



INFORMATION BOOKLET

2012

OUR GUIDE TO YOUR WEEK AT
SEALYHAM ACTIVITY CENTRE



Sealyham Activity Centre

INDEX

PAGE NO.

- 3 History and Description of Sealyham.
- 4 The Sealyham View
- 5 Objectives
- 7 Sample Programme
- 8 Our Location
- 9 Meal Times & Sample Menu for the Week
- 10 Instructor Qualifications
- 13 Activities in Brief
- 15 Kit List

THE HISTORY OF SEALYHAM

The history of Sealyham has not been researched fully by us yet, but the following we do know. A grant of land at Sealyham was made by KING EDWARD III to THOMAS TUCKER who served in the above King's army around the year 1356. Thomas Tucker married Ursula del Holme and they settled and built a home at Sealyham. Sealyham stayed in the Tucker family until 1777 when John Owen Edwards married Mary Tucker of Sealyham - heiress of the property. A descendant of these two was Capt. Jack Edwards who bred the Sealyham Terrier which is still a popular dog today.

The last of the family to live at Sealyham was Mrs Catherine Octavia Edwards who married Victor James Higgon and moved to Treffgarne Hall on 4th October 1905.

A few years after this marriage, portions of the outlying estate of Sealyham were sold to the Pembrokeshire County Council for small holdings and in 1920 the Mansion of Sealyham was also sold to the King Edward VII Welsh National Memorial Association to be converted into a Tuberculosis Hospital. It stayed a TB hospital for 34 years and in 1955 was converted for geriatric patients. In 1964 it was closed down.

On 1st October 1970, the house and grounds were sold to a NANCY ELLEN PERKINS who converted the house into flats.

On 31st January 1980, ownership was sold to a consortium who turned it into an outdoor pursuits centre.

On 29th September 1986 the present owners purchased Sealyham and woods.

SITUATION

We are at WOLFSCASTLE in the Parish of St. Dogwells, the county is Pembrokeshire. LETTERSTON is our closest village to the north - only 1½ miles away. We are 9 miles north of HAVERFORDWEST and 7 miles south of FISHGUARD. Llys y Fran reservoir is 8 miles from us and the coast, with such places as Porthclais, St. David's, Newgale beach, Whitesands and Abereddy is about 12 miles away on traffic free roads. CARMARTHEN is some 40 miles away.

THE GEORGIAN MANSION comprises:

Entrance Hall, Sitting Room, Dining Room, Visiting Staff Lounge, Teaching Rooms, Kitchen and Domestic Rooms, Tuck Shop, 27 Bedrooms and extensive cellars, 21 showers, 3 bathrooms, 25 toilets.

THE COTTAGES

Three Cottages, Garage and Workshop

THE OFFICE Reception area and 2 inner offices

OTHER AREAS Landscaped Gardens, Walled Garden, Spruce Plantations, Victorian Slate Quarry, Woodland and lakes amounting to about 90 acres, fishing rights on the river Anghof for 2 miles.

Sealyham Activity Centre, Wolfscastle, Haverfordwest, PEMBROKESHIRE. SA62 5NF--Page--3

THE SEALYHAM VIEW

Outdoor education within the Sealyham way is concerned with the overall development of young people. It is not just the direct experience of the activity but a cross section of experiences, that enables Outdoor Education to enhance learning in a wide range of subject areas in addition to making a valuable contribution to the personal and social development of young people. Outdoor Education is concerned with enabling pupils to realise their potential as opposed to what they perceive is possible.

Aims

It is realistic to state the following as attainable aims for Residential Outdoor Education.

To provide physical and emotional challenges through the medium of outdoor activities, so that pupils may discover more about themselves and gain in self-confidence.

To increase initiative, independence, interdependence and self discipline through cooperation and trust in hazardous environments and shared living conditions.

To encourage pupils to develop lively, enquiring minds, power of observations, logical thought and communication.

To encourage the development of moral and spiritual values and the will to base life and behaviour upon them.

