

Ref: 123/20

28<sup>th</sup> February 2020

Dear Parent/Carer

Preparations are now under way for Group 1 Expeditions. Please find below the arrangements for both the practice and qualifying expedition weekends.

Please note – in the original information it stated that students would not be camping over on Saturday 25<sup>th</sup> April. We are now in a position to enable this and I hope you agree, the boys will get the best experience if they camp over both weekends. We are assuming that parents will drop off the boys on Saturday morning and pick them up on Sunday afternoon on both weekends. If you have any questions about this, please email [hniblock@stmargaretsacademy.com](mailto:hniblock@stmargaretsacademy.com).

**Expedition dates: Your son is in Group 1:**

**Practice Expedition Saturday 25<sup>th</sup> April – Sunday 26<sup>th</sup> April 2020**

Bispham Scout Camp Estate Crank Rd, Billinge, Orrell, Wigan WN5 7DT. The entrance is next door to the Holts Arms Pub.

Arrive at 10.30am Saturday

Pick up 3.00pm on Sunday

**Directions:**

You will find Bispham Hall Estate on Ordnance Survey map, Sheet 108 (Liverpool) at grid reference SD 523025. The entrance to the site is approximately 200 metres from the junction of Crank Road and the B5206, opposite the main entrance to the former Billinge Hospital site. Travellers from the North or South, on the M6, should leave at Junction 26 (A577) and follow signs for Billinge.

The nearest main railway station is Wigan North Western on the West Coast Main Line. Orrell Station, on the Wigan Wallgate – Liverpool Line is approximately 1 mile away.

**Qualifying Expedition Saturday 2<sup>nd</sup> May - Sunday 3<sup>rd</sup> May 2020**

Tawd Vale Scout Camp Site, Lowry Hill Lane, Lathom, West Lancs. L40 5UL

Arrive at 10.30am on Saturday

Pick up 3.00pm on Sunday.

**Directions:**

From Liverpool Switch Island, end of M57.

Take the M58

Leave the M58 at Junction 3 and take the first exit.

At the next roundabout take the 2<sup>nd</sup> exit onto the B5240 (Lyelake Lane)

At the end of Lyelake Lane Turn Left onto the A577 (Wigan Road)

Turn immediately right at the next junction back onto the B5240 (Plough Lane)

Follow Plough lane until you reach a mini roundabout, take the 2<sup>nd</sup> exit onto the A5209 towards the M6

Tawd Vale Scout Camp is approx 1km on the right.



## **Directions From the M6**

Leave the M6 at Junction 27 and follow the A5209 Signposted Parbold  
Follow the A5209 past the Hospital, over Parbold Hill, through Newburgh Village.  
Tawd Vale Scout Camp is on the left just after the small bridge.

Your son will walk with other young people and work in a team. He will be supervised and instructed on the Practice Expedition then supervised and met at points by a team of Instructors monitoring his progress during his Qualifying Expedition. Each day he will walk about 12 km (8 miles) with his expedition kit and food so he is self-sufficient. Students are not allowed to buy anything on their qualifying expedition. Your son may return tired and achy from having done exercise he may not have done before but generally will recover by having a meal at home, bath and bed.

## **Equipment**

In order for your son to enjoy the expeditions in comfort and safety, it is essential that he is properly equipped. **We will provide** a 65litre backpacking rucksack, stove, tent and roll mat for use over both the practice and qualifying weekend.

An equipment list is attached. **Walking Boots that come over the ankle** will be needed, he will not need to be expensive but will need to have ankle support. Outdoor World, Sports Direct, stock them for about £20. **Walking shoes are not suitable, neither are Trainers.**

## **Food and menus – this was planned on the training day.**

We will not have a fridge to store milk and any fresh produce, pies etc. He will be cooking on a camping stove, and we advise not to bring fried food or food which has to be baked.

Your son/daughter will also need to provide food for the following meals:

## **Food should be:**

- ❖ Ready to heat and eat.
- ❖ A 2 pan meal for tea, shared with at least 1 more team member.
- ❖ Fast cooking time.
- ❖ Nothing that needs to go in a fridge.
- ❖ Light and easy to carry.
- ❖ Wide range of meals you could not otherwise have.
- ❖ Not fried.
- ❖ No jars as they break.
- ❖ You can cook as an individual or in your group. Remember you will be sharing a stove so if you cook individual it will need to be washed before the next person can use it.

