

# OVER THE WALL CAMP

UK Children's Charity



## Essential Camp Information

## Health Challenge & Siblings Camps

### You're Coming To Camp!

In this document, you'll uncover everything you need to know to dive headfirst into the magic of camp life. From a sneak peek at this year's activities to a packing list that'll have your child ready for any mischief that comes their way. We've also included all the important bits about medical care to keep your child safe while they're at camp.

Whether this is their first camp or they are a seasoned Over The Wall Camper, this handbook is overflowing with top tips and handy hints to make their camp journey nothing short of legendary.

### What You'll Find In This Document To Get You Ready For Camp

- Virtual Drop In Calls
- Getting To and From Camp
- Medical Care At Camp
- Who's At Camp?
- A Day At Camp
- Meal Times
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- Reasons A Camper May Need To Leave Camp
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- Camp Policies





## Virtual Drop In Calls

**Have questions about camp or need to discuss your child's care with our OTWC clinical team?**

We're here to help! Our virtual drop-in calls provide a convenient way to connect with our team and address any concerns or queries you may have about your child's experience at camp.

You'll find a link to book your virtual chat included in your offer email.

We look forward to supporting you and ensuring your child has the best possible camp experience.

## Getting To and From Camp

**Important Information. Please read in full.**

For arrival/departure dates and times, please see your camp offer email.

If your child has a health challenge, they must be checked in by one of our clinical team, even if they do not have medications. Please be prepared for a potential wait, as delays can occur during this process.

If your child is a sibling but has medications, they will also need to be checked in by our clinical team. Children are checked in by the clinical team responsible for their care during the camp week. While it may appear that another team member is available to assist, they may not be part of the correct team. This process is vital for your child's safety, and we appreciate your understanding and patience.

Whoever is collecting your child from camp will need to be allocated as an Authorised Pickup on their camp application. This can be updated as required. The person collecting must bring photo ID.

## Dalguise, Perthshire

### Travelling by Car

Location - PGL Dalguise, Dalguise, Dunkeld, Perthshire, PH8 0JX

### Travelling by Train

Location Perth Train Station, but other nearby stations are Pitlochry, and Dunkeld & Birnam.



# Medical Care At Camp

## Introducing Beach Patrol

Our highly experienced and skilled clinical volunteer team is referred to as Beach Patrol, and clinical care is provided in the Beach Hut, our beach-themed clinical room.

At each camp, Beach Patrol is supported by a member of the OTWC nursing staff. The team is equipped to provide home from home care, first aid and emergency care.

We try to make camp as de-medicalised as possible, but a safe and dignified environment. Our Beach Patrol wears bright pink t-shirts, and the team comprises volunteer doctors, nurses, and paramedics. The Beach Patrol is on hand to provide your child's routine care. We may also have student nurses who work under the supervision of a qualified member.

The role of the Beach Patrol commonly includes giving medication, including oral chemotherapy, PEG, NG and NJ feeds, central lines and portacaths, dressings, stoma and catheter care, and much more. This is done in a child-friendly, fun (although safe) environment. The Beach Hut is the only 'clinical' area at camp; however, a doctor, paramedic, or nurse is on call for overnight emergencies at camp, meaning that families at home can rest assured. They will also have a presence throughout all the fun activities but don't be alarmed if they are wearing face paint and joining in with the rest of the team. They are there to encourage, put campers at ease, and ensure their wellbeing.

## Receiving medicines at camp

Our Beach Patrol administer all medications and clinical care at camp; including routine, as needed and emergency medications. The Beach Hut also has a number of over the counter (OTC) medications available if necessary.

Your child will need to bring enough medication and supplies (enteral feed, equipment, dressings, mobility aids etc) for the full duration of camp. Please ensure that all medications are in date and labelled with their name as received from the pharmacy. All medications must be in their original containers with a pharmacy label clearly stating dose, directions etc.

## Please do not send dosette boxes.

If more than one child in the family takes the same medication, please ensure that you send separate medications for each child, labelled with their own pharmacy labels. We cannot administer shared medications.

Your child will need to bring all medications that they take, including "just in case" and emergency medicines, such as inhalers. We have no way of obtaining these at camp if they are not brought to us.

If your child uses an inhaler, however infrequently, they **must** bring it to camp.