To equip pupils with skills, knowledge and attitude, which will help them to live their lives as, self respecting and competent individuals, able to make informed and reasoned choices for themselves, having regard to the needs of others.

To develop an awareness of danger and engender a sense of responsibility for their own safety and the safety of others.

To motivate pupils to use their leisure time enjoyably and purposefully.

To encourage and help pupils to aim at achieving the highest standards of which they are capable.

OBJECTIVES

Outdoor Education is concerned with the personal, social and academic development of young people via the acquisition of knowledge, skills, attitudes, concepts and values.

In the area of **personal development** Outdoor Education should:

Enable pupils to develop self confidence, self reliance, self control and self sufficiency.

Foster the development of physical skills and of physical resilience.

Encourage pupils to exercise initiative and judgement in unfamiliar and challenging situations.

Allow pupils to develop an awareness and respect for potential dangers in the natural environment and to act appropriately.

Encourage pupils to assess their own capabilities, strengths and limitations and to appreciate those of others.

Broaden the range of pupils experiences and to develop their ability to work as a member of a team.

Encourage pupils to develop planning and organisational skills and provide opportunities for pupils to exercise leadership abilities.

Provide opportunities for pupils to experience success.

In the area of **social development** Outdoor Education should:

Encourage pupils to communicate and co-operate effectively and to participate in learning as members of a group.

Enhance the quality of relationships between pupils, and between staff and pupils.

Encourage pupils to share decision making and a sense of collective responsibility for their actions and behaviour.

Encourage pupils to have due regard for the feelings, welfare and safety of fellow pupils.

Develop an awareness of the need to act with due regard for the interests of other users and of local residents in areas where activities are undertaken.

Encourage pupils to be aware of the need for care, conservation and management of the environment.

Our Guide to Your Week at Sealyham

In the area of **academic development** Outdoor Education should:

Encourage pupils to relate learning undertaken in the classroom to real situations and vice versa.

Develop skills of observation, investigation and analysis.

Develop the ability of pupils to make productive use of information gained through first hand experience.

Develop the ability of pupils to communicate effectively in a variety of situations and in a variety of ways.

Support learning and foster interest in a range of subject areas.

Develop an understanding of the natural environment and of our interaction with it.

Enable pupils to make appropriate use of a range of technical equipment.

Promote greater motivation towards learning in general.

SAMPLE PROGRAMME

The following is a Sample Programme showing some of the activities available.

Group	Time	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	am	Travel	Climb	Kayak	Surf	Sail	Canoe	Depart
	pm	Arrive	Abseil	Arch	Orient	Ropes	Coast	
	eve	Trim	Bivvi	Assault	N'line	Init	Present	
2	am	Travel	Abseil	Arch	Orient	Ropes	Coast	Depart
	pm	Arrive	Climb	Kayak	Surf	Sail	Canoe	
	eve	Trim	Bivvi	Assault	N'line	Init	Present	
3	am	Travel	Arch	Orient	Ropes	Coast	Climb	Depart
	pm	Arrive	Kayak	Surf	Sail	Canoe	Abseil	
	eve	Bivvi	Assault	N'Line	Init	Trim	Present	
4	am	Travel	Kayak	Surf	Sail	Canoe	Abseil	Depart
	pm	Arrive	Arch	Orient	Ropes	Coast	Climb	
	eve	Bivvi	Assault	N'Line	Init	Trim	Present	
5	am	Travel	Surf	Sail	Canoe	Climb	Kayak	Depart
	pm	Arrive	Orient	Ropes	Coast	Abseil	Arch	
	eve	N'Line	Init	Trim	Bivvi	Assault	Present	

We have a maximum of 10 groups per week

KEY to PROGRAMME

Climb-Rock Climbing
Abseil-Abseiling
Kayak-Kayaking
Sail-Dinghy Sailing
Ropes-Ropes Course
Trim-Trim Trail
Coast-Coasteering
N'line-Nightline

Bivvi-Overnight Bivouac
Arch-Archery
Surf-Surfing
Present-Presentation/Disco
Init-Initiative Exercise
Canoe- Canoeing
Assault-Assault Course

