



EX LESOTHO VENTURER 2010

NEWSLETTER 1

Training Selection Session

Congratulations to you all on selection for this amazing Expedition. Though I met you only briefly, I was struck by the high calibre of personalities that will be heading off to the Kingdom of Lesotho in 2010.

Training Session 2

It is essential that you all attend this Training Session. Non-attendance could result in the forfeiture of your place.

Dates: Mon 5 Apr 1200 – Wed 7 Apr 1230 2010

Location: Cwrt-y-Gollen Training Camp, Crickhowell, Powys. NP8 1TF

Joining Instructions will be sent to you all by the end of Nov.

Leaders and Teams

Expedition Leaders

Expedition Leader: Nick Arding

Assistant Leader: Philippa Arding

Senior Cadet Officer: Richard Ayres

Expedition Doctor

Maj David Williams

Teams

Following selection you have been *provisionally* allocated to the following teams for the Expedition and will be working within those teams at Training Session 2 in April 2010.

TEAM 1 – Location: Mokhotlong.			Project: GROW
Role/No.	Rank	Name	Unit
Leader	WO2	Price Amanda	
Asst. Leader	CI	Welsh Ben	
1.	Cpl	Curtis Michael	Surrey ACF
2.	CSM	Cartwright Benn	Warwickshire CCF
3.	Sgt	Dick Rachel	107 Sqn
4.	MC	Ditendo Callum	TS Ilex
5.	Cdt	Field Craig	396 Sqn
6.	Sgt	Fleming Rachael	1 st (NI) Bn ACF
7.	LC	Gibson Hannah	TS Hastings
8.	Sgt	Gidney Dean	2507 Sqn
9.	Cdt	Gregg Beth	817 Sqn
10.	Cpl	Herron Suzanne	Royal School Armagh CCF
11.	Cdt	Palmer Cristopher	Dorset ACF
12.	LC	Rothwell Kirsty	TS Active

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13.	FSgt	Travers Lewis	342 Sqn
14.	Cdt	Warne Joshua	Welbeck College CCF
15.	Cpl	Whitehead Alice	Kirkham Grammar School CCF
TEAM 2 – Location: Mokhotlong.			Project: Touching Tiny Lives
Role/No.	Rank	Name	Unit
Leader	Major	Wilson Lyndsey	
Asst. Leader		TBC	
1.	Sgt	Baker Ryan	295 Sqn
2.	Cpl	Brown Hannah	Royal School Armagh CCF
3.	Sgt	Bowring Gabrielle	Sussex ACF
4.	AC	Dykes Anthony	TS Swiftsure
5.	FSgt	Harpur Rebecca	96 Sqn
6.	LC	Holding Madeliene	TS Eastbourne
7.	LCpl	Lourens Dirk	2 nd (NI) Bn ACF
8.	Cdt	Manger Naomi	TS Tormenter
9.	Cpl	McGavigan Charlotte	Essex ACF
10.	LCpl	Mullin Katherine	Beds and Herts ACF
11.	Cpl	Payne Alasdair	Old Swinford Hospital CCF
12.	FSgt	Rayner Natalie	335 Sqn
13.	CSgt	Sandercock James	Gwent and Powys ACF
14.	Cdt	Stewart Bruce	1769 Sqn
15.	Cdt	Thompson Paul	2345 Sqn
TEAM 3 – Location: Semonkong			Project: Methodist Childrens Orphanage
Role/No.	Rank	Name	Unit
Leader	Sqn Ldr	Cope Martin	
Asst. Leader	Flt Lt	Pagliano Sarah	
1.	Sgt	Brough Emily	Staffs and WM ACF
2.	Cpl	Dilloway Thomas	Sussex ACF
3.	LC	Gregson Jessica	TS Thunderer
4.	Cpl	Hastings Thomas	211 Sqn
5.	Cpl	Herron Naomi	Royal School Armagh CCF
6.	CSM	O’Flaherty Grace	Kirkham Grammar School CCF
7.	Cpl	Paas Michael	2345 Sqn
8.	Cdt	Quaye Thomas	Lord Wandsworth College CCF
9.	Cpl	Randall Liam	Surrey ACF
10.	Sgt	Richtering Sam	Humberside and SY ACF
11.	Cdt	Symons William	Essex ACF
12.	AC	Vann Michael	TS Venemous
13.	Cpl	Watson Seonaid	870 Sqn
14.	Cpl	Wilcox Craig	203 Sqn
15.	LC	Wright Samantha	TS Eastbourne
TEAM 4 – Location: Pitseng			Project: Phelisanong
Role/No.	Rank	Name	Unit
Leader	Maj	Beckett Graham	
Asst. Leader	Lt	Lyon Ann	
1.	Sgt	Elliot Darren	1 st (NI) Bn ACF
2.	Cpl	Flaherty Andrew	2348 Sqn
3.	Sgt	Forshaw Emily	472 Sqn
4.	Sgt	Heald Phillip	Bristol ACF
5.	Cpl	Hutchinson Charlotte	Essex ACF
6.	Cpl	Minnis Victoria	Royal School Armagh CCF
7.	Cdt	Olley Jessica	TS Swiftsure



