



PAL FITNESS EDUCATION

COMMUNITY INTEREST COMPANY

What to expect at PAL camps this October

We are so excited to welcome your children to PAL Fitness Education camps this October half term! We have lots of exciting activities, trips and Halloween-themed fun planned across our locations.

To help you and your child feel prepared, we have put together this guide with everything you need to know before attending camp.

Arrival and Registration

Our camps run from **8:30am until 3:00pm**. Please follow the PAL signs when you arrive, and a member of our team will direct you to the correct drop-off point.

When dropping off your child, a member of staff will check them in against our register.

Although we receive allergy and medical information through your booking, **please confirm any allergies, medical conditions or important updates with a member of staff on arrival** so we can ensure everyone has the correct information.

We use coloured wristbands to help staff identify children with allergies and children who do not have consent for photographs. Please ensure the information provided during booking is accurate and up to date.

If there have been any changes to your child's medical needs, medication, collection arrangements or other important information, please let us know before or at drop-off.

Swimming opportunities

At selected locations, children aged 8 and over who are confident swimmers may have the opportunity to attend swimming sessions.

If your child would like to participate, please let a member of staff know on the day and ensure they bring:

- Swimming costume or trunks.
- A towel.
- A water bottle.
- Any other essential swimming items.

Swimming is subject to the activities planned at your child's camp and staff arrangements, so please check with your location if you are unsure whether swimming is available.



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Early drop off and late pick up

Children who have prebooked early drop off can arrive from 8 am and late pickups are until 4pm. This is on a prebooking basis and not walk ins, so please ensure you have booked this beforehand. This is booked through our booking site Pebble, and it's located in the 'add-on' section on your booking. If you need to add this on then please email to let us know and we can book this on for you. Please email info@pal-fitness-education.org.uk

For children whose parents have booked the Halloween party add-on for Wednesday 28th, we have an extra treat planned!

Children attending our **Evesham and Pershore camps** who have booked the add-on will be transported by minibus to TDMS School for the Halloween disco in the afternoon.

Important collection information:

- Collection will be at **4:30pm from TDMS School**, rather than your usual camp location.
- Parents and carers are welcome to arrive early and join in the fun.
- If you wish to collect your child before the party finishes, please speak to a member of staff and ensure your child is formally signed out.
- Children are welcome to bring a Halloween costume in their bag to change into for the disco.

There will also be a tuck shop at the disco to raise funds for PAL Fitness Education. Children may bring a small amount of pocket money if they wish, but they will be responsible for keeping it safe and managing their spending.

Youth Camp

Pershore Youth Camp – Abbey Park School

Our Pershore Youth Camp runs from **9:00am until 3:00pm**.

Please drop off and collect your child at Abbey Park School, Pershore.

Once all children have arrived, our team will transport them by minibus to the Sergeants Mess in Norton, where they will have access to a fantastic range of youth facilities, including a pool table, darts board, kitchen and other recreational spaces.

At the end of the day, children will be transported back to Abbey Park School for collection at 3:00pm.

Please ensure your child arrives promptly for registration and is collected from the correct location.



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Evesham Youth Camp – TDMS School

Our new Evesham Youth Camp at TDMS School also runs from **9:00am until 3:00pm**.

Please follow the PAL signs to the hall where our team will welcome your child.

Early drop-off and late pick-up can be selected as add-ons through your Pebble booking, subject to availability.

What to bring with you

We want children to feel comfortable, prepared and ready to get involved in everything we have planned.

Food and drink

Please ensure your child brings:

- A healthy packed lunch.
- A refillable water bottle.

Please label lunchboxes and water bottles clearly with your child's name to help prevent items from getting lost.

PAL camps are nut-free environments. Please ensure all food brought from home is free from nuts. This includes products such as Nutella, nut-based spreads and some cereal bars.

Please do not send fizzy drinks with your child. Water is the best option to keep them hydrated throughout the day.

If your child has a serious allergy or requires specific dietary arrangements, please ensure this has been discussed with our team in advance.

Clothing and spare clothes

Our camps include a wide range of activities, including messy play, crafts, baking, outdoor games and sports. We want children to feel confident joining in, so please send them in clothes that you don't mind getting a little mucky!

We recommend bringing:

- Comfortable clothing suitable for active play.
- A complete change of clothes.
- A waterproof coat.
- Weather-appropriate layers, including a warm hat if needed.



- Suitable outdoor footwear.

We aim to get outside as much as possible, whatever the weather, so please dress your child accordingly.

For safety reasons, Crocs, sliders, flip-flops and other open-toed or unsuitable footwear are not permitted. Children need secure footwear that allows them to participate safely in sports and other activities. Trainers are ideal for most camp days.

Trip-specific clothing

St Peter's Camp – Wessons Farm

Children attending the pumpkin-picking trip on Friday should be prepared for muddy conditions. Please pack wellies or send your child in footwear that you don't mind getting muddy. A spare pair of shoes and socks is also recommended.

St Joseph's Camp – Spetchley Gardens

Children will be visiting Spetchley Gardens for an outdoor activity. Although the children will follow the paths, we recommend suitable outdoor footwear, wellies if appropriate, and a spare pair of shoes.

Please check your camp's timetable for any additional trip-specific instructions.

Multi-Sports Camp – TDMS

Children attending our multi-sports Camp should wear comfortable, sporty clothing that allows them to move freely.

Trainers are essential so children can take part safely in the activities planned.

What to expect at camps

We have an exciting programme planned across all our camp locations, with activities varying depending on the venue and age group.

