

# GREAT POTHERIDGE HOUSE

## INTRODUCTION

The courses operated by Encompass Training SW Ltd are designed to provide adventurous experiences which require the application of a mixture of physical, mental and social skills. Opportunities will arise to work, not only as an individual, but also in a team-work situation, on tasks and activities which are challenging, stimulating and enjoyable. It is important to realise from the beginning that the time spent at Great Potheridge is neither an activity holiday nor an endurance test, but a life skills course, providing a real learning experience, combining decision making, communication, and responsibility with excitement, adventure and fun.

## GREAT POTHERIDGE HOUSE

Great Potheridge House was built in the 1660s for General George Monck, Captain General of all His Majesty's Land Forces, who formed the Coldstream Guards in 1660, restored King Charles II to the throne, stopped another civil war, took the military out of politics and organised the rebuilding of London after the Great Fire. The house, together with the barn complex, now provides comfortable accommodation for groups of approximately 70 students in bunk rooms for 6,8 or 10 people, complete with showers and toilets. Duvets and bedding are provided. Outside, there are 6 acres of grounds that are used for a range of on-site activities.

## PROGRAMME

During any course there will be a full programme of activities, although precise content will depend upon the weather, the conditions and the abilities of the group.

The course will be developmental in nature, using both outdoor activities and other means to help participants to become confident in their own abilities. Other elements develop communication skills and help students to work effectively with others. Opportunities will be given to review the experience, both within the group and on an individual basis.

Every course is tailor-made for each group, so you will need to speak to your group leader to find out which activities you will be doing. See our website for examples of what we offer.

## THE ADVENTURE ACTIVITY LICENSING SERVICE

Encompass Training is licensed to provide the following activities under Licence No R/0720.  
Watersports (kayaking, open canoeing, improvised rafting), Climbing (rock climbing, abseiling, sea level traversing, gorge scrambling), Trekking (hill walking, mountaineering)

## **SAFETY**

Safety is a major consideration in all of our activities, as some of them, by their very nature, can include elements of risk and danger. Recognising this fact is the key element in taking every step to ensure that this risk is reduced to a minimum. Both the staff team and the equipment used are of the highest calibre, whilst the sites used for activities are tried and tested.

Nevertheless, it is important that students adhere to the safety regulations and carry out the instructions issued by our staff at all times. Those who are unwilling or unable to do so may, for the safety of themselves and others, be removed from the activity or from the course.

In addition to our AALS Licence to run adventurous activities, we are inspected by the British Activity Providers Association and have Learning Outside the Classroom accreditation. We are members of the British Activity Providers Association.

A consent form will have to be completed. Please ensure that it is filled in accurately so that we have the information about you that we need. It is possible to cope with almost every eventuality, providing that the information is available in advance.

Encompass Training SW Ltd has full public liability insurance cover up to a limit of £5 million. Details are available on request. Personal accident, cancellation and personal belongings are not covered.

Personal belongings are the responsibility of their owners. Encompass Training accepts no liability for any personal effects. It is your choice whether to take out personal insurance to cover such things as illness, injury and personal belongings.

## **EQUIPMENT AND KIT LIST**

All specialist equipment will be supplied. However, if you have any of your own equipment, please bring it with you.

Please don't bring any unnecessary valuables, such as jewellery, electronic games equipment, laptops or large amounts of money. Encompass Training cannot accept responsibility either for the loss or the safe keeping of any of these or other valuable items, including mobile phones.

Bring a small amount of spending money as you may have the opportunity to buy the occasional ice cream.

Please ensure that you bring the following: (It would be most helpful if all items are named)

- Waterproof jacket and trousers (if you have them)
- 2 changes of outdoor clothes – bring old ones!
- Long sleeved shirts/tops
- T-shirts
- Trousers
- Socks and underwear
- Shorts
- Swimming costume
- Towel
- Hat and gloves
- Warm jumpers/fleece
- Wellie boots
- Torch and spare batteries
- Drinks/water bottle
- 2 poly bin liners for wet clothes
- At least 2 pairs of trainers (old ones which can be used for water sports)
- Wash bag
- Night clothes
- Any medication you may be taking
- A small amount of money
- If you have a rucksack, even a small one, then bring it!

Please bring everything listed above. If it is on the list, then you will need it. The most commonly forgotten items are a torch, the poly bin liners and a towel. We do have a stock of wellies and waterproofs if you do not have any.