## Medical Care At Camp Continued

### Keeping your camper safe

If your child or anyone in the household is unwell in the week before camp, please contact us to ensure we can accommodate them safely. You must let us know before coming to camp if your child or anyone in the household:

- Has any cough or cold symptoms, sore throat, temperatures, diarrhoea or vomiting in the 48 hours prior to camp
- Has a cold sore, is unwell or has had any injuries or admissions to hospital prior to camp
- Comes into contact with Chicken Pox, Measles or Shingles in the 21 days prior to camp
- Has tested positive for COVID-19
- Has any COVID-19 symptoms (high temperature, a new, continuous cough or loss of taste or smell)

### Infection control

At Over The Wall Camp we are very careful when managing any infectious symptoms (cough, runny nose, sore throat, diarrhoea, etc). Anyone displaying these symptoms may be asked to leave camp early to avoid the risk of infecting others. All staff, volunteers, campers and visitors are screened on arrival at camp and any concerns or issues will be discussed with the clinical team.

Everyone at camp is asked to thoroughly wash their hands using soap and water before and after every meal, and at other regular periods throughout the day.

### Immunisations

Over The Wall Camp requires all campers, staff and volunteers to be up to date with all recommended vaccinations, with the exception of campers who cannot receive these as a result of their condition/treatment.





## Who's At Camp?

### Campers

For camps held at PGL Dalguise there will be around 80-100 campers, all aged between 8 and 17 years and in a similar position to your child.

Our campers are divided into smaller teams of a similar age. Teams will spend their time at camp together; participating in activities, eating together at mealtimes and creating shared memories and experiences.

For some activities, teams may join together, creating the opportunity to form positive relationships with peers in their own team and beyond.

### Volunteers

Each team is supported by dedicated and skilled volunteers who will support them throughout their entire camp journey, ensuring they have the best experience possible. Our volunteers spend the entire week with the campers in their team; supporting them in activities, encouraging them to challenge themselves, and facilitating a positive and inclusive environment. All our volunteers are recruited following safer recruitment procedures and receive full training prior to camper arrival.

### Beach Patrol

Our Beach Patrol are clinical professionals, such as nurses, doctors and paramedics, who support with the medical care of our campers.

### Over The Wall Camp Support Team

The Over The Wall Camp Support Team are staff who work year-round to make sure the camp experience is full of mischief and magic!



## What Is A Day At Camp Like?

Below is an example of what a day at camp might look like at one of our Health Challenge and Siblings camps. Please note that activities vary between camps and sites.

We recognise that camp can be a very busy and active environment, so each camp schedule is designed to provide an appropriate mix of high and low energy activities, alongside our designated Rest Hour every day after lunch. If you think that your camper may find the schedule challenging, or that they may need more breaks than are allocated, please contact the team to discuss.

### Therapeutic Recreation

We offer a wide variety of engaging and fun activities at our camps, all of which are specifically designed to develop confidence and self-esteem. The activities we offer vary from camp to camp, and all activities are adapted to be accessible for all campers. Some of our activities will be led by Over The Wall Camp staff and volunteers, whilst others may be led by trained site or third-party activity providers, such as Climbing and Archery.

All our activities are built around our model of Therapeutic Recreation – a four step process of Challenge, Success, Reflection and Discovery.

## A Typical Day At Camp

Please note that activities vary between sites. Below is an example of a typical day at camp.

**8.30am** Breakfast

**9.30** Activity 1

**11.10** Activity 2

**12.30pm** Lunch

**1.15pm** Rest hour

**2.30pm** Activity 3

**4.00pm** Activity 4

**5.30pm** Dinner

**7pm** Evening Activity

**8.30pm** Cabin Chat



## Activity Programme

Our programme consists of five core activity areas: Active, Adventure, Create, Perform and Innovate.

These categories ensure every camper experiences a balanced and varied timetable across the week.

- **Active** focuses on physical activity and sport-style games.
- **Adventure** introduces outdoor and challenge-based experiences.
- **Create** gives space for artistic and practical expression.
- **Perform** encourages confidence through music, drama and movement.
- **Innovate** develops curiosity, teamwork and problem-solving through STEM and collaborative activities.



Each camper could experience activities from all five areas, allowing them to explore new interests while building confidence, resilience and friendships.

While we don't publish full schedules in advance (we like to keep some surprises!), families can be confident that the programme is thoughtfully structured to provide variety, inclusion and meaningful challenge throughout your child's stay with us.





## What Are Meal Times Like At Camp?

### Dining Hall

All of camp comes together every mealtime in the Dining Hall. Campers eat with the rest of their teams and volunteers, and at the end of every meal, the OTWC Support Team will give any necessary announcements and read out challenges set between the teams. At lunch and dinner, we finish our meals with a Dance Party and sing some camp songs!

Please be aware that the Dining Hall is very noisy. If you know your child will find this challenging or will need significant support to manage this environment, please contact the team to discuss.

As standard, we accommodate vegetarians, vegans, pescatarians and halal diets; any other dietary requirements are classed as special diets.