Children can look forward to a fun-filled programme that may include:

- Halloween-themed games and activities.
- Arts, crafts and messy play.
- Baking and food activities.
- Sports and active games.
- Outdoor play and team challenges.
- Intergenerational activities.
- Visits from external activity providers.



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- Special trips and experiences.

Our dedicated staff team includes individuals with training in inclusive PE, helping children develop fundamental movement skills, build confidence and enjoy being active in a supportive environment.

We want every child to feel welcome, included and able to participate in activities in a way that works for them.

Please remember that **camp timetables are a guide and may change** due to weather, operational requirements or other circumstances. We will always aim to provide an enjoyable and varied programme.

Please refer to the camp timetable provided for your location to see the activities planned during your child's session.

Our Staff and Keeping Children Safe

Your child's safety, wellbeing and enjoyment are at the heart of everything we do.

Our team brings a wide range of experience, training and qualifications to support children with different needs and abilities. Relevant training across our staff team includes:

- Enhanced DBS checks.
- Safeguarding.
- Paediatric first aid.
- Food hygiene and allergy awareness.
- Inclusive PE.
- Neurodiversity training
- Play worker level 3
- Trauma Informed training
- Diabetes awareness.
- Additional training to support children's individual needs.

Staff training and experience vary according to role and responsibilities. We work hard to ensure our team is equipped to provide a safe, welcoming and inclusive environment.

We ask parents and carers to share any relevant information about their child's needs before camp, including medical conditions, allergies, medication requirements, communication needs and any reasonable adjustments that may help their child have a positive experience.



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If your child requires medication during camp, please ensure arrangements have been agreed with our team in advance. Medication must be handed over and managed in accordance with our procedures; please do not leave medication loose in your child's bag without informing a member of staff.

Changes, Cancellations and Collection

To help us keep all children safe, please inform us as soon as possible if:

- Your child will no longer be attending.
- Your child is going to arrive late or needs to leave early.
- Someone different will be collecting your child, if so please provide a password and inform your child who will be collecting them.
- Your contact details or emergency contact arrangements have changed.

For safeguarding reasons, children must be collected by an authorised person in accordance with the information provided to PAL. Please speak to a member of staff if you need to make any changes to your collection arrangements.

If you have any concerns during the day, please contact our team rather than relying on your child to pass on important messages.

If you need to cancel your child's place or your child is unable to attend a booked session, please ensure you follow PAL's cancellation policy, which can be found on our website and through your Pebble booking account.

We Can't Wait to Welcome You!

Thank you for choosing PAL Fitness Education. We are looking forward to another fantastic half term filled with fun, friendship, new experiences and opportunities for children to learn, move and thrive.

If you have any questions before your child's camp, please get in touch. We are always happy to help!

General enquiries:

Admin – Courtney@pal-fitness-education.org.uk

Email: pal.fitness@outlook.com

Contact number:

Sue – 07789 408180

From all of us at PAL Fitness Education, we look forward to seeing you this October! 🍁



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Camp Locations and Addresses

Evesham Leisure Centre:

Address: Abbey Road, Evesham, WR11 4SU

Abbey Park school and Pershore youth

Address: Abbey Road, Pershore, WR10 1DF

St Peters school

Address: Saint Peter's Church Ln, Droitwich Spa WR9 7AN

St Josephs School

Address: St Josephs Primary School, Saint Joseph's Close, Droitwich Spa WR9 0RY

Multi Sports and Evesham Youth

Address: Four Pools Rd, Evesham WR11 1DQ, UK



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October Timetable Evesham Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Swimming or Playzone Blasterforce	Swimming or Playzone Staff Led activities	Swimming or Bouncy Castles Glamba drumming Cavendish Park Fundraiser	Staff Led activities	Think Tank Trip
Blasterforce Staff Led activities	Cavendish Park Staff Led activities	Bouncy Castles Glamba drumming Staff Led activities	Halloween party on site	Think Tank Trip



October Timetable St Peters

Monday	Tuesday	Wednesday	Thursday	Friday
Swimming Staff Led activities	Staff Led activities Glamba Drumming	Staff Led activities POM POM Allan	Swimming Woodland View carehome Staff Led Activities	Wesson Farm Trip
Staff Led activities	Staff Led activities Glamba Drumming	Staff Led activities POM POM Allan	Halloween party	Wesson Farm Trip



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October Timetable

Abbey Park School

Monday

Staff Led
activities

Staff Led
activities

Tuesday

Staff Led
activities
POM POM Allan

Staff Led
activities
POM POM Allan

Wednesday

Staff Led
activities
Jo Jewellery

Staff Led
activities
Jo Jewellery

Thursday

Staff Led
activities

Halloween
Disco



Friday

Think
Tank
Trip

Think
Tank
Trip



October Timetable

Youth - Evesham

Tuesday

Cook Stars
Staff Led
activities

Staff Led
activities

Wednesday

Staff Led
activities

Fishing @ Cobb
House

Fishing @ Cobb
House
Staff Led
activities

Thursday

Swimming
Staff Led
activities

Multi
Sports



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October Timetable Youth - Abbey Park

Tuesday

SWIMMING

Staff Led
activities

Staff Led
activities

Wednesday

Fishing @ Cobb
House

Staff Led
activities

Fishing @ Cobb
House

Staff Led
activities

Thursday

SWIMMING

Staff Led
activities

MULTISPORTS

@
TDMS



October Timetable St Josephs

Tuesday

Bouncy Castle

Staff Led
activities

Bouncy Castle

Staff Led
activities

Wednesday

**Spetchley
Trip**

**Spetchley
Trip**