## **Bronze DofE Food suggestions.**

**Saturday Breakfast – this will be at home so please have something,** toast, cereal, jam butty, bacon butty or a full English!

You will travel to the campsite so have a snack and drink ready for when you arrive there.

You will be walking with all your kit from then on.

## **Sunday Breakfast**

Warburton's fruit pancakes

Long life croissants, Choco pains, wraps,

Porridge pots

Dried fruit and nuts to go in porridge pots.

Beans and sausage in a tin

All day breakfast in a tin

Jam butties will keep overnight if needed.

Cereal and breakfast bars (not just dried cereal as you have no milk and they have to be eaten with a fluid).

Hot drink made with water.

Fruit cordial.

**Saturday Packed Lunch – brought with you.**

Drink – water bottles will be filled during the walk and there is drinking water at camp.

Crisps and snacks from home

Sandwiches,

Pies, sausage rolls to be eaten on the day and not kept overnight as they will make you sick and go off quickly!

Biscuits etc

**Sunday Lunch – Food that does not require cooking and refrigeration.**

Sandwich thins

Pitta bread

Naan bread

Digestive biscuits

Oatcakes

Wraps

Premade cheese sandwiches or jam butties keep both may get squashed though!

Fillings Primula cheese, potted spread, cheese strings, tuna or pepperoni from the supermarket shelf,

Soreen fruit bread

Crisps

Snacks

Drinks bottles saved from the day before.

**Saturday Tea – evening meal.**

You will cook this yourself with supervision of staff. You will have walked all day and used about 4000 calories so stock up.

You will have 2 pans to use with your stove.

Anything you can buy on a supermarket shelf.

**Suggestions:**

Cup a soup to start as you may be cold after working hard walking and stopping.

Pasta in sauce, cheese, tomato, etc (1 packet for one person)

Couscous in packets

Noodles (not just a pot noodle – this is counted as a snack and needs to be with something else to count as a meal)

Pasta

Packet potato mash.

Rice – either savoury or microwaveable that you can also boil.

Tins of curry, meatballs, chilli, steak, tuna, chicken, etc.

Pepperoni in vacuum packets,

Vacuum packed breads, naan, pitta, sandwich thins,

Rice, semolina pudding,

Packet custard

Cake,

Fruit loaf

Pancake wraps with sweet filling.

Biscuits

**Supper**

Hot drink made with water and biscuits, chocolate etc.

**Sunday Tea is at home.**

Please speak to or email Mrs Niblock if you have any questions about the events. The young men were shown how to use the Trangia camping stoves on the training day and will again be on the practice.

It is strongly suggested that the food for these meals is shared amongst members of the groups (buying together saves bringing too much and costs less!).

**Transport to the Expedition Sites:**

You will be expected to transport your son to and pick up from the venues for the expeditions.

**Emergency contact numbers – Expedition weekends only:**

Mrs Niblock – 07834 258 725

Mrs Riding (Award Solutions) - 07771 693 007

At other times, please email Mrs Niblock: [hniblock@stmargaretsacademy.com](mailto:hniblock@stmargaretsacademy.com).

You will find a Duke of Edinburgh section on the school Web Site under Curriculum where you can find out more about the Award.

Yours sincerely



Helen Niblock  
St Margaret's D of E Co-ordinator



Steve Slater  
Vice Principal

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**Reply Slip To:** Mrs Helen Niblock : Bronze Duke of Edinburgh Award – Group 1

Student: \_\_\_\_\_

Form \_\_\_\_\_

I give permission for my son to take part in the following expeditions:

Practice Expedition Saturday 25<sup>th</sup> April – Sunday 26<sup>th</sup> April 2020  
Bispham Scout Camp Estate Crank Rd, Billinge, Orrell, Wigan WN5 7DT.

Qualifying Expedition Saturday 2<sup>nd</sup> May and Sunday 3<sup>rd</sup> May 2020  
Tawd Vale Scout Camp Site, Lowry Hill Lane, Lathom, West Lancs. L40 5UL

I understand that my son will be sleeping over both during the practice and qualifying weekends.

I understand drop off is at 10:30 am on the Saturday and pickup is 3pm on the Sunday

I have completed and enclosed the Health Form in case of emergency.

Signed: \_\_\_\_\_ (parent/carer)

Dated: \_\_\_\_\_

**Please return this slip and the health form to Mrs Niblock in room 20 at the very latest by Monday 16<sup>th</sup> March 2020.**