### Allergy Awareness

We are very proud to serve children and families affected by life-threatening allergies at our camps. We accommodate a variety of dietary restrictions and special diets, but these must be arranged in advance with the Over The Wall Camp Clinical Team.

Please note that we can only support special diets related to medical needs. If this information is not provided before camp, we may not be able to meet your child's dietary requirements, which could result in them being unable to stay at camp.

Please do not bring any type of food or drink to a Camp unless this has been discussed with our clinical team. Failure to meet this expectation may impact on any future applications to attend camp. For this reason, the use of vending machines is prohibited.

### Meals At Camp

If your camper has specific dietary requirements or allergies, these must be on their application form, or if changed since then, must be discussed with us as soon as possible and prior to arriving at camp.

Please note that campers can only eat food which has been prepared by the chefs on site, and it will not be possible for parents/carers to provide specific food or meals throughout the week and the OTWC Support Team are not able to prepare separate meals outside of the Dining Hall.

The full camp menu becomes available to us in the lead up to each camp and may still be subject to changes. If you need to review the menu beforehand, please email [campers@otw.org.uk](mailto:campers@otw.org.uk)

If you have any concerns that your camper can't or won't eat enough to keep them energised for a week at camp, please get in touch as soon as possible, please email [clinical@otw.org.uk](mailto:clinical@otw.org.uk)



## What Does The Camper Accommodation Look Like?

### Modern Accommodation, No Tents!

All campers stay in modern en-suite multi-bedded rooms at each of our sites (we don't sleep in tents!) Depending on the site, bedrooms sleep between 1 and 6 campers of a similar age.

Please note that children from the same families may not necessarily be sharing a bedroom.

While we do our best to honour requests for friends to share rooms, we cannot guarantee that this will always be possible.

At Over The Wall Camp, we strive to be as inclusive as possible and meet the needs of every camper. With regards to transgender and non-binary campers, we aim to support each young person by considering their individual needs and preferences while staying within Ofsted regulations and safeguarding obligations. Before they attend camp, we will always have a discussion with them and their family.

We do use preferred names at camp for everyone, and campers are placed in all gender teams prior to arriving at camp based on age.

Please get in touch prior to camp if you have any questions or queries about bedroom arrangements on [clinical@otw.org.uk](mailto:clinical@otw.org.uk) or 01332 977589.

All bedding is provided, but you will need to supply your child with a towel for bathing/showering.

Our volunteer bedrooms are always close by, and at least two volunteers will be on Night Duty should campers need any support during the night.



# What Happens If My Child Feels Homesick?

## Homesickness

Whilst camp is an incredibly fun and exciting place to be, it is not uncommon for campers to become homesick during their time with us, especially if they have never been away from home before, are particularly shy or anxious, or are unaware that they are coming to camp.

There are a few things you can do at home to prepare your camper for their time with us:

- Bring sentimental items e.g. cuddly toy, photo of family/pet
- Discuss what they can do at camp to feel better, e.g. play card games, read a book
- Reassure them that adults at camp are there to look after and help them
- Let them know how proud you are of their independence
- Do not promise that they can call home or leave camp early

## Wellbeing Support

Our volunteers are incredibly experienced in supporting campers who are homesick and will keep them entertained with games and help them write a letter about their achievements at camp to show you once they return home. Our Wellbeing Team has lots of resources to help with this.

It is unlikely that your camper will call home if they are feeling homesick, as it is often the case that hearing a familiar voice can make them feel worse. Most campers adjust and settle into camp within their first couple of days, but if you think that your camper will be severely homesick, please contact us so we can discuss support that we can put in place for this.

## Reasons A Camper May Need To Leave Camp

Whilst our aim is for all campers to remain at camp for its duration, there may be times where we ask campers to leave early.

### Medical Reasons

If a camper is ill or injured, we may need to send them home or take them to hospital. This is to ensure that they receive the right care, and that in the case of an infectious illness, other campers do not become unwell.

### Challenging Eating

Campers are expected to eat from the menu offered (unless otherwise discussed with our clinical team). In the event of a camper not being able to eat from the choices they are offered, or where concerns are raised that they are not eating enough to sustain themselves, they may be asked to leave camp.

### Behavioural Reasons

If a camper becomes disengaged from the programme (such as wanting to stay in their room, not participating in activities or is unable to eat meals in the Dining Hall), and does not respond to strategies from volunteers, or is displaying behaviour which is putting themselves or others at risk of physical or emotional harm, then the Over The Wall Camp staff team will speak to the parents/carers to discuss an action plan to support their child. Sending a camper home is a last resort, when all other options have been exhausted.

### Alcohol and illegal substances

Anyone found in the possession, or under the influence, of alcohol or illegal substances will be immediately asked to leave camp and may be reported to the police.

### Smoking and vaping

We do not tolerate any camper under the age of 18 smoking or vaping at camp. Any camper found smoking/vaping will be asked to leave.



## Packing List

### What should my Camper pack?

Please ensure you pack enough clothing to last for the duration of camp (we strongly recommend packing a few spares too!).

Some activities at camp can get messy, so please don't bring your best clothes. There is a range of indoor and outdoor activities, so expect to pack for all weathers. We may spend more time outside, so please pack warm clothes, such as a jumper and coat (even in the summer months), just in case!

We ask that all camper belongings are labelled clearly to allow us to make sure they return home with them.

**Please remember to pack all medicines required.**

## Packing List

Here is a list of things your camper should bring to camp. If you have any questions, please get in [touch](#).

### Clothing

- T-shirts - campers are provided with OTWC T-shirts, which they are encouraged to wear during camp, but we recommend packing some extras and spares.
- Longsleeved top
- Sweatshirt, hoodie or fleece
- Fully waterproof coat
- Long trousers/joggers
- Sensible shorts
- Enough socks and underwear for the time away
- Pyjamas

### Footwear

- Closed-toed shoes
- Wellies or old trainers

### Please do not bring

- Food or drink (unless agreed by our clinical team)
- Personal sports equipment
- Mobile Phones/technology
- Money
- Sharp implements and weapons
- Alcohol and drugs

### Bathroom Items

- Towel
- Soap, shower gel, shampoo
- Deodorant
- Toothpaste & toothbrush
- Hairbrush, hair products & accessories
- Sanitary items if required

### Optional Items

- Sunglasses and hat
- Plastic bag for dirty laundry
- Teddy or bedtime items
- Books or comics
- Watch/travel clock

### Activity Specific Items

- Archery – campers will need to wear a long-sleeved top
- Climbing – campers need to wear closed-toe shoes

## How do I contact my camper or the staff team whilst at camp?

### Camp is a phone-free zone

We ask that campers not bring their phones or any other electronics to camp. This is to help them get into the magic 'camp bubble', but don't worry, you can still get in touch with the OTWC Support Team by:

- Calling our head office on [+44 \(0\)1332 977589](tel:+44201332977589), and our team will contact Camp Support, who will be in touch
- Calling our Head Office and press 9 for out of hours

Camp is a busy place and we might not be able to answer the phone immediately, but the team will be in touch as soon as they can.

There are occasions in which members of Over The Wall Camp staff may need to contact parents/carers. We expect all parents/carers to ensure their contact details are up to date, including those of any emergency contacts. We expect all parents/carers to be contactable for the full duration of camp, and to be able to arrange for the collection of their child from camp at any time, in the event of any circumstances requiring a camper to leave early.

### When to contact camp

Examples include:

- Changes to who will be collecting your camper at the end of the week
- If a significant family event has occurred

### When we will contact you

Examples include:

- You will receive a phone call if we have any concerns about your child, whether that be emotional, physical or behavioural.



# Camp Policies

## Safeguarding and Rule of 3 Policies

Over The Wall Camp's Safeguarding Campers and Rule of 3 policies are designed to fully protect both children and volunteers/staff. Whilst at camp, a volunteer or Over The Wall Camp Staff member will never be left alone with a child. Our Rule of 3 policy states that there will always be at least two campers with one adult, two adults with a camper, or more than that.

Additionally, we also have an Independent Safeguarding Adviser at each camp to provide advice and guidance on safeguarding-related issues.

## Photographs

Over The Wall Camp allocates specific volunteers to capture photos and video images at camp. These volunteers undergo additional training for this role. Volunteers and Over The Wall Camp staff are the only people permitted to take photos or videos at our Health Challenge & Sibling camps. These images will be used for an end of camp slideshow and, depending on media consent, will be shared with families after camp.

## Contact outside of camp

We recognise that very strong friendships are formed between campers. In response to camper and parent feedback, campers are given the opportunity to share their contact details with other campers on the last day of camp. There is absolutely no expectation that campers share these details if they do not want to, or do not have permission to. We ask that parents/carers discuss this with the camper before attending camp.

If your camper has returned home without the contact details of a friend they've made, please get in touch and we may be able to help!

We do not allow volunteers to have any contact with campers or their families outside of camp.

# Get in touch

**Tel** 01332 977589

**Email** [campers@otw.org.uk](mailto:campers@otw.org.uk)

[www.otw.org.uk](http://www.otw.org.uk)

**BELONGING, AUTHENTICITY, and GROWTH are our core values.**

These principles embody safety, inclusivity, integrity, and trust, fostering a positive culture within OTWC. They empower staff, volunteers, and campers to freely express themselves, forge meaningful bonds, and pursue their potential.

