



Visitors Information Sheet

Aids and Medication

The Calvert Trust Centre has been specially converted for use by people with disabilities, but please bring your own personal aids with you. There are a variety of aids available at the Centre including height adjustable beds, cot sides, monkey bars, toilet seat raisers, commodes, shower chairs, portable hoists, baby listeners and door alarms for loan if required. Please advise us of requirements beforehand as numbers of each are limited. Please make a note on your medical form of any medication you take and its dose and bring sufficient for your stay.

Catering

We are able to cater for gluten-free, lactose-intolerant, vegetarian, vegan and other medical diets if notified in advance. We do not have the facilities to provide strict Halal or Kosher food, but suitable vegetarian options will be provided

Care

Although Centre staff are on duty at all times, including providing site safety cover throughout the night, personal care is not provided. If you are concerned please discuss with the course organiser.

Bedding

All bedding is provided including feather-free duvets and pillows.

Mail

Mail can be addressed C/o The Calvert Trust, Little Crosthwaite, KESWICK, CA12 4QD.

Telephone

There is mobile phone reception at the centre but this is unreliable. A Wi-Fi internet service is available across most areas of the centre for those visitors who wish to bring their tablets or laptops. See the receptionist for username and password information so that you can log on.

Maps

Relevant maps are the Ordnance Survey Landranger Series 1:50,000 Sheet No. 90 and Outdoor Leisure Map 4 1:25,000 NW Lakes or Lake District Tourist Map 1: 63360. The Centre is at Grid Ref: 234276.

Arrival and Departure Times

Please arrive between 15:00 and 17:00. Your rooms will be ready from 16:00.

Checkout is 10am at the latest on the day of departure.

PLEASE NOTE: If you are arriving late and want to let us know outside of office hours (after 5pm) please call the Duty Instructor on 07876 788171.

Daily Routine

8.30	am	Cooked English breakfast
9.30	am	Activities commence (dependent upon the needs of some groups)
Lunch		Picnic (with soup in Winter) and drinks
4.45	pm	Return to Centre (approximate time)
6.00	pm	Three course evening meal
7.30	pm	Evening activities (when programmed)

Hot drinks are available at all times, free of charge.

Facilities

Sports hall, games room, television room, library / quiet room, sensory room, laundry and an indoor swimming pool with sauna are available on site. There is a tuck shop at the centre where confectionary and soft drinks area available. We have a music player in our Games Room. You may wish to bring some of your own music on CD or iPod.

Kit List

At the Calvert Trust the emphasis is on activity and it is more important to wear comfortable, practical clothing rather than fashion clothes. It is particularly important to keep warm and to have clothes to change into if you get wet. The Centre will provide waterproof protective clothing and boots, but you are welcome to bring your own if you have them.

Layers of clothes will keep you warm and you can always remove a layer if you are too hot. For example, two or three thinner jumpers are better than one thick sweater. In the winter months you may need to wear thermals or tracksuit trousers beneath your outer trousers for extra insulation.

The following items of clothing are regarded as essential for the activities carried out at the Calvert Trust. You can use this as a checklist.

- **Jumpers** - 2 or 3
- **Trousers** - giving freedom of movement, e.g. tracksuit bottoms (preferably not jeans as they become uncomfortable, very cold when wet and restrict movement)
- **Thick socks** - several pairs, and thin socks. Wool is warmest and most comfortable.
- **Trainers** - 2 pairs, one pair for wet activities, sailing and canoeing, and one for wearing around the Centre.
- **Hat and gloves or mittens**
- **Swimming costume**
- **Toiletries** - including soap
- **Towels** - 2 recommended (1 for swimming)

The following items are also suggested;

- **Changes of underclothes and T-shirts**
- **Shorts**
- **Casual wear for evenings**
- **Sun cream**
- **Camera**
- **Wellies** – please make sure your name is inside
- **Torch** – for night walks and trips to the mine

Wheelchair Users

Please bring a spare inner tube and, if you use a sports wheelchair, please also bring push handles.

Horse Riding is subject to a weight limit of 13 stone. Trap driving has a limit of 18st and is only available to visitors with disabilities. The limit for trap driving includes the weight of a wheelchair if needed.

HOW TO FIND US

Exit the M6 at junction 40 and take the A66 towards Keswick.

Remain on the A66 until roundabout with A591.

Turn right towards Carlisle.

Continue along the A591 for 3 miles.

The Calvert Trust Centre is on the right