Residential A Youth Scotland magnet supplement information Supplement

A GUIDE TO PLANNING A SUCCESSFUL RESIDENTIAL TRIP WITH YOUR YOUTH GROUP



About Youth Scotland

Youth Scotland is the network of youth clubs and groups in Scotland. It is the largest non-uniformed youth organisation in Scotland and one of the key providers of training, information, advice and support to part time and voluntary youth workers and the young people they support. Working in partnership with a network of area associations and local authorities, Youth Scotland is committed to supporting youth workers to deliver high quality, inclusive and effective youth work. For more information about the range of projects, programmes and training Youth Scotland currently offers log on to **www.youthscotland.org.uk**

A residential is often amongst the most memorable experiences of a young person's personal and social development. This supplement provides a guide to the basics for planning, organising and running a residential trip with a youth group in Scotland.

As well as key pointers and tips, the supplement contains a directory of residential and outdoor centres across the country.

Planning, running and evaluating a successful residential



Planning and Programming

Residentials can take place in a variety of settings and can encompass a range of different activities.

Identify what the purpose of the residential is before you begin planning - clear objectives will enable you to effectively measure the success of the residential once it is over. The type of residential you organise will depend on the needs of the young people you are working with and you should always involve young people at the planning stage. Things to consider include:

- When would be the best time to go? The needs of the young people in the group, the availability of venues and even the weather are factors you may need to consider.
- How many staff/volunteers will you need?
- Choosing activities what is the programme for your residential? Examples of activities can include activities based around environmental work, issue-based work, arts projects and personal development and may also include outdoor activities such as climbing, abseiling, walking, orienteering, sailing or kayaking.
- Youth Scotland's Keep It Real pack, available to order from the Youth Scotland website, includes a guide to planning a residential activity programme.

• Finance – how will your group or project fund the trip? Most funding streams do not fund residential trips specifically unless they are part of a wider project. You may wish to contact your local authority, or ask the young people involved to contribute to

the costs. Encouraging young people to undertake activities to fundraise for the trip can form part of the planning process and help to support a sense of ownership and responsibility in the project.





Choosing a Venue

The venue you choose for the residential should be suitable for the size of group and the age range of the young people that will be involved. You may wish to consider whether the location of the venue has appropriate travel links, but also whether you will have easy access to activities. Choosing a venue in the centre of a town, for example, can have its advantages and disadvantages. Whilst you may be closer to local amenities there may be added safety issues to consider.

The facilities you need will depend on your group's specific needs, but you may need to think about:

- Is there a large room to accommodate group activities?
- Catering facilities is the venue self-catering or does it provide a catering service?
- A comfortable 'living' space
- Sleeping accommodation that meets the requirements of your group - e.g. number of young people, appropriate sleeping arrangements for a mixed gender group

TOP TIP:

Book early! Residential and Outdoor Centres tend to get booked up very quickly. Always remember to have your booking confirmed in writing.

Safety and Insurance

You should always make sure that you have appropriate insurance cover of your own, or from the activity centre, for both travel and activities.

Your standard youth group insurance may not always cover activities your group undertakes whilst on a residential. Hazardous activities require certain additional safeguards and conditions to be met and they usually require an increased insurance premium.

For further details, you may wish to have a look at Youth Scotland's Insurance Matters information supplement, which can be downloaded from www.youthscotland.org.uk

If you are ever in doubt if an activity is classified as excluded or hazardous, contact your insurance provider. Youth Scotland affiliated groups should contact MacDonald Reid Scott insurance providers on 0141 331 1515.

Licensed Activity Providers

The Adventure Activities Licensing Authority inspects and licenses organisations offering adventure activities to young people aged under 18.

The website www.aals.org.uk has a searchable database of all organisations that are registered with the Licensing Authority as licence holders, including outdoor and residential centres and adventure activity providers.



CHECKLIST

You may find the following checklist useful in preparing for a Residential. Where appropriate, forms, details and equipment should be stored securely together by the course leader.



Consent forms completed (medical, contact, travel and media if appropriate) including emergency contacts if appropriate for the parents and guardians of young people.



Ensure parents and guardians have details of the course including details of who to contact if there is an emergency.



Risk Assessment completed.



Code of conduct prepared and agreed by staff and young people involved.



