

Cambridgeshire County Council

Gold DofE Residential 27th – 31st October 2020

Canal and Rivers Trust at Foxton Locks, Northamptonshire



Cambridgeshire County Council are pleased to offer an exciting residential opportunity to Gold Award Participants.

- Would you like to help the Canal and River Trust maintain our beautiful waterways?
- Would you like to volunteer in their customer service areas?
- Would you like to learn how to be a lock keeper?

We have these activities and more in our 5 day itinerary.

Foxton Locks is a beautiful place steeped in history with a strong team of volunteers managing most of the day to day tasks. The buildings and locks are a scheduled monument designated protection by Historic England, and as such require careful and considerate maintenance. This residential project involves helping out this wonderful national charity with various tasks for the benefit of all the visitors and the waterways users. The site is centrally located with good access from the A14 and M1 trunk roads. The closest railway station is Market Harborough (about 6km from Foxton) which has a direct line to London and Leicester. The residential is a mixture of volunteering and learning about the UK waterways, how they operate now and how they operated during the 1700, 1800 and 1900s. I am excited to welcome you to this gentle and historic place, which reflects the slower pace of life enjoyed on our canal and river systems.

When: Tuesday 27th October to Saturday 31st October 2020

Where: Foxton Locks, Gumley Road, Foxton, LE16 7RA

Arrive: 11:30 27th October **Leave:** 15:00 30th October

Cost: £95

What is included: **ALL** meals from lunch on Day 1 to Lunch on Day 5
Shared tent (or bring your own)
Sleeping mat (or bring your own)
Camping stoves and fuel (or bring your own)
Campsite fees
Adult DofE Leadership support throughout
A selection of interesting activities provided by CRT staff

What should I bring: Lots of energy and a smile! PLUS the following items in your kit bag.

Old trainers	Small towel + toiletries	Sleeping bag	Day Sack	Sleeping mat	Shirts
Shorts	Waterproofs	Fleece tops	Torch + spare batteries	Walking boots	Socks
Underwear	Personal First aid kit	Trousers (not jeans)	Small notebook + pencil	Toilet paper	Face flannel
Hat/scarf/warm gloves	Knife fork spoon	1litre water bottle	Sunhat + suncream	Plate + bowl	Insect repellent
Mug	Camera	Pack of cards/small game	Wetwipes	Matches (sealed to keep dry)	
Leather work gloves	Tea towel	Dishcloth/scourer			

How to apply?

Fill out the application form at the end of this information and return it ASAP via email or via post to the address at the bottom

Once your application form has been received, you will be invoiced for payment.

If you need more information please email tracy.grant@cambridgeshire.gov.uk or call Tracy Grant on 07770222402

CRT/DofE Gold Residential Project Programme

Check out the plan below. Tasks will be decided when we arrive and depend on the weather.

Day		AM		PM		Evening
1		Participants arrive 11:30am	Lunch	Set up camp Tour of Foxton Locks Meet Foxton Locks staff Introduction to CRT Project work choices and The John Muir Award.	Dinner	Get to know each other. Evening games Campfire
2	Breakfast	CRT Project Work	Lunch	CRT Project Work	Dinner	Campfire BBQ
3	Breakfast	CRT Project Work	Lunch	CRT Project Work	Dinner	Night Walk and campfire
4	Breakfast	CRT Project Work	Lunch	CRT Project Work	Dinner	Celebratory meal and campfire
5	Breakfast	CRT Project Work	Lunch	Debrief and feedback Break camp and pack Feedback and review for The John Muir Award Participants depart 3pm		

Accommodation by camping in the camp field next to Foxton Locks. There are toilet and washing facilities.

All mealtimes and evening activities to be supported by DofE Staff

Daytime AM and PM project work to be supported by CRT Staff.

Possible Activities at Foxton Locks

- **Lock Keeping.** To work with Lock Keepers assisting with the passage of boats through the Flight (10 Lock Staircase). This will involve learning all the safety, lock operation, water management, non-boater visitor management, etc., aspects of the Lock Keeper's job.
- **Hedge and canal bank maintenance.** To work with CRT Staff on vegetation clearing, bridge maintenance, Tow Path maintenance, and any other canal structure maintenance which may arise. This may involve working away from Foxton Locks site.
- **Visitor Facility Maintenance.** To work under CRT Staff supervision on repairing & painting seats, signs, fences, as well as grass cutting, vegetation trimming, path patching, site tidying. Also, acting as "explainers" for non-boater visitors briefly about the history of the Flight and how it all works. This will require a brief research session.

