a separate toilet and shower block



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Toilet and shower blocks

- The toilet and shower block is open 24hours a day
- Male, Female and disabled toilets



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All meals are catered for by Danbury Outdoors. You do not need to pack any food for your child during their stay (*except maybe for a packed lunch on the first day*)

The dining hall is open all day for drinks

Our catering team are experienced in dealing with different dietary requirements.

Please ensure that you pass dietary requirements onto the trip organiser at school so we can make the necessary arrangements.

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DANBURY SAMPLE MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
NONE REQUIRED	Cereal, Fresh Fruit Toast, Yoghurts Bacon, Sausage, Scrambled egg Hash Brown	Cereal, Fresh Fruit Toast, Yoghurts Croissant Sausage Baguette	Cereal, Fresh Fruit Toast, Yoghurts Bacon, Sausage, Scrambled egg Hash Brown	Cereal, Fresh Fruit Toast, Yoghurts Pain Au Chocolate Bacon Baguette	NONE REQUIRED	NONE REQUIRED
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Jumbo Sausage in a bun with Corn on the cob and fries	Pepperoni or Cheese & Tomato Pizza Served With Salad & Seasoned Wedges	Baked Potato With A Selection Of Hot & Cold Fillings	Build a roll with a selection of fillings packet of crisps	Choice of Beef or Chicken, Burger In A Bun Served With Cheese Salad & Chips	NONE REQUIRED	NONE REQUIRED
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Chicken With Gravy Potatoes Vegetables Yorkshire Pudding	Pasta Beef Bolognaise Sauce or Tomato & Basil Sauce Garlic Bread Salad	Pasties With Saute potatoes Vegetable	Battered Chicken with Sweet & Sour Sauce Rice Spring Rolls & Prawn Crackers	NONE REQUIRED	NONE REQUIRED	NONE REQUIRED
Chocolate Cake	Ice cream Roll	Waffles	Doughnut			
PLEASE ENSURE YOU ARE ON TIME FOR ALL YOUR MEALS.						
PLEASE MAKE SURE WE ARE AWARE OF ALL DIETARY REQUIREMENTS.						
ITEMS ON THIS MENU ARE SUBJECT TO CHANGE AT SHORT NOTICE.						

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All staff are:

- Fully trained to deliver activity sessions at Danbury Outdoors
- First aid trained
- Safeguarding trained and;
Have undergone enhanced DBS checks

There is a duty member of staff on site 24/7 during your stay

Site and grounds

Danbury Outdoors site is secured with a perimeter fence and an electronic gate system



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Please make sure you bring:

- Old clothing which is ok to get dirty (a plastic bag to put it all in when its dirty!)
We do not change between each session (unless your child health is at risk).
Our instructors get dirty and so will your children, its part of being in the outdoors!
- Fleece / hoodie (x2)
- T -Shirts
- Tracksuit bottoms (rather than jeans)
- Old trainers x2 (**proper footwear must be worn on all activities, no sandals, flip flops etc.**)
- Sensible pyjamas, suitable for a dormitory
- Waterproofs (a jacket is essential any time of the year; in winter, waterproof trousers are good if you have them)
- Sun hat and sun block / warm hat and gloves (depending on time of year)
- Towel and wash kit
- Medication?! Please clearly name any medication

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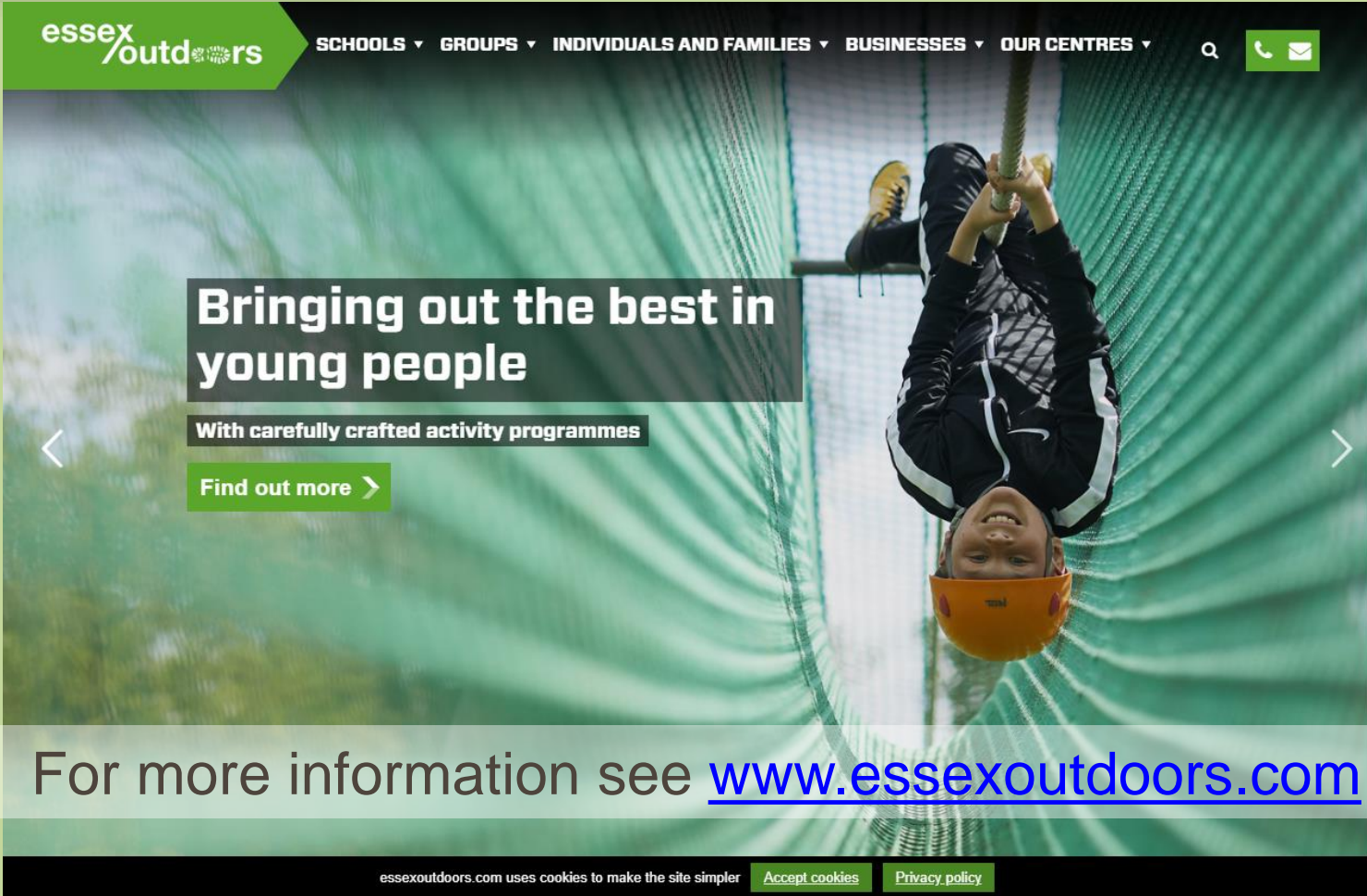


Please do **not** bring:

- Jewellery
- Expensive electrical equipment; mobile phones, personal music players
- Hair straighteners
- Money
- Anything you don't want to get lost or broken
- Extra "stuff"

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