Emergency/Evacuation guidelines for site/accommodation.



Child Protection policy and procedures.



useful phone number list (local police, local hospital, local contact). Maps of location and accommodation layout.



Participant evaluation forms.



First Aid kit, where applicable.



Charged mobile phone and confirmed landline available at venue.



Ensure all staff have copy of relevant forms code of conduct, event and residential guidelines, reporting



forms, accident forms and risk assessment. Ensure all staff are aware of their roles and responsibilities, prior to, or at the start of the residential. If working with other organisations,



Ensure participants have been given suitable pre-course information, perhaps in the form of a pre-course information pack and/or a pre-course meeting.

If you would like to receive examples of the forms mentioned in this checklist, please contact meg.watson@youthscotland.org.uk.

it may be useful to draw up a partnership agreement.

Accrediting young people's involvement in residentials

The informal learning that takes place on residentials can be formally recognised through awards programmes such as the **Dynamic Youth Awards** (for those aged 10-14) and Youth Achievement Awards (for those aged 14 plus). For more information about both Awards programmes, please visit www.youthscotland.org.uk.

UK Youth have recently published a guide entitled 'Accrediting Residential Learning', which acts as a tool for anyone leading a residential with young people, enabling them to plan and deliver Youth Achievement Award accreditation as part of the residential experience. This publication will shortly be available to purchase through Youth Scotland please contact awards@youthscotland.org.uk to order.

After the Residential -**Evaluation and Reviewing**

After the residential it is important that your group takes time to consider what was successful and what could have been improved. You should also encourage them to consider how their new skills and experiences can be transferred to their every-day environment. The **Keep It Real** pack includes a number of practical Reviewing Activities that can support groups to evaluate their activities.



Directory of Residential and Outdoor Centres in Scotland

Below is a list of residential and outdoor centres you may wish to consider. These venues are listed by local authority area. Their inclusion in this guide does not mean they are endorsed by Youth Scotland, and we would always advise making your own enquiries and/or visiting the chosen centre before making a booking.

Aberdeenshire

• Sir Arthur Grants Centre (Aberdeenshire Council) Monymusk, Inverurie, Aberdeenshire, AB51 7JA Book through: Aberdeenshire Council Education and Recreation Office, Queens Road, Stonehaven, AB39 2QQ Tel: 01569 766960

Argyll and Bute

Ardentinny

Ardentinny, Dunoon, Argyll, PA23 7UH Tel: 01369 810271

Web: www.actualrealitycentres.com

Email: ardentinny@actualrealitycentres.com

Ardmay House

Arrochar, Argyll and Bute G83 7AH Tel: 01301 702 998

Web: www.ardmay.com Email: info@ardmay.com

 Ardroy Outdoor Education Centre Lochgoilhead, Argyll PA24 8AB

Tel: 01301 703 353/ 703 391 Web: www.outdooreducation.co.uk Email: info@outdooreducation.co.uk

• Benmore Centre (City of Edinburgh Council) By Dunoon, Argyll, Scotland PA23 8QX Tel: 01369 706337

Web: www.benmorecentre.co.uk Email: benmorecentre@benmorecentre.co.uk

• Blairvadach Outdoor Centre (Glasgow City Council) Rhu, Helensburgh, Argyll and Bute, G84 8NN Tel: 01436 820491

Web: www.blairvadach.org.uk

Email: bvprincipal@blairvadach.ea.glasgow.sch.uk

Castle Toward

Toward, Dunoon, Argyll PA3 7UH Tel: 01369 870249

Web: www.actualrealitycentres.com

Email: info@actualrealitycentres.com

• Glencoe Outdoor Centre Carnoch House, Glencoe, Argyll PH49 4HS Tel: 01855 811350

Web: www.glencoeoutdoorcentre.org.uk Email: Gocchris1@aol.com

• Kilbowie Outdoor Centre (North Lanarkshire Council) Gallanach Rd, Oban, Argyll, PA34 4PF Tel: 01631 563287

Web: www.ea.n-lanark.sch.uk/kilbowie Email: Kilbowieinfo@ea.n-lanark.sch.uk

• The Lochgoilhead Centre

(Scout Association National Centre) Shelter Park, Lochgoilhead, Argyll PA24 8AQ Tel: 01301 703217