Other Activities available include - Raft Building, Gorge Crossing, Open boat Canoeing, Environmental Workbooks

LOCATION

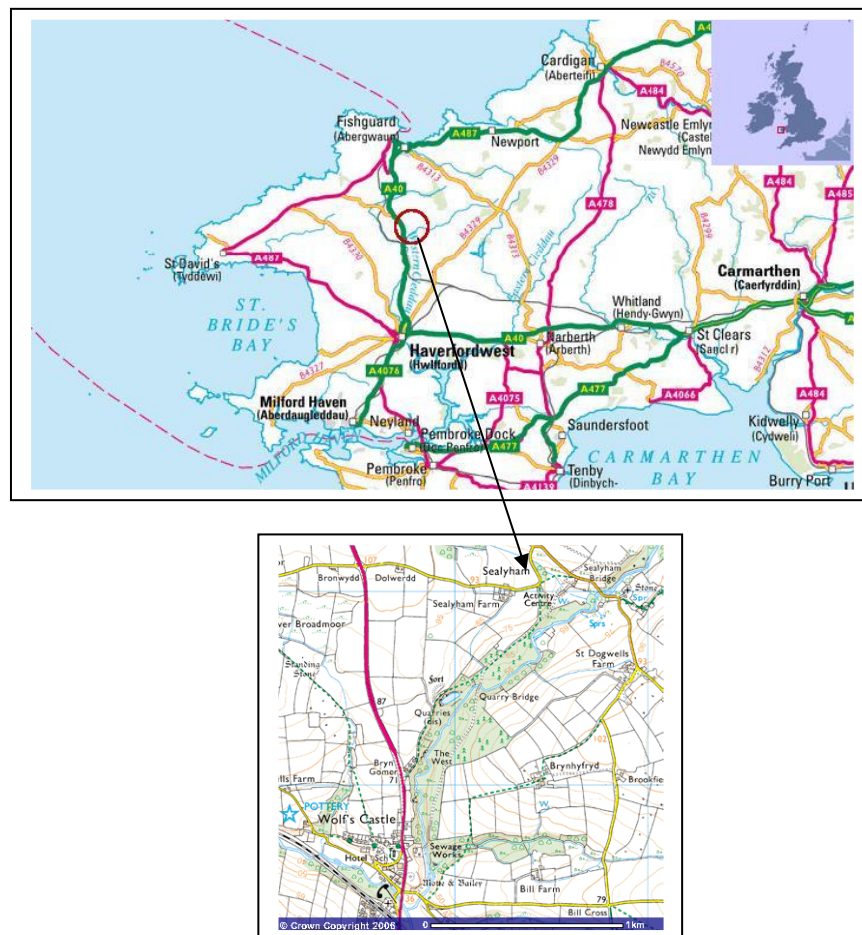
FROM THE M4

Take the A48 to Carmarthen, then the A40 to Haverfordwest and Fishguard. Approx 7 to 8 miles after Haverfordwest you go through the village of Wolfscastle. After Wolfscastle take the second road to the right signposted Sealyham. We are down this road on the right approx 1 mile.

FROM CARDIGAN

Go on to Fishguard then take the A40 to Haverfordwest. Approx 7 miles along this road go through the village of Letterston past the Harp Pub and on past the Brynawelon Hotel. Our road is the first left after the Brynawelon. We are down this road on the right approx 1 mile.

SEALYHAM AT THE HEART OF PEMBROKESHIRE



Sealyham Activity Centre, Wolfscastle, Haverfordwest, PEMBROKESHIRE. SA62 5NF--Page--8

Our Guide to Your Week at Sealyham

MEALS

Breakfast is at 7-45 a.m. Packed lunch is made after breakfast, before the first activity. The children make their own sandwiches from a wide choice of fillings. They are also given a bag of crisps and piece of fruit. Drinking bottles can be filled with a choice of squashes.

