



Plas Pencelli Outdoor Education Centre

Building positive futures for young people using real outdoor residential experiences

Information for Students

Bishop Wordsworth's School



www.plaspencelli.co.uk

GENERAL INFORMATION

Plas Pencilli was established as an outdoor education centre more than 40 years ago and has been a base for outdoor courses since then. It has a reputation for quality, "real adventure" and the professional and caring approach adopted by staff. For many young people from Swindon and Wiltshire, Plas Pencilli has been their first experience of outdoor activities and of living and moving in and around a wild country area. The Brecon Beacons National Park is a stunning example of this.

The Centre's main visitors are primary and secondary children from Swindon and Wiltshire schools, though increasingly groups are choosing to visit from wider afield. Apart from our general week courses in outdoor education the Centre runs a wide variety of other types of course. These include young people's adventure courses, activity weekends for a range of participants and national governing body award courses. Over the years the Centre has organised a number of expeditions to many locations, including Canada, Norway and France. Plas Pencilli is open for 50 weeks of the year and courses usually run from Monday to Friday.

Location

Plas Pencilli (Map Ref: 141-090248) is ideally placed for running outdoor education courses. It is situated in a rural setting within the Brecon Beacons National Park, on the southern fringe of the village of Pencilli. From an activity perspective, Plas Pencilli is ideally placed with some top class outdoor venues no more than 20 miles away. The River Usk flows close to the Centre, the Monmouthshire and Brecon Canal is within 200 metres and the River Wye is also within easy reach. This allows a full range of canoeing and kayaking ventures to be provided. The Centre has access to excellent terrain for hill and mountain pursuits, the land rising up from the grounds to the south west to the Brecon Beacons and to the east to the Black Mountains. These provide a wide variety of hill walking objectives and some excellent mountain biking for all abilities. With some of the longest caves in Europe within the region there are naturally numerous suitable sites for novice caving also. This includes Porth yr Ogof, probably the world's most popular introductory cave. The Gower Peninsular is little more than an hour away and this beautiful coastline provides excellent venues for climbing, sea-level traversing and surfing.

Premises

The Centre has at present 114 beds. These are distributed between the main house, the "Beacons Suite" annexe and the separate Lodge. The latter has recently been extended as part of a half a million pound refurbishment plan. The Lodge has self-catering facilities and can house up to 30 people on a self contained basis. During the summer months the fields are also used for camping by various groups. The Centre is set in its own attractive grounds covering 17 acres. These offer good areas for many different activities, including problem solving, orienteering, "night lines" and fieldwork studies.

Activities

Plas Pencelli provides residential courses for primary and secondary school students and also youth and adult groups. Courses for school students are designed to fulfil a variety of areas of the national curriculum along with contributing to general personal development. Most weeks will include a combination of activities including hill walking, caving, canoeing, kayaking and rock climbing. Other courses will be supplemented with mountain biking, surfing or sea-level traversing. Some schools choose to specialise in field studies. A full range of evening activities is provided by Centre staff. These usually involve an activity within the grounds and a review of the day's events via staff meetings and classroom sessions. Overnight security cover is also provided.

Staff

Outdoor

Head of Centre, Deputy Head, 4 Outdoor Education Instructors, 2 Centre Assistants and a Supply Panel of Instructors.

Administrative

2 part-time Secretaries

Site

Temporary handyman, 2 part-time cleaners and Centre Assistants 1 day a week

Catering

Head Cook, Assistant Cook and 2 part-time Cooks

Mission Statement

"Plas Pencelli strives to promote learning and achievement through the use of the Outdoors by focusing on personal development, effective relationships, social skills and appreciation of the natural world within a suitably safe, inclusive and challenging environment. This is promoted by maintaining good levels of staff training, welfare and health and safety."

Student Possessions

Money - there is little to spend money on during a stay at Plas Pencelli so it is advised that students bring only a modest amount.

Mobile phones - courses at Plas Pencelli are intense periods of personal development relying on establishing good levels of communication. Mobile phones can undermine this process. They are also a theft risk. We ask that students don't bring phones to Plas Pencelli.

Aerosol sprays - these can adversely effect asthmatics and set off fire alarms so that again students aren't allowed to bring these to the Centre.