Web: www.lochgoilhead.org.uk Email: info@lochgoilhead.org.uk

Dumfries and Galloway

• Abernethy Barcaple (Abernethy Trust) By Ringford, Kirkcudbrightshire, Scotland, DG7 2AP Tel: 01557 820261

Web: www.abernethy.org.uk Email: barcaple@abernethy.org.uk

Galloway Sailing Centre

Loch Ken, Castle Douglas, DG7 3NQ Tel: 01644 420 626

Web: www.lochken.co.uk Email: gsc@lochken.co.uk

Marthrown of Mabie

Mabie Forest, Dumfries, DG2 8HB Tel: 01387 247900

Web: www.marthrown.com Email: info@marthrown.com

• Stronord Outdoor Activity Centre

(Dumfries and Galloway Council) Stronord, Newtown Stewart, Wigtownshire, DG8 7BD Tel: 01671 402185

Web: www.dumgal.gov.uk

East Lothian

• Innerwick Outdoor Education Centre

(East Lothian Council) Innerwick, Dunbar, East Lothian EH42 1SE Tel: 01875 616 690

Web: www.eastlothian.gov.uk

Email: innerwick@eastlothian.gov.uk

City of Edinburgh

Bonaly Outdoor Centre

(Scout Association, South East Region) 71 Bonaly Road, Edinburgh, EH13 0PB Tel: 0131 441 1878

Web: www.bonaly.org.uk

Email: info@bonaly.org.uk Pilton Retreat

70 Baird Rd, Ratho, Newbridge EH28 8QZ Tel: 0131 333 1659

Eilean Siar/ Western Isles

• Scaladale Activity Centre

(Lewis and Harris Youth Clubs Association) Ardvourlie, Isle of Harris, Western Isles, HS3 3AB Tel: 01859 502 502

Web: www.scaladale.co.uk Email: scaladale@ukonline.co.uk

• Uist Outdoor Centre

Cearn Dusgaidh, Lochmaddy, Isle of North Uist, HS6 5AE Tel: 01876 500 480

Web: www.uistoutdoorcentre.co.uk

• Fordell Firs National Activity Centre

(Scout Association National Centre) Hillend, Near Dunfermline, Fife KY11 7HQ Tel: 01383 412704

Web: www.fordell-firs.org.uk Email: warden@fordellfirs.org.uk

Glasgow City

• Auchengillan Outdoor Centre

(Scout Association - Clyde Region) Blanefield, Glasgow, G63 9AU Tel: 01360 771 197

Web: www.auchengillan.com

Email: centre@auchengillan.com

Highland

• Abernethy Ardgour Adventure Centre

(Abernethy Trust) Fort William, Inverness-shire, PH33 7AD Tel: 01967 411 222

Web: www.abernethy.org.uk Email: ardgour@abernethy.org.uk

• Abernethy Nethybridge (Abernethy Trust) Inverness-shire, PH25 3ED Tel: 01479 821 279

Web: www.abernethy.org.uk

Email: nethybridge@abernethy.org.uk

• Alltnacriche (Scripture Union Scotland) Lynwilg, Aviemore, Inverness-shire, PH22 1PZ Tel: 01479 810 237

Web: www.suscotland.org.uk/centres/ alltnacriche.aspx

Ardenbeg Bunkhouse and Outdoor Centre

Grant Road, Grantown on Spey, Inverness-shire PH26 3LD Tel: 01479 872 824

Web: www.ardenbeg.co.uk Email: enquiries@ardenbeg.co.uk Badaguish Centre

Aviemore, Invernesshire, PH22 1QU Tel: 01478 861 285

Web: www.badaguish.org

Email: info@badaguish.org

Craggan Outdoors Bunkhouse and Bothy

Craggan Outdoors, Craggan Golf Course, Grantown on Spey PH26 3NT Tel: 01479 873 283

Web: www.cragganoutdoors.co.uk Email: info@cragganoutdoors.co.uk

Craigower Lodge

Golf Course Rd, Newtonmore, Inverness-shire, PH20 1AT Tel: 01540 673319

Web: www.activeoutdoorpursuits.com Email: info@activeoutdoorpursuits.com

Fairburn Activity Centre

Marybank, Muir of Ord, Inverness-shire, IV6 7UT Tel: 01997 433397

Web: www.fairburncentre.com

Email: enquiries@fairburncentre.com

• Glenborrodale Outdoor Education Centre

(Clubs for Young People) Glenborrodale, Acharcle, Argyll PH36 4JP Tel: 01972 500 241