8.	Sgt	Ryley Imogen	St Edward's School CCF
9.	LCpl	Waters Emily	342 Sqn
10.	AC	Whitten Oliver	TS Linoel
11.	Cdt	Whittle Alexandra	1824 Sqn
12.	Cpl	Wilkinson-Burnett Charlotte	1181 Sqn
13.	LC	Woodhead Nicholas	TS Ilex
14.	Cpl	Wright Marcus	366 Sqn
15.	LCpl	Young Harriet	Humberside and SY ACF

1st Reserves

1.	LCpl	Padley Jacob	Humberside and SY ACF
2.	Cpl	Kirkpatrick Finn	Dorset ACF
3.	LCpl	Long Joel	Humberside and SY ACF
4.	CSjt	Gibson Nicole	Somerset ACF
5.	Sgt	Santana Mat	Dorset ACF
6.	Sgt	Edwards Imogen	Gwent and Powys ACF
7.	Cdt	Coverdale Jason	2434 Sqn
8.	Cpl	Jones Charlotte	334 Sqn
9.	Sgt	Riktoras Gabrielle	870 Sqn

Kit and Equipment

I attach a copy of the kit and equipment list. NO more equipment than is on this list is to be brought to the Training Session. It will be weighed, and must not exceed 23kg in total. There are a couple of amendments to the list which are highlighted in red.

Abseil Opportunity

Team 3 have the opportunity to attempt, to date, the longest Commercial Abseil in the world. The cost will be £75.00. Should you want to do the abseil, please bring a cheque for this amount, made payable to: Outposts Ltd. with you to Training Session 2.

Projects

SENTEBALE

All of the projects are supported by Sentebale. See: www.sentebale.org

Team 1. GROW - www.grow.org.ls

Team 2. Touching Tiny Lives - www.touchingtinylives.org

Team 3. Methodist Childrens Centre, Semonkong-www.sentebale.org/home/05130542.html

Team 4. Phelisanong - www.phelisanong.com

Private Website Page

The Outposts Ltd new website is live. Your expedition will have a private page, for which I will give you a password to enter in the next couple of weeks. In here you will find PDF files containing:- Fundraising ideas, kit and equipment lists, your itinerary, useful words and phrases etc.

The website will also link through to an Outposts Ltd Facebook page which you can all go onto, if that is something that you do!

Media Consent Forms

Despite two reminders now having been sent out, 15 of you (you know who you are!) have failed to return the Media Consent Forms. Without all of these forms having been completed for everyone on the expedition (including reserves) we are unable to publicise the expedition which makes both our fundraising and yours more difficult. A copy of the form is attached. If you haven't completed this and sent in yet please do so now!



Travel Insurance

We have obtained personal travel insurance for the party free of charge as part of a sponsorship arrangement through [swiftcover.com](http://www.swiftcover.com) (part of the AXA Insurance Group). A link to the insurance policy wording is shown below.

<http://www.swiftcover.com/travelinsurance/policy/>

On the second training weekend in April you will be asked to disclose any medical conditions that you might have to Major David Williams the Expedition Medical Officer. Please ensure that you have sufficient details of any conditions with you when you attend the weekend.

Medical Requirements & Advice

The required immunisations for the expedition trip are as follows:

- Hepatitis A
- Typhoid
- Tetanus
- Poliomyelitis
- Diphtheria

Leaders and Cadets **are to** produce certification confirming that they are in date for the above at Training Weekend 2, 5 – 7 Apr 10, failure so to do may result in forfeiture of an expedition place.

For the information of all on the expedition; you will no doubt see on the internet that, in certain cases, immunisation against rabies and tuberculosis is advised. For the most part this advice is for health workers and for long stay travellers. Although those on the expedition will be in contact with local communities, they really do not fall into those categories. The Expedition Doctor has taken advice from the Government-funded site, National Travel Health Network and Centre; the duration of our stay and relative exposure puts us in a low risk category for rabies and TB. We are therefore **not** recommending these immunisations. However, individuals, parents and guardians are free to make their own decisions to immunise or not.

Blood Groups

In case of an Emergency in country, you are to let me know your blood group by Training Session 2.

Passport Photocopies

Bring your passport to Training Session 2.

Payments

By 31 Dec	£400.00
By 31 May	£400.00

Cheques should be made payable to **Cadet 150**. Each cheque should be sent by Recorded Delivery, with an accompanying letter stating for which cadet the cheque applies, to:

Lt Col RNB Quicke
The Army Cadet Forces' Association
Holderness House
51-61 Clifton Street
London EC21 4DW

Any Questions?

If you have any queries please contact me either by email: fee.bellamy@outposts.co.uk or telephone: 01823 451959