Centre Shop

The Centre shop is available to be run by visiting staff during each evening if required. The Centre shop can be opened most evenings for sweets and drinks as well as souvenirs. Students need only bring a small amount of cash to the Centre, but it is useful if they are able to buy one chocolate bar to keep in their rucksack for emergency use. The following items are usually available from the shop:-

Drinks; Sweets; Pens; Pencils; Souvenirs; Postcards; Caps; T-Shirts

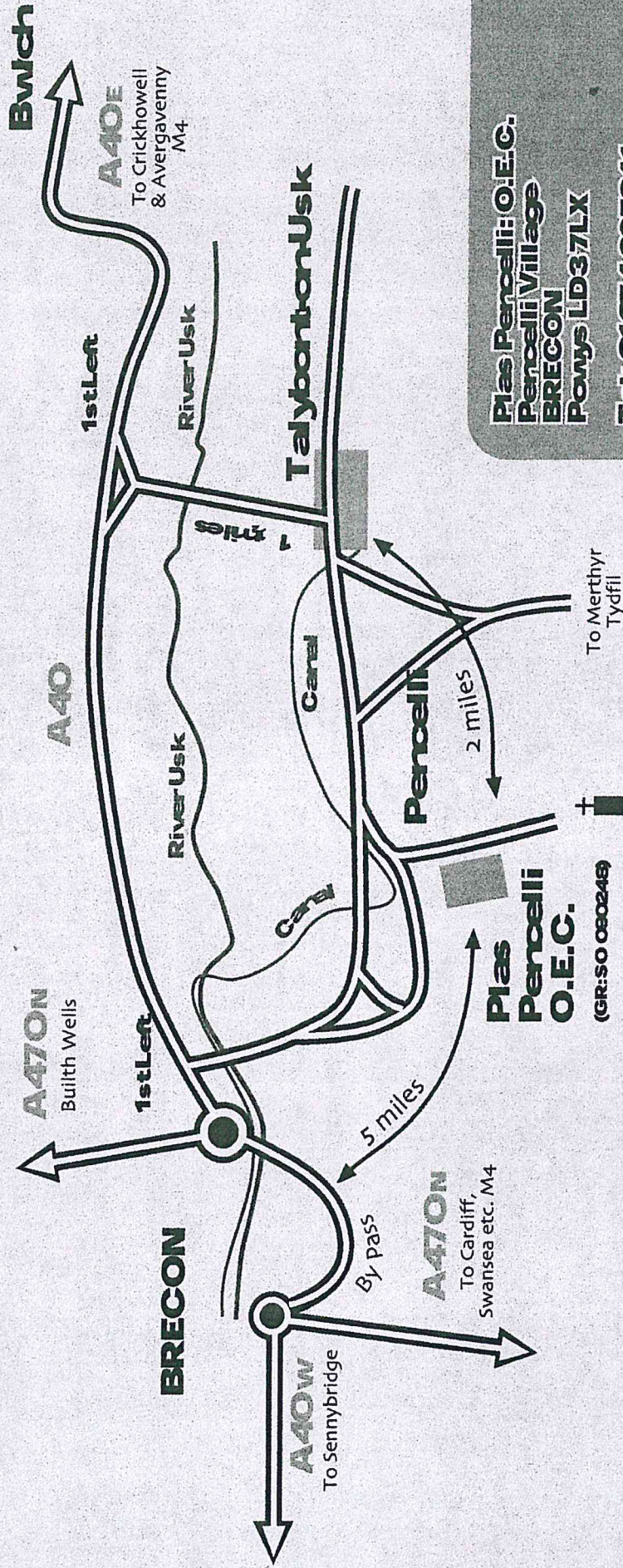
Please note: The office number is 01874 665241 which is available as an emergency contact number in office hours. Mr Green will have a school mobile, to be contacted only in case of emergency. Mr Green will provide updates via the school Twitter feed where possible.