Web: www.glenborrodale-activities-centre.co.uk Email: glenborrodale@clubsforyoungpeople.org.uk

• Glenfeshie Hostel

Kincraig, Inverness-shire, PH21 1NH Tel: 01540 651 323

Web: www.glenfeshiehostel.co.uk Email: info@glenfeshiehostel.co.uk

Glenmore Lodge

Aviemore, Invernesshire, PH22 1QU Tel: 01479 861 256

Web: www.glenmorelodge.org.uk Email: enquiries@glenmorelodge.org.uk

• Highland Adventure Centre

Knockshannoch, Glenisla, Blairgowrie, Perthshire, PH11 8PE Tel: 01575 582238

Web: www.highlandadventure.co.uk Email: jbsmuir@highlandadventure.co.uk

Lagganlia Centre for Outdoor Education

(City of Edinburgh Council) Kincraig, Kinguusie, Inverness-shire, PH21 1NG

Tel: 01540 651 265 Web: www.lagganlia.com Email: info@lagganlia.com

Raasay House

Isle of Raasay, By Kyle, Scotland, IV40 8PB Tel: 01478 660 266

Web: www.raasay-house.co.uk Email: info@raasay-house.co.uk

• Rus Reidh Lighthouse

Malvaig, Gairloch, IV21 2EA Tel: 01445 771 263

Web: www.ruareidh.co.uk Email: ruareidh@tiscali.co.uk

Sabhal Mor Ostaig

An Teanga, An t-Eilean Sgitheanach, Alba, IV44 8RQ Tel: 01471-888000

Web: www.smo.uhi.ac.uk Email: oifis@smo.uhi.ac.uk

Snowgoose Mountain Centre

The Old Smiddy, Station Rd, Corpach, Fort William, PH33 7JH Tel: 01397 772467

www.highland-mountain-guides.co.uk

Email: enquiry@highland-mountain-guides.co.uk

Whitewave

Lincro, Kilmuir, Isle of Skye, IV51 9YN Tel: 01470 541 414

Web: www.white-wave.co.uk Email: info@white-wave.co.uk



Inverclyde

 Sportscotland National Centre Inverciyde (Sportscotland)

Burnside Road, Largs KA30 8RW Tel: 01475 687 806

Web: www.sportscotland.org.uk

Email maureen.chantry@sportscotland.org.uk

• Cromdale Outdoor Centre (Aberdeen City Council) Book via Adventure Aberdeen, Summerhill Centre, Stronsay Drive Aberdeen, AB15 6JA Tel: 01224 346 191

Web: www.aberdeencity.gov.uk Email: adventureaberdeen@aberdeencity.gov.uk

• Findhorn Village Centre Church Place, Findhorn IV36 3YR Tel: 01309 692 339

Web: www.findhornvillagecentre.co.uk Email: info@findhornvillagecentre.co.uk

• Cullen Community & Residential Centre (Moray Council) Seafield Road, Cullen, AB56 4AF Tel: 01542 840701

Web: www.moray.gov.uk Email: cullen.cc@moray.gov.uk

North Ayrshire

• Arran Outdoor Education Resource

(North Ayrshire Council) North Ayrshire Council, Council Offices, Lamlash, Island of Arran, KA27 8KB Tel: 01770 600 532

Web: www.arranoutdoor.co.uk Email: ArranOutdoor@north-ayrshire.gov.uk

Orkney Islands

• Birsay Outdoor Centre (Orkney Islands Council) Birsay, Orkney, KW17 2LY

• The Hoy Centre (Orkney Island Council) Hoy, Orkney, KW16 3NJ

• Rackwick Outdoor Centre (Orkney Islands Council) Rackwick, Hoy, Orkney, KW16 3NJ

Bookings for all Orkney outdoor centres can be made via: The Dept of Education and Recreation Services Orkney Islands Council, School Place, Kirkwall, KW15 1NY Tel: 01856 873 535 ext 2417