- **Helping in and around the Museum.** Working with Museum Staff on Meeting & Greeting visitors, explaining the site, and the myriad activities of operating a museum. Maintenance of the museum surroundings.
- **Painting Lock Gates.** If the weather allows working on preparing and painting lock gates.
- **Administration.** Work with CRT “Office Staff” based at Foxton Locks on the day-to-day work they do to manage the system.
- **Other Tasks,** as yet unforeseen, may arise and provide interesting experiences for participants, or useful “extra Manpower” for CRT to use at the time. As this is half term week, there may be related activities for the extra visitor numbers anticipated at this time of year

Find out lots of information about Foxton Locks here.

<https://canalrivertrust.org.uk/enjoy-the-waterways/museums-and-attractions/foxton-locks>



Cambridgeshire County Council Gold DofE Residential - Canal and Rivers Trust at Foxton Locks, Northamptonshire

Application Form



Participant Information

Participant Name	Date of birth and age	Gender
Home Address	Postcode	Mobile Number
Home Telephone	Email:	

Centre Information

Name of DofE Award Centre	eDofE ID Number
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Please be aware that we only accept one person from each Award centre for this residential. It is a requirement of the DofE Residential section that you don't know the other participants or the adult leaders. Once we get to 10 participants we can then accept a 2nd person from each DofE Award Centre and place participants in different working groups.

Dietary Requirements

Do you have any dietary requirements? If so please state what they are

Medical Information

1. Please provide any information regarding medical conditions that may be relevant, e.g. allergies, asthma, diabetes, epilepsy, other
2. Are you currently taking any medication?
3. Is there anything else you wish to bring to the Programme Leader's attention?

Doctor Information

Name of Dr

Address of Health Centre or surgery and telephone number

Parent/Guardian Details for Emergency Contact

Name

Address (if different from above)

Home telephone

Mobile Number(s)

Consent of Parent/Guardian (for participants under 18 years)

I am aware of the nature of the programme my son/daughter is about to take part in and I have told my son/daughter to pay particular attention to staff giving advice on matters of safety, behaviour and general procedures.

In the event of a medical emergency every possible effort will be made to contact parents/guardian. We request that you agree to receive emergency medical treatment if the situation arises. It is important for you to understand that such a decision will be decided upon by a Doctor. If you do not agree we would be grateful if you would discuss this matter with the Programme Leader.

Whilst young people are taking part in activities organised by our service we occasionally like to record an event or activity by taking photographs or using a video camera. The images may be used for reports, displays, on the D of E website or even just as memories for the young people. We are aware of the sensitivity surrounding this issue and therefore will not photograph/video any young person without consent

I consent to my son/daughter participating in all activities organised by the staff in connection with the expedition programme. I consent to my son/daughter receiving medical treatment in the event of an emergency. I give permission for photographs/video to be used as stated above

Signature of parent/guardian

Date

(if participant is under 18 years)

Consent of participant (if over 18 years)

I consent to participate in all activities organised in connection with the expedition programme. I consent to receiving medical treatment in the event of an emergency. I give permission for photographs/video to be used as stated above

Signature of participant (if over 18 years)

Date

Photograph/Video Permission

Whilst young people are taking part in activities organised by our service we occasionally like to record an event or activity by taking photographs or using a video camera. The images may be used for reports, displays, on the D of E website or even just as memories for the young people. We are aware of the sensitivity surrounding this issue and therefore will not photograph/video any young person without the consent of their parent/carer. If you are happy for your son/daughter to be photographed/videotaped during the normal course of an activity please complete the section below.

I am the participant/parent/legal guardian of the child named overleaf and I give permission for me/my child to be photographed or videotaped whilst in the care of CCC for the following purposes (please tick all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Photo Albums | <input type="checkbox"/> Reports/evaluation |
| <input type="checkbox"/> Printed publications available to the public | <input type="checkbox"/> Newspaper articles |
| <input type="checkbox"/> Displays | <input type="checkbox"/> The Youth Support Service Websites |
| <input type="checkbox"/> The D of E Website | |

For child protection reasons, children's names will not routinely be given in any publication. However if you are happy for their full name to appear in a newspaper article please tick this box:

Parents signature (if under 16)

Participant signature (if over 16)

Please return this completed application form via email to tracy.grant@cambridgeshire.gov.uk or via post to

Tracy Grant DofE Manager
Learning Directorate, Cambridgeshire County Council
D13, Cambridge Professional Development Centre
Foster Road, Trumpington, Cambridge,
CB2 9NL.
mob: 07770222402

Cancellation charges

By participants

The following refunds will apply to cancellations:

Cancellation more than one month before the course date	100% refund
Cancellation 21-31 days before the start of the course	75% refund
Cancellation within 20 days of the start of the course	No refund

By Cambs County Council

In the unlikely event of your residential / expedition being cancelled we will advise you as soon as this change is known. We will offer a full refund.

Data Protection

Course participants' details are stored by the DofE for the purpose of recording attendance on residential/expeditions, providing statistical information and maintaining individual, regional, national and Operating Authority training records. We do not share your details with any other organisation.