SCHOOL MOBILE : 07887 653368

Twitter : @BWSTrips

How to find us (Actual Reality)

BLACK MOUNTAINS



Plas Pencelli: O.E.C.
Pencelli Village
BRECON
Powys LD3 7LX

Tel: 01874 665241
Fax: 01874 665257
E-mail: mail@plas.pencelli.co.uk

BRECON BEACONS

How to find us (Virtual Reality): www.plas.pencelli.co.uk

DAILY ROUTINE

- 7.30am Wake up - Wash - Tidy Room
- 8.15am Breakfast
- 9.00am Make Packed Lunch (Supervised by Assistants)
(Morning Briefing for Visiting staff & Instructors)
- 9.15am Outside Duties in Activity Groups
(Supervised by Instructors/Assistants)
followed by Activity Briefing by Instructor
followed by Preparation time for Activities

10.15am - 4.30pm

DAYTIME ACTIVITIES

- 4 30pm Return to Centre/Clean & Return Kit/Shower & Change
- 5.00pm Hot/Cold Drink in the Common Room
(Daily Review Meeting for All Staff in Staff Room)
- 5.15pm End of Working Day for Centre Staff (except duty staff)
- 5.30pm Records of Achievement in Activity Groups
- 6.00pm Evening Meal

7.15pm - 9.00pm

EVENING ACTIVITIES

- 9.00pm Free Time (Duty Instructor Leaves)
- 9.30pm-10.00pm Bed-Time?
- 10.30pm Lights Out (quiet)

PERSONAL KIT LIST

During your stay all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost everyday! You therefore need 3 to 4 complete sets of outdoor clothing at the very least! You'll also need everyday clothes for wear around the centre.

Check your labels!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore **jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided** for use on activities, particularly in the winter months. Fleece or woolen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable.

Personal Clothing

Plenty of underwear	1 pair of gloves
4 light tops (T, football or other casual)	1 woolly hat
4 heavier tops (jumpers, fleeces, sweatshirts etc)	1 pair of old trainers
4 pairs track suit bottoms, trousers, leggings etc.	1 set of swimwear
4 thick pairs of socks (for boots and wellies)	1 baseball hat*

Miscellaneous items

2 Towels (1 bath-size and 1 small)	2 Heavy-duty bin liners
Wash-kit	Torch with spare batteries
Set of pyjamas	Pen for Records of Achievement
Sunglasses*	Rubber gloves for Canoeing or Caving (optional)
Sun cream (at least factor 20)*	Camera (optional)
Lipscreen*	Pocket money for snacks & souvenirs

Sunburn: Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with *.

PLEASE DO NOT BRING!

- **MOBILE PHONES** create difficulties at the Centre. They are easily lost and broken, are a distraction from the social aims of the course and at worst can tend to exacerbate situations when used irresponsibly. Students are therefore asked not to bring them along. If they are then most visiting staff will ask for them to be handed over for safe keeping for the duration of the course. There are payphones available for student use at the Centre and Emergency Systems are in place both at Plas Pencelli and via each School.
- **AEROSOLS** can aggravate those with conditions such as asthma. They also trigger fire detectors when used in bedrooms. We ask that you use alternatives during your week.
- **ELECTRICAL EQUIPMENT** such as personal music players, electrical games etc. are out of synch with creating the right kind of an atmosphere for your course.

GET THE MOST OUT OF YOUR COURSE!

The emphasis at Plas Pencelli is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people.



PLAS PENCELLI OUTDOOR EDUCATION CENTRE



Activity Programme

	BLUE GROUP	GREEN GROUP	RED GROUP	YELLOW GROUP	ORANGE GROUP	PURPLE GROUP	Security	
SUNDAY	ARRIVE 5.30pm/WELCOME/INDUCTION							
MONDAY	MOUNTAIN BIKING	MOUNTAIN BIKING	CAVING	CLIMBING	CAVING	CLIMBING		
TUESDAY	CLIMBING	CAVING	MOUNTAIN BIKING	MOUNTAIN BIKING	CANOEING	CANOEING	DINGLE DESCENT	
WEDNESDAY	CANOEING	CLIMBING	CANOEING	CAVING	CLIMBING	MOUNTAIN BIKING	UNACCOMPANIED WALK	
THURSDAY	CAVING	CANOEING	CLIMBING	CANOEING	MOUNTAIN BIKING	CAVING	PROBLEM SOLVING	
FRIDAY	GORGE WALK	GORGE WALK	GORGE WALK	GORGE WALK	GORGE WALK	GORGE WALK	DEPART 2.30pm	

Bishop Wordsworth's School 23rd - 28th June 2019