Dinner is at 5-30 p.m. PLEASE ADVISE IN ADVANCE OF ANY SPECIAL DIETARY REQUESTS

SAMPLE MENU

SUNDAY	DINNER	Pasta or Jacket Potato with Choice of Sauces & Salad Ice Cream
MONDAY	BREAKFAST DINNER	Cereal, Toast, Bacon, Hash Browns, Tomatoes 1. BBQ Chicken & Rice 2. Pepperoni Pizza & Chips 3. Vegetarian Stir Fry Carrots & Broccoli Apple Pie & Custard
TUESDAY	BREAKFAST DINNER	Cereal, Toast, Sausages, Hash Browns, Spaghetti 1. Lamb Curry & Rice 2. Chicken Burger & Chips 3. Vegetarian Kebab Sweetcorn & Cauliflower Fruit Salad & Cream
WEDNESDAY	BREAKFAST DINNER	Cereal, Toast, Fried Eggs, Hash Browns, Beans 1. Roast Chicken & Roast Potatoes 2. Fish Fingers & Chips 3. Vegetarian Pizza Peas & Cabbage Strawberry Gateau Slice
THURSDAY	BREAKFAST DINNER	Cereal, Toast, Sausages, Hash Browns, Tomatoes Pasta or Jacket Potato with Choice of Sauces Salad Bar, Carrots & Green Beans Chocolate Sponge & Chocolate Sauce
FRIDAY	BREAKFAST DINNER	Cereal, Toast, Bacon, Fried Eggs, Hash Browns 1. Fish & Chips 2. Stir Fry Chicken & Rice 3. Vegetarian Stuffed Pepper Peas & Sweetcorn Fruit Yoghurt

We encourage the children to eat well . They need the fuel because of the physical nature of outdoor pursuits.

INSTRUCTOR QUALIFICATIONS

<u>CHIEF INSTRUCTOR</u> Alec Williams	<u>SENIOR INSTRUCTOR</u> Steve Adams	<u>SENIOR INSTRUCTOR</u> Mark Triggs
REC L2 First Aid Certificate	REC L2 First Aid Certificate	REC L2 First Aid Certificate
MIA Training	MLTB Single Pitch Award	
Mountain Leadership Certificate - Summer	BCU Level 2 Coach – Kayak	
MLTB Single Pitch Award	BCU 4 Star Sea Training	MLTB Single Pitch Award
BCU Level 3 Coach – Kayak	BCU 3 star canoe	BCU Level 2 Coach – Kayak
BCU Level 3 Coach – Sea	BOF Level 1 Instructor	BCU 4 Star Sea Training
BCU Level 3 Coach – Canoe	BSA Surfing Coach Level 2	BCU Level 3 Coach – Canoe
BCU Level 3 Coach –Surf T	Surf Life Saving	BCU 4 Star Award - inland
RYA Dingy Instructor	GNAS Archery Award	GNAS Archery Award
RYA Safety Boat	Level 2 food safety in catering	Level 2 food safety in catering
Level 2 food safety in catering	Sport Coach UK, Safeguarding & child Protection	Sport Coach UK, Safeguarding & child Protection
Nebosh Certificate in occupational Health & Safety		
Sport Coach UK, Safeguarding & child Protection		
Kevin Williams Instructor	Laura Turner Instructor	Nik Mouzakis Instructor
First Aid Certificate	First Aid Certificate	First Aid Certificate
Mountain Leadership Certificate - Summer	Mountain Leadership Certificate - Summer	Mountain Leadership Certificate – Summer T
MLTB Single Pitch Award	MLTB Single Pitch Award T	MLTB Single Pitch Award T
BCU Level 2 Coach – Kayak	BCU UKcc Level 2	BCU UKcc Level 1
BCU 4 Star Sea Training	White Water Safety & Rescue	BCU UKcc Level 2 T
BCU Level 2 Coach – Canoe	Swift water rescue unit 1	GNAS Archery Award
	4 star canoe leader	BCU 3 Star Canoe/ Kayak
	Coaching young paddlers	Sport Coach UK, Safeguarding & child Protection
	RYA Powerboat L2	
	Sport Coach UK, Safeguarding & child Protection	

