



Bendrigg Residential Trip

1st -5th October 2018

Monday

Everyone arrived at school with their bags packed; we had so much stuff that we had one mini bus just for the entire luggage! 6 pupils and 7 staff headed off to Kendal, waved off by some of the parents and Mrs Lawton. Everyone was in good spirits and very excited. We arrived at Aysgarth falls where we had our picnic lunch. The weather wasn't too bad and allowed us to eat outside and take a short walk to the falls. We drove the last part of the journey arriving at the center at 4pm. We stayed in the new Acorn building, it was fab and had all the specialist equipment we needed.

We met our lead instructor, Lee who told us about all the exciting activities we were going to take part in over the week. After a drink and a biscuit we had beds to make and cases to unpack. Dinner was at 6pm – Spaghetti Bolognaise and apple sponge with custard.

The first of our activities was after tea, we had some time sliding down the giant snake slide. There was lots of squealing and shrieking as everyone took turns sliding down, sat on blankets and hessian sacks. All in bed by 9:30ish, some settled quicker than others but soon all was quiet.

Tuesday

A good night for most, a couple took a little while to settle but when they had there were no disturbances from anyone. The morning didn't come until 7ish and then everyone up and dressed by 8am for a breakfast of cereal, toast and scrambled eggs. We had lunch to make as we were going to be off site for the day.

We woke to a beautiful sun rise, clear skies and a glimpse of the sun, perfect weather for messing about on the water, the activity of the day was canoeing along a section the Lancaster canal at Tewitfield. We canoed in Canadian canoes fastened together in pairs. We had to wear life jackets and collect a paddle, before climbing aboard. It was lovely and peaceful out on the water. We had to paddle hard on the way back as the wind had picked up, though some paddled better than others!! We got back to Bendrigg with time to go for a walk around the grounds.

We explored the musical garden and the play area, using the wheelchair swing and the roundabout. Tea was casserole followed by chocolate brownie and ice-cream. The evening activity was indoor archery; everyone had the chance to fire some arrows using specialized equipment.

All in bed by 9:30 and settled quickly, must have been all the fresh air!

Wednesday

Everybody slept very well and we had a lazy get up before breakfast of cereal toast and bacon rolls. The weather outlook was not great but it didn't matter as today we were going to be spending the afternoon underground! After breakfast our sandwiches to prepare for lunch. We loaded onto the buses and headed off to Kirby Lonsdale, where we were going for a walk, before lunch. The weather was a little damp but we were suitably dressed for the weather.



We set off from Devils Bridge and walked alongside the river and then up into the town, stopping along the way to look across Ruskin's view. The weather cleared up enough for us to have our picnic sat outside. WE then loaded all back onto the buses to drive the short distance to Clapham, before a very bumpy path to the entrance of the Inglebrough Show cave. Helmets on, lights on and off we set.....intrepid explorers. The cave was amazing, with lots of sites to see and touch.

The journey back to the lodge was very quiet, as everyone was exhausted! There was time to chill in the lodge before tea, which was pizza and chips followed by meringues, cream and fruit salad. The evening activity was a camp fire, inside a Yurt. We all roasted marshmallows and sang songs before bed. Everyone in bed by 9:30, nobody needed any rocking.

Thursday

Another peaceful night.... All worn out from the busy schedule of activities. Breakfast was cereal followed by toast, sausages, baked beans and hash browns. Unfortunately the weather was rather wet but that wasn't going to dampen our spirits.

The day's activities were all based at the center, the first was the climbing wall, luckily that's inside so we were warm and dry. Everyone put on the harnesses and had a go at climbing the wall. When we weren't climbing we were holding and pulling the ropes, supporting those climbing up. Before lunch we all had a chance to abseil back down.

After lunch we were outside, it was still raining but that didn't stop us having a go at the zip wire activity, lots of squealing and shrieking!!! We were all rather wet by the end so the day was finished off with an indoor activity – the large indoor suspended swing. Everyone had a go at everything, at their level, such amazing effort and bravery shown by everyone, including some of the staff who were also doing things for the first time.

Dinner couldn't come soon enough, tonight it was roast beef and all the trimmings followed by cheesecake. The evening activity was spent spending our money in the tuck shop and chillin' in the games room.

Friday

HOME TIME

We had to be up and busy, stripping our beds and packing our cases. We have all had a great time, you wouldn't believe all that we have achieved. Everyone has tried everything and challenged themselves, all the tutors and staff are super proud of us all.

Hopefully you'll see from the photos when they come home.