Web: www.hostelsorkney.co.uk Email: bookings@hostelsorkney.co.uk

Perth and Kinross

• Belmont Centre

(Scottish Outdoor Education Centres) Meigle, Strathmore, Perthshire PH12 8TG Tel: 01899 221 115

Web: www.soec.org.uk Email: belmont@soec.org.uk

• Blackwater Outdoor Centre

(Perth and Kinross Council) Bookings can be made via Perth and Kinross Council, Blackfriars Development Centre, North Port, Perth, PH1 5LU Tel: 01738 477 878

Web: www.pkc.gov.uk Email: lamowatt@pkc.gov.uk

• Glenshee Lodge (Compass Christian Centre) By Blairgowrie, Perthshire, PH10 7QD Tel: 01250 885 209

Web: www.compasschristian.co.uk



Spittal of Glenshee, by Blairgowrie, PH10 7QE Tel: 01250 885 255

Web: www.gulabinlodge.co.uk Email: info@gulabinlodge.co.uk

• Kinloch Rannoch Outdoor Centre

(Perth and Kinross Council) Bookings can be made via Perth and Kinross Council, Blackfriars Development Centre, North Port, Perth, PH1 5LU

Tel: 01738 477 878 Web: www.pkc.gov.uk Email: pksport@pkc.gov.uk

• Lendrick Muir (Scripture Union Scotland) Rumbling Bridge, Kinross, Perthshire, KY13 0QA Tel: 01577 842000

Web: www.suholidays.org.uk/sites/ lendrick-muir.htm

• Meggernie Outdoor Centre

(Scout Association National Centre) Fasgadh, Bridge of Balgie, Glenlyon, nr. Aberfeldy, Perthshire, PH15 2PP Tel: 01887 866 231

Web: www.meggernie.org Email: warden@meggernie.org.uk

 Stanley Nairne Centre At Dalquise, Near Dunkeld, Perthshire

Web: www.stanleynairnecentre.com Email: bookings@stanleynairnecentre.com

Renfrewshire

Tel: 0131 555 6123

 Lapwing Lodge Outdoor Centre (Scout Association – West Region)

Gleniffer Road, Paisley PA2 8UL Tel: 01505 812 035

Web: www.lapwinglodge.org.uk Email: warden@lapwinglodge.org.uk

Scottish Borders

• Broomlee Centre

(Scottish Outdoor Education Centres) West Linton, Borders, EH46 7BU Tel: 01899 221 115

Web: www.soec.org.uk Email: broomlee@soec.org.uk

Netherurd House

Blyth Bridge, West Linton, Peebleshire, EH46 7AQ Tel: 01968 682 208

Web: www.netherurdhouse.co.uk Email: bookings@netherurdhouse.co.uk

• Tweedsmuir Outdoor Centre Tweedsmuir, ML12 6QP Tel: 01899 880 252

• Whithaugh Park (Barnabus Trust) Whithaugh Park, Newcastleton, Scottish Borders, TD9 0TY Tel: 01387 375394

Web: www.barnabas.org.uk Email: whithaugh@barnabas.org.uk

Shetland Islands

• Bridge End Outdoor Centre Bridge-end, Quarff, ZE2 9LE

Email: cw.scalloway@shetland.gov.uk

Voxter Outdoor Centre

4 Havragrod Brae, Shetland, ZE2 9SZ Tel: 01595 743969 Email: cw.brae@shetland.gov.uk

South Ayrshire

• Dolphin House (South Ayrshire Council) Cluzean Castle and Country Park, Maybole, South Avrshire, KA19 8JX Tel: 01655 760600

Web: www.thedolphinhouse.co.uk

South Lanarkshire

• Abernethy Ardeonaig Adventure Centre (Abernethy Trust) By Killin, Perthshire, FK21 8SY Tel: 01567 820 523

Web: www.abernethy.org.uk

Loaningdale Centre

(Scottish Outdoor Education Centres) Loaningdale Centre, Carwood Road, Biggar, ML12 6LX Tel: 01899 221 115