Our Guide to Your Week at Sealyham

Joe Rolling Instructor	Pete Hoskins Instructor	Stuart Hall Instructor
First Aid Certificate	First Aid Certificate	First Aid Certificate
		BTEC L3 National certificate (Outdoor sport)
MLTB Single Pitch Award T	MLTB Single Pitch Award	MLTB Single Pitch Award
BCU UKcc Level 1	BCU UKcc Level 1	BCU UKcc Level 2
RYA Powerboat L2	RYA Powerboat L2	Coaching the mind
GNAS Archery Award	Sport Coach UK, Safeguarding & child Protection	BCU 3 Star Canoe/ Kayak
		GNAS Archery Award
		RYA level 2 sailing
		RYA Powerboat L2
		Level 2 in developing environmental awareness
		Understanding Behaviour & Behaviour Management
		Foundation certificate in health & safety in the work place
		Sport Coach UK, Safeguarding & child Protection
Joe Kelly Instructor	Sam Arthur Instructor	Alex Cutbush Instructor
First Aid Certificate	First Aid Certificate	First Aid Certificate
BCU UKcc Level 2	MLTB Single Pitch Award MLTB ML S Training	Mountain Leadership Certificate – Summer T
4 star canoe leader	BCU UKcc Level 1	MLTB Single Pitch Award
White Water Safety & Rescue	BCU UKcc Level 2 T	BCU UKcc Level 1
BCU 3 Star Kayak	White Water Safety & Rescue	
Bda basic dragon boat helm	BCU 3 star Sea Kayak	GNAS Archery Award
RYA Powerboat L2	Bronze Medallion	BCU 3 Star Canoe
Ctc Mountain Bike trail Leader	RYA Powerboat L2	
Basic food hygiene	Trail Cycle Leader	
	Level 2 food safety in catering	Trail Cycle Leader
	RYA level 2 Sailing	
	Basic Archery Award	
	Level 2 survival Skills	
	Sport Coach UK, Safeguarding & child Protection	

Our Guide to Your Week at Sealyham

Georgina Lewtas Instructor	Mark Summerland Store man & Instructor	Matt Badger Maintenance & Instructor
First Aid Certificate	First Aid Certificate	First Aid Certificate
BSA Surfing Coach Level 2	GNAS Archer Leader Award	Mountain Leadership Certificate – Summer T
Surf Life Saving		MLTB Single Pitch Award
		RYA Safety Boat

ACTIVITIES IN BRIEF

Kayaking: This popular watersport can take place in many locations up to 12 miles from the centre, either on coastal or inland waters. Suggested clothing: bathing suits, towel, 'T' Shirt, hat (sunhat or woollen), trainers. Wetsuit provided. Warm clothes to change into. The group will be introduced to the principals of kayaking on dry land before taking to the water.

Archery: This activity is pursued on the Archery Range in the grounds of the centre. Suggested clothing: cagoule, sweater, track suit bottoms, trainers. Our range has three target bosses to train potential "Robin Hoods".

Coasteering: This activity takes place at several venues along the Pembrokeshire coast. Suggested clothing: bathing suits, towel, trainers or wet shoes. Wetsuits will be provided. Warm clothes to change into. The group will be introduced to low level coastal traversing and then move on to low level cliff jumping.

Climbing & Abseiling: The location of these two activities is St. David's Head, on the Pembrokeshire coast not far from the city of St. David's, approximately 12 miles from Sealyham. Suggested clothing: warm & dry, trainers or boots, cagoule. This activity can be a full day or half day

Dinghy Sailing: This activity takes place at Mathry Lake in Topper Dinghies. Suggested clothing: bathing suits, trainers, towel. Wetsuits will be provided. Warm clothes to change into. NO WELLIES!! The group will be introduced to small boat sailing and the basic skills involved.

Surfing: Surfing will take place at anyone of the many surf beaches at the coast, i.e.. Whitesands, Newgale, Broadhaven. Suggested clothing: bathing suits, trainers and a towel. Wetsuits will be provided.

