

Hello!

If you're reading this it's because your child might be coming for a brilliant break at Go Beyond.

What is Go Beyond?

We are a national charity providing children and young people aged 8 - 13 with a break that will last a lifetime, away from the challenges in their lives.

Children must be referred to us by a professional person who is working with your child or family. They will complete our referral forms and be our main point of contact.

Once at our centres, we give every child and young person a break packed with activities intended to encourage self-belief and inspire adventure. Every break is provided totally free of charge.



Where will my child stay?

Go Beyond's Centres are set in beautiful surroundings with excellent facilities and lots of space for activities. Depending on where you are in the country, your child might visit us at our Daleside Centre in Derbyshire, our Coastal Centre in Cornwall, or our Cardfields Centre in Essex. Each centre takes between 16-24 children at one time, with girls and boys staying in separate rooms. All breaks are overseen by our highly trained, dedicated and enthusiastic leaders along with a team of energetic and fully-vetted volunteers. Every child that comes to Go Beyond receives a fantastic level of support and care from the large number of dedicated adults around. Our centres are set within their own large grounds with beautiful views over the surrounding countryside and lots of space to run about! We have outbuildings and converted barns with floor level trampolines, basketball nets, pool tables, table tennis and lots more. Inside we also have board games, books, baking and an arts and crafts area where we can paint faces, design canvasses and other fun things!

What will my child be doing?

A Go Beyond break will be packed with lots of different activities and new experiences. There will be a mixture of outdoor activities, trips to new places, games and having adventures in the outdoors, and also time at the centres to relax. That might mean baking, craft-work, building a den or creating a whole new game in our playing fields, with new friends! We offer something for everyone and always create a fun and welcoming atmosphere. No child is ever forced to take part in anything they do not want to do and activities do vary slightly according to the time of the year, weather and age of the children. Our hope is for every child to go home believing in themselves and knowing they can achieve more than they ever thought possible.



Kit List!

Your child will need to bring comfortable, everyday clothes that they will be happy mucking about in. We have plenty of spare clothes, towels, toiletries, shoes, etc. if your child should need them. The list below will give you an idea of what they should bring. If possible please put their name in their clothes.



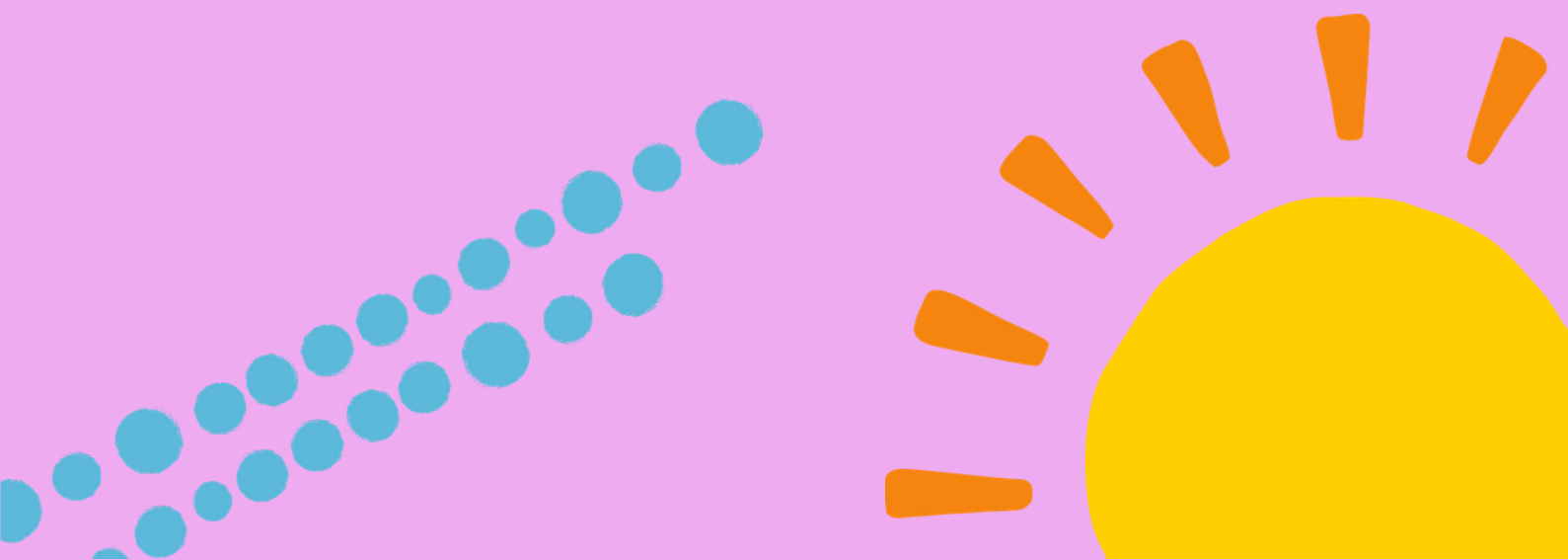
- Sweatshirts or fleece top (a couple would do)
- T-Shirts (about 1 per day plus a couple of spares if possible)
- Trousers, jeans or tracksuit bottoms (and shorts if it is sunny!) (2 or pairs would be great)
- Socks and underwear (plenty please)
- Trainers would be great, an old, spare pair too, if possible, for outdoor activities
- Swimming costume or swimming trunks
- Toiletries; toothbrush & toothpaste, shampoo, shower gel, deodorant (not spray) and a comb or hairbrush.

Go Beyond can provide waterproof coats, wellington boots and rucksacks. We do have washing and drying facilities at Go Beyond for use if necessary.

Please do not bring...

- Mobile phones (Go Beyond will have phones available for use should the children wish to call home)
- Cameras or any other electronic devices, including smart watches
- Aerosol sprays (they interfere with the fire alarm systems)
- Games-consoles & personal stereos
- Cameras (We can use our own cameras here to take photos)

Valuables are brought at your child's own risk. Staff will collect in all valuables on the first evening to keep them safe. Go Beyond cannot be held responsible for the loss or damage to items that are not handed in.



Helpful Information

Smoking Policy

Go Beyond operates a no smoking policy. Children will NOT be allowed to smoke for the duration of the break. Please inform your child of this before they arrive.

Spending money

A Go Beyond break is completely free of charge. All meals, accommodation and activities are paid for. Therefore there is no need for you to give your child any spending money at all.

Medication

Please ensure that your child brings all necessary medication and that we are aware of dosages and times. Please state clearly all medication and medical needs on the consent form and send the medication in its original packaging which has your child's name on and gives us the correct prescribed dosage. Although they will be supervised, the children need to be able to administer their own medication, such as taking tablets and applying creams.

Food

Please let us know of any particular dietary requirements, religious needs or allergies that your child may have. Please do not pack any food for the week - this is really important due to other children's allergies. At Go Beyond our cooks provide home-cooked meals using fresh ingredients wherever possible and there is always a good choice available. At lunch we will normally have freshly made sandwiches or wraps. We will never force a child to eat anything they do not wish to eat - but we may try to tempt them into trying some new foods!

Can I contact my child?

We will contact you by text messaging on the evening they arrive and this will provide you with a phone number and password that you can use to telephone your child while on a break. This message should also state which evenings it is best to call on, due to the activities that are planned for that week. It is usually best to call between 6pm to 7.30pm on those evenings, due to the availability of staff and what your child will be doing.

A member of staff will ask for the password each time you ring while your child is at Go Beyond, please ensure you have this each time you call so that you can speak to your child. We will contact you and the person who referred your child if there are any problems or if your child needs to speak to you for any reason. Please call your referral agent first if you have any questions about travel arrangements before the break.



**THE CHARITY
GIVING CHILDREN
& YOUNG PEOPLE
BREAKS THAT
LAST A LIFETIME**

www.gobeyond.org.uk