



# SOMERSET SCHOOLS SOUTH AFRICA 2010

## Newsletter 1

### Sawabona

Looking forward to seeing you all in Sep.  
Herewith some details for you. The important thing for us to know is how many of your family will be attending the BBQ on Sun 27<sup>th</sup>, and any dietary requirements that they have.

### Training Weekend 1

SAT 26 – SUN 27 SEPTEMBER 2009

This will take place at:

Lydeard Farm, Broomfield, Bridgwater, Somerset, TA5 2EG.

Ordnance Survey Grid Reference: ST 228 327.

### Programme

Date	Time	Activity
Sat 26 Sep	12:00	Assemble at: Lydeard Farm, Broomfield, Bridgwater, Somerset TA5 2EG.
	12.30	Lunch.
	13.30	Intro talk.
	13.45	Hike / Team building.
	17.30	Select individual / group; aims & objectives and code of conduct.
	18.30	Fund raising.
	19.00	Settle into tents. Dinner. Slide show and DVD. Chat around the camp fire!
Sun 27 Sep	08:00	Breakfast, strike camp and tidy up.
	09:00	Discuss specific South Africa health and safety issues.
	10:00	Kit & Equipment brief.
	11:00	Question and answer session. De-brief.
	12:00	BBQ Lunch. Parents and Siblings welcome. Please advise of how many will be attending and of any dietary requirements.

#### REGISTERED OFFICE:

OUTPOSTS LTD, LYDEARD FARM, BROOMFIELD, BRIDGWATER, SOMERSET, TA5 2EG

TEL: 01823 451959 FAX: 01823 451809 INFO@OUTPOSTS.CO.UK WWW.OUTPOSTS.CO.UK

DIRECTORS: MJF Kingscote (Managing), CH Kingscote, TR Sykes,

REGISTERED IN ENGLAND & WALES COMPANY REG NO: 3718929 VAT No: 779 332100



### Accommodation

Tented accommodation will be provided for all participants, therefore please bring a sleeping bag and sleeping mat. (See Kit List below).

### Food

All food will be provided by Outposts Ltd. Note will be taken of any dietary requirements on your booking forms.

### Kit List

The following kit is required for the weekend, packed in a soft duffle-like bag (not suitcase)

- Small Rucksack - approx 40ltr, and waterproof liner (rubble bag will do!)
- Waterproof Jacket
- Waterproof Bottoms
- Fleece (or similar)
- 2 Changes of clothes. Tracksuits are ideal
- Hiking Boots with good ankle support – already `broken in` please
- Training shoes
- Woolly Hat
- Spare socks and underwear
- Gloves
- Knife, fork, spoon, mug and bowl
- Washing kit
- Sleeping bag
- Torch
- Sleeping Mat
- Note Book & pencil (in plastic bag)
- Towel
- Personal medication, if required
- Water Bottle

### Contact Telephone Numbers

The 24 hour number for this weekend will be: 01823 451959.

### Cost

The cost for the weekend is included in your full payment.

To remind you of the payment structure:

Detail	Amount	Date Due
Deposit (Non refundable)	£400.00	On Booking
1st Payment	£600.00	1 Sep
2nd Payment	£600.00	1 Dec
3rd Payment	£600.00	1 Mar
Final Payment	Balance	1 May

Any questions or queries please do not hesitate to contact me in the office via email ([fee.bellamy@outposts.co.uk](mailto:fee.bellamy@outposts.co.uk)) or phone 01823 451959.

Best Wishes

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