Web: www.soec.org.uk Email: loaningdale@soec.org.uk

Wiston Lodge

Millrigg Road, Wiston by Biggar, South Lanarkshire, ML12 6HT Tel: 01899 850 228

Web: www.wistonlodge.co.uk Email: info@wistonlodge.co.uk

Stirling

• Carronvale House (The Boys' Brigade) Carronvale Road, Larbert, Stirlingshire, FK5 3LH Tel: 01324 562 800

Web: www.carronvalehouse.co.uk Email: ann.dickson@boys-brigade.org.uk

• Dounans Centre (Scottish Outdoor Education Centres) Dounans Centre, Aberfoyle, Stirling, FK8 3UT Tel: 01899 221 115

Web: www.soec.org.uk Email: dounans@soec.org.uk

West Dunbartonshire

 West Dunbartonshire Council Outdoor **Education Service**

Balloch Castle, Balloch Country Park, West Dunbartonshire, G83 8LX Tel: 01389 720753

Web: www.west-dunbarton.gov.uk/educationand-learning/outdoor-education/

West Lothian

• Low Port Centre (West Lothian Council) 1 Blackness Rd, Linlithgow, West Lothian, EH49 7HZ Tel: 01506 775 390

Web: www.lowportcentre.co.uk Email: lowport.centre@westlothian.gov.uk









or visit our website

netherurdhouse.co.uk







SOME MORE USEFUL LINKS...



Scout campsites and activity centres

There are numerous Scout campsites and activity centres across the country, many of which also provide indoor residential accommodation and are open to youth and community organisations. Scottish Scout Headquarters operates three national centres. These and other Scout Activity Centres with full-time staff. are included in the directory. Other large centres include Aberdeen (Templars Park), Dundee (Douglaswood) and West Lothian (The Craigs). Details of these and many other Centres can be found by searching Campsite Directory at www.scouts-scotland.org.uk.

The Scottish Youth Hostelling Asociation (SYHA) - www.syha.org.uk

Download brochure:

www.syha.org.uk/pdf/groups_brochure_2008.pdf

SYHA also run 'Give Us a Break', a social inclusion programme which provides funding for disadvantaged young people to take part in residentials. For more info see

www.svha.org.uk/groups schools/give us a break.aspx or contact the Education & Inclusion reservations staff at education@syha.org.uk or by telephoning 0845 293 7373.

Scottish Independent Hostels

www.hostel-scotland.co.uk

Download brochure:

www.hostel-scotland.co.uk/PDFs/SIH_Blue_Guide_2009.pdf

Visit Scotland

www.visitscotland.com

Scottish Campsite directory

www.scottishcamping.com

Sailing Residential Trips

There are a number of organisations that provide organised residential sailing trips for young people:

- Ocean Youth Trust Scotland www.oytscotland.org.uk operates three sailing ships which take young people aged between 12 and 24 to sea on youth development residentials
- Cirdan Sailing Trust www.cirdansailing.com specialises in enabling groups of young people to experience the challenge and adventure of life at sea on large sailing vessels, and departs from ports across the UK

UK National Parks - www.nationalparks.co.uk

Institute for Outdoor Learning

www.outdoor-learning.org

British Activity Holiday Association www.baha.org.uk

Children and Young People Now directory

The Children and Young People Now web site has a searchable directory of outdoor education and adventure activity providers across the UK. Search for them at

http://scypnow.blueboomerang.com

Accommodation outside **Scotland**

UK Youth's Avon Tyrrell Centre

If you're planning a residential in England, you might want to consider Avon Tyrrell, UK Youth's Activity Centre set in 65 acres in the New Forest. The centre provides a range of outdoor activities including high and low ropes, archery, environmental activities, climbing, abseiling, kayaking, mountain biking and many more, including a trip on the zip wire. Avon Tyrrell has a variety of accommodation consisting of staying full board in Avon Tyrrell's beautiful house, self catering in one of the Scandinavian style lodges or camping. Please contact info@ukyouth.org, phone 01425 672347 or visit www.avontyrrell.org.uk to find out more.



Also see England's Youth Hostelling Association (YHA) www.yha.org.uk or

Enjoy England, www.enjoyengland.com.





Youth Scotland, Balfour House 19 Bonnington Grove, Edinburgh EH6 4BL

Tel: 0131 554 2561 Fax: 0131 454 3438

Email: office@youthscotland.org.uk Web: www.youthscotland.org.uk.