Orienteering: This will be done in our own 90 acres of grounds. Instruction is first given in map work. The courses vary from the very simple to more challenging. Suggested clothing: warm and dry, boots, cagoule.

Ropes Course; We have built our own course into the woodlands next to the river. Safety wires have been incorporated into what we consider to be one of the most comprehensive courses in the county. Suggested clothing: warm and dry, trainers or boots, cagoules.

Tyrolean Travers; This activity involves crossing the Sealyham gorge from one side to the other high up above the raging river. Suggested clothing: warm and dry, trainers or boots, cagoules.

Open boat canoeing; canoeing is often seen as the same as kayaking but it is totally different. The boats are larger and you paddle them with one blade, with up to three people in them. Great fun on the water. Suggested clothing: bathing suits, towel, 'T' Shirt, hat (sunhat or woollen), trainers. Wetsuit provided. Warm clothes to change into.

EVENING ACTIVITIES

Trim Trail: Our own keep fit and exercise trail along the river. Be prepared to get very wet and muddy. Suggested clothing: Trainers and track suit.

Nightline: A trust and communications exercise held in the woods close to the mansion. Again be prepared to get wet. Suggested clothing: Trainers and track suit.

Initiative Exercises: Team building games to exercise the mind as well as the body. Can be inside or outside. Suggested clothing: Trainers and track suit. Cagoule.

Bivvi: Spend the night in the woods, only 10 minutes walk from the house. The groups build their own shelters, make a camp fire and cook supper. Go on a ghost hunt and finish the evening with a sing-a-long around the fire. Back in time for breakfast the next morning. Suggested clothing: Lots of layers of clothing. Cagoule. Sleeping bags provided.

Assault Course: Commando-style assault course. See if you can beat the Centre record over the course as an individual and as a group. Wet and muddy. Suggested clothing: Trainers and track suit.

Raft Building: Each group will design and build a raft to carry a select team across the pond. Suggested clothing: Trainers & track suit.

Tyrolean Traverse: The aim is to get the whole group across a 20 deep gorge. Suggested clothing: Trainers & track suit. Cagoule.

ALL SPECIALIST AND SAFETY EQUIPMENT NECESSARY FOR EACH ACTIVITY WILL BE PROVIDED.

KIT LIST

This is the recommended kit list for a one-week stay at Sealyham. Bring old clothes rather than new ones as the activities involve a lot of water and mud. Please ensure that all clothing is named. PLEASE do not ask us to return lost property after groups have left the centre. Do remember that, where possible, woollen clothes are best - "wool is warm when wet". Most groups will be out most of the day and often until late at night so sufficient clothing is necessary for such a full programme. **Do not buy specialist equipment but if you do have your own wet suit or wet suit shoes then you can bring them. The Centre provides everything for the activities.**

- Pyjamas
- 1 Set of Casual Travelling Clothes
- Ample Socks & Underwear
- 3 Towels and Wash Kit
- 4 Pairs Trousers - Preferably Tracksuit Trousers not Jeans
- 5 T-shirts/Shirts
- 4 Long Sleeved Pullovers/Sweatshirts
- 1 Waterproof Anorak/Cagoule (MOST IMPORTANT)
- 1 Swimming Costume
- 2 Pairs Shorts
- Suntan Cream, Sun Hat & Insect Repellent
- 1 Strong Dustbin Liner (for carrying home wet clothes)
- 1 Sandwich Box & Small Drinking Water Bottle (**important for lunches**)
- Wellies - optional
- 3 Pairs Trainers/Plimsolls or wet /beach shoes
(**1 pair to remain wet all week**)
- A small rucksack for daily use

NO VALUABLES such as ipods/mp3's, mobile phones, expensive cameras etc

This is a rough guide with the emphasis on old and warm.

All bed linen is provided

Pocket money (for sweets, drinks, postcards, souvenirs etc.)

Also available:

- Sealyham T-Shirts (Ad £12, Ch £9)
- Sweat Shirts (Ad £21, Ch £15)
- Hoodies (Ad £30, Ch £18)

If sending a cheque for clothing please make payