ACTIVITY CAMPS FOR CHILDREN AND YOUNG PEOPLE WITH HEALTH CHALLENGES, THEIR SIBLINGS AND FAMILIES

FREE & FUN

Join the #mischiefandmagic

02392 477110
www.otw.org.uk
campers@otw.org.uk
Over The Wall is a UK children’s charity that helps children, young people and their families, reach beyond the boundaries of their health challenges to discover a world of mischief, magic and new possibilities.

We do this by providing free-of-charge, transformative activity camps throughout the UK and online. We create an environment where children and young people thrive, not just survive. Over The Wall provides a safe environment for children and young people to build confidence and self-esteem, whilst first-class medical care ensures our unique ability to cater for more than 130 different conditions. We aim to empower children with health challenges to become the hero of their own story.

**Residential Camp**

Our residential activity camps are an opportunity for children, young people and families to get away from home and the day-to-day pressures of life. We offer a medically and physically safe environment that allows young people affected by health challenges to step outside of their comfort zones, establish friendships and build their confidence through meaningful and exciting activities.

**Camp in the Cloud**

Camp in the Cloud is a free, inclusive and engaging camp-at-home activity programme where campers and their families can experience the magic of an Over The Wall camp from home.

**Camp 365**

Camp 365 offers a diverse range of fun online activities, live events and workshops that are available 365 days a year.
We invite applications from families who have a child or young person aged from 0 to 17 years, who have recently or are currently receiving treatment or experiencing health challenges. One child in the family must be aged between 8-17.

We invite applications from children and young people aged 8-17 years, who are experiencing health challenges or who have been off treatment for up to three years. Or they have a sibling (of any age) who are experiencing health challenges or who have been off treatment for up to three years.

Health Challenge and Siblings Camp

Please visit our website www.otw.org.uk for camp dates and locations.
Campers are placed into teams with other children and young people based on their age and assigned a group of volunteers. A wide range of activities await including climbing, arts & crafts, drama, music and archery (activities can vary depending on the site). Campers sleep in shared accommodation - or family rooms at Family Camp - with separate rooms for volunteers close by. All meals are provided and we will discuss any dietary and allergy requirements with you prior to camp.

"My daughter had the most amazing time after such a hard couple of years. She told me in her own words that it was ‘nice to have fun and be a kid again’!

Over The Wall Camper Parent"

Getting to camp

We encourage parents/guardians to bring their children or young people direct to camp. To ensure camps are accessible to as many children and young people as possible, we offer transport from some major cities across the UK for Health Challenge and Siblings Camps.

Find out more

www.otw.org.uk | campers@otw.org.uk
**Medical care at camp**

We aim to demedicalise camp wherever possible, and this starts with 'Beach Patrol' - our fully-qualified team of volunteer doctors, nurses and paramedics who provide medical care for our campers whilst on site. Known for their pink T-shirts and sense of fun, this team is under the direction of the Over The Wall nursing team and their support can range from administering medication, feeds and dressings, to dealing with emergencies. They aim to put campers and their families at ease. An on-call nurse and doctor is available throughout the night to respond to emergency medical situations.

**Who can come to camp**

To ensure the child or young person is able to benefit fully from our camp programme, they must:

- Have the physical ability to participate in an action-packed activity programme with a range of high and low energy activities. Please discuss with us if your child needs adaptations.
- Have the social and emotional ability to participate in a group setting and team activities with children of their own age.
- Be able to verbally communicate their needs independently.
- Be able to transfer between floor, bed and chair without assistance if they use a wheelchair.

**How to apply for camp**

Applying to camp couldn't be easier: simply visit our website - [www.otw.org.uk](http://www.otw.org.uk)

If you have any queries regarding your application you can call the team on 02392 477110 or email campers@otw.org.uk.

Our campers are at the heart of everything we do. Our approach to diversity and inclusion and also representation is guided by this principle.

*Please visit our website [www.otw.org.uk/criteria](http://www.otw.org.uk/criteria) for our full criteria*
Frequently Asked Questions

Are your camps really free-of-charge?
Yes! Over The Wall camps are totally free-of-charge for every child or young person and family. We are a charity and we fundraise to cover the costs of all our camps.

Do we camp in tents?
No tents! Camps utilise private school accommodation such as Strathallan School and top-quality activity centres such as Whitemoor Lakes. All the facilities we use, across the UK, must meet our exacting standards.

Who actually looks after my children at camp?
Our camps run with the help of a team of volunteers alongside Over The Wall staff, all of whom have comprehensive background checks.

What is the food like?
There is always a varied menu with plenty of choice and dietary requirements can be catered for as long as we know in advance. We do not allow any child, young person or family to bring their own food to camp (unless by prior arrangement for special dietary requirements), this is to keep campers with severe allergies safe.

Find Out More
www.otw.org.uk | campers@otw.org.uk
CAMP IN THE CLOUD

Over The Wall is delighted to introduce you to Camp in the Cloud - an inclusive and engaging online activity programme where campers and families can experience the magic of an Over The Wall residential camp without leaving home. Designed to be inclusive for children, young people and families who may not be able to or want to attend a residential camp. All Camp in the Cloud programmes are free-of-charge.

Camp in the Cloud activities are purposefully designed to provide an interactive experience that encourages relationships, reduces social isolation, builds confidence and provides a safe space for fun and challenging activities to create lasting memories. A Seriously Fun Box, packed with everything needed to participate in Camp in the Cloud, will be posted to the family.

Family Camp

For families with a child or young person aged 0-17 years, who has a health challenge, or is up to three years off treatment. One child in the family must be aged between 6-17 years.

FIND OUT MORE
www.otw.org.uk | campers@otw.org.uk
Families are sent our fantastic ‘Seriously Fun Box’ in the post, containing everything they need to take part. The box is packed full of games, activities, and useful meaningful resources.

**What is a Seriously Fun Box?**

Families are sent our fantastic ‘Seriously Fun Box’ in the post, containing everything they need to take part. The box is packed full of games, activities, and useful meaningful resources.

**What happens at Camp in the Cloud?**

Campers are given exclusive access to our bespoke Camp in the Cloud online platform, where they can engage with a mixture of online and real-life activities. There are opportunities for campers and families to interact in real-time with others who are attending the same camp, for example through secure message boards and fun video calls.

**Where does Camp in the Cloud take place?**

In your own home! You will receive all the information you need prior to camp, including The Seriously Fun Box in the post.

Please visit our website [www.otw.org.uk](http://www.otw.org.uk) for camp dates.
How can Camp in the Cloud be accessed?

Camp in the Cloud will work on any device that can connect to the internet - a PC, laptop, tablet or phone. Ideally the device will have a camera / webcam so that photos of completed activities can be uploaded to the gallery, and you can join in with our live video sessions. We try to make Camp in the Cloud as accessible as possible and include activity instructional videos with subtitles as well as written instructions within the Seriously Fun Box for all activities.

Please indicate on the application form if you do not have a suitable device to enable you to participate, so that we can support you with this.

“"My daughter loved Camp in the Cloud and gained an awful lot from the chat with the other children. She’s realised that she isn’t alone and there are many other children just like her. They worry about the same things, they do the same treatments, and they are coping with everything just like she is. It’s made a massive difference to her.”

**Over The Wall Camper Parent**

Is Camp in the Cloud free-of-charge?

Yes! Over The Wall camps are totally free-of-charge for every camper. We are a charity and we fundraise to cover the cost of our camps.

Please visit our website [www.otw.org.uk/camp-in-the-cloud](http://www.otw.org.uk/camp-in-the-cloud) for more information.
**Who can apply for Camp?**

**We provide camp for young people from over 130 different illness groups, including but not limited to:**

- Blood disorders (e.g. Sickle Cell Disease, Haemophilia, Thalassemia)
- Gastrointestinal disorders (e.g. Inflammatory bowel disease, TPN-dependent)
- Cancer and Leukaemia
- Rheumatological conditions (e.g. Juvenile Rheumatoid Arthritis, Lupus)
- Immunological disorders (e.g. HIV, primary immune deficiency)
- Respiratory disorders (e.g. Severe Asthma, Cystic Fibrosis, PCD)
- Skin conditions (e.g. Severe Eczema, Epidermolysis Bullosa (EB))
- Severe Allergies
- Heart conditions (e.g. Congenital Heart Disease)
- Kidney disease (e.g. Polycystic Kidney Disease, Renal Failure)
- Liver diseases
- Neurological disorders (e.g. Epilepsy, Spina Bifida)
- Neuromuscular disorders (e.g. Muscular Dystrophy)
- Organ Transplant
- Endocrine disorders (e.g. Diabetes)
- Orthopaedic (e.g. Limb loss, Limb difference)
- Rare Diseases (e.g. Inherited Metabolic Diseases, Genetic Disorders).

- Children aged 6-8 years can only apply for Camp in the Cloud
- 8-17 years can apply for both residential camps and Camp in the Cloud
- Diabetes - **Residential Family camp or Camp in the Cloud only**
- Cystic Fibrosis & PCD - **Camp in the Cloud only**
- Children on Ketogenic diet or low protein diet - **Camp in the Cloud only**

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Camp 365 offers a diverse range of fun online activities, live events and workshops available 365 days a year.

Available for children and young people aged 6 - 17, you'll find a wide range of engaging activities you can complete in your own time and earn stamps for your passport for completing the different activities. Join in on a live session with our friends from Go Sketch, Omnium Circus and many more!

You can even interact with fellow children and young people when participating in an online workshop or event, post a comment on the secure message board, and show off your new skills in our gallery.

Don't forget to join in on the Camp Chats and keep the magic going.

Please visit our website www.otw.org.uk/camp-365 to learn more
Get in touch

Have a question about a camp?
Email - campers@otw.org.uk

Want to volunteer at one of our camps?
Email - volunteering@otw.org.uk

Fancy fundraising for Over The Wall?
Email - giving@otw.org.uk

Or drop us a phone call
02392 477110

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