

Residential Group Activity Booking Form (revised Jan 2023)

Important note when completing in WORD: Text may only be added in the white cells. Please do **not** press <RETURN> if typing in a cell, just re-position the cursor where you need it next. If deleting text, position the cursor to the right of text to be deleted and then use the delete/backspace key.

Group Name:	
Date(s) of visit:	

Bookable Activities – see page 2 for more information or visit www.urbansaints.org/westbrook	Cost (excl VAT)	No. people	Total cost
Archery (15 max, 1.5 hrs)	£7.50 pp		£
Catapult target shooting (20 max, 1 hr)	£4.50 pp		£
Orienteering (40 max, 1 to 1.5 hrs)	£3.00 pp		£
Basic Shelter Building & Fire Lighting (30 max, 1.5 hrs)	£6.00 pp		£
Basic Shelter Building, Fire Lighting and Water Filters (30 max, 2 hrs)	£7.00 pp		£
Woodland Mindfulness Games (40 max, 1.5 hrs)	£6.00 pp		£
Ecology Walk (30 max, 1.5 hrs)	£4.00 pp		£
Natural Cordage (30 max, only available as part of the full day of Bushcraft)	£7.00 pp		£
Tracking & Hunting Skills (30 max, 2 hrs)	£6.00 pp		£
Advanced Shelter Building (30 max, 2 hrs)	£6.00 pp		£
Advanced Fire Lighting (30 max, 3 hours)	£7.00 pp		£
Advanced Bushcraft – Half Day (30 max, 4 hrs)	£9.00 pp		£
Advanced Bushcraft – Full Day (30 max, duration dependent on afternoon activity)	£9.00 pp + cost of afternoon activity		£
Afternoon activity choice: Woodland Mindfulness Games (Tick appropriate box in Cost column)	£6.00 pp	<input type="checkbox"/>	
Ecology Walk	£4.00 pp	<input type="checkbox"/>	
Advanced Shelter Building	£6.00 pp	<input type="checkbox"/>	
Natural Cordage (available spring/summer only)	£7.00 pp	<input type="checkbox"/>	
Campfire	£10.00 per fire	No. fires:	£
Swimming Pool (inc. lifeguard, 28 max per session)	£40.00 per hour	No. hours:	£

PLEASE NOTE:

- The charges below apply to residents. Please enquire for charges that apply to day visitors.
- All activities are suitable for all ages, whether adults or young people.
- If an activity is only booked for young people under 18, then for supervision purposes one adult will be required to be present for every 10 young people taking part. The adults do not have to pay if they are purely acting as supervisors.
- For all bushcraft activities, a minimum group size of 10 paying participants is required.

- You may make additions or amendments to your bookable activities **up to two weeks before your visit**. See the *Terms & Conditions* section of the main Booking Form.
- Every reasonable effort will be made to provide each booked activity, but we reserve the right to offer an alternative should this be necessary, or you may cancel the activity and will not be charged.
- VAT is added to all prices unless groups have a current Energize subscription with Urban Saints or are a registered Urban Saints Group.

The following activities are also available on-site and are free to residents:

- Frisbee Golf (5-hole course around grounds);
- Soccer (5-a-side and 11-a-side grass pitches available);
- Volleyball (outdoor grass court);
- Outdoor Giant Chess;
- Enclosed hard court for Basketball, Unihoc or 5-a-side soccer;
- Low ropes and climbing wall (requires adult supervision);
- Games Room (table tennis, pool, board games).

Details of Bushcraft Activities

INTRODUCTORY BUSHCRAFT

An engaging introduction to the world of bushcraft outlining some of the basic principles and core skills.

Basic Shelter Building & Fire Lighting – £6.00 pp

A perfect introductory course for those new to bushcraft. Learn some basic survival techniques including team shelter building and fire lighting with flint and steel.

Maximum group 30 per session. Duration 1.5 hours. One adult per 10 children required for supervision.

Basic Shelter Building, Fire Lighting & Water Filters – £7.00 pp

A more detailed introductory course with the addition of making water filters.

Maximum group 30 per session. Duration 2 hours. One adult per 10 children required for supervision.

ADVANCED BUSHCRAFT

Our advanced bushcraft activities are ideal for those who have already mastered the basics and are seeking a more in-depth experience.

Woodland Mindfulness Games – £6.00 pp

Our woodland games are a great way for young people to connect with the natural world in a mindful and engaging way. This is a great activity for developing teamwork and breaking the ice as well as helping participants to reconsider their relationship with nature.

Maximum group 40 per session. Duration 1.5 hours. One adult per 10 children required for supervision.

Ecology Walk – £4.00 pp

Enjoy an exploratory walk through our magnificent woodland and meadows where you will learn all about Westbrook's fascinating habitats and wildlife. If suitable, the Ecology Walk can incorporate Biblical connections and reflections.

Maximum group 30 per session. Duration 1.5 hours. One adult per 10 children required for supervision.

Natural Cordage – £7.00 pp

Learn how to strip, boil and weave natural woodland fibres into ropes and slings, and learn about knots and their uses. This activity is only available in the spring and summer and must be incorporated into a full day of bushcraft (see below).

Maximum group 30 per session. One adult per 10 children required for supervision.

Tracking & Hunting Skills – £6.00 pp

No animals will be harmed! Creep through the woodland and discover the marks left by local wildlife, as well as learning different hunting techniques from around the world.

Maximum group 30 per session. Duration 2 hours. One adult per 10 children required for supervision.

Advanced Shelter Building – £6.00 pp

Split into groups and try out some of the different styles of shelter that can be built in a woodland using the resources around you as well as basic manmade items. Learn some of the most useful knots and get creative putting them to use.

Maximum group 30 per session. Duration 2 hours. One adult per 10 children required for supervision.

Advanced Fire Lighting – £7.00 pp

Beginning with our neolithic ancestors, learn the many ways humans have made fire throughout history. Discover all the natural types of tinder available around us and try your hand with tools such as the bow drill.

Maximum group 30 per session. Duration 3 hours. One adult per 10 children required for supervision.

HALF DAY: Advanced Fire Lighting & Campfire Cooking – £9.00 pp

Following a journey through man's history with fire you will assist with the building of a communal campfire which will be used for campfire cooking. Enjoy a hearty vegetable soup for lunch along with the ever-popular 'bread-on-a-stick' and baked apples.

Maximum group 30 per session. Duration 4 hours. Activity will begin at 9am with campfire cooking providing lunch for group. Campfire cooking menu is subject to change based on group's dietary requirements. One adult per 10 children required for supervision.

FULL DAY: Advanced Fire Lighting, Campfire Cooking & Afternoon Advanced Bushcraft Activity of Your Choice – £9.00 pp plus cost of afternoon activity (see below for options)

After your morning of fire lighting and campfire cooking choose from the following afternoon activities: Woodland Mindfulness Games, Ecology Walk, Advanced Shelter Building or Natural Cordage (season dependent).

Maximum group 30 per session. Duration dependent on afternoon activity. Morning activity will begin at 9am with campfire cooking providing lunch for group. Campfire cooking menu is subject to change based on group's dietary requirements. One adult per 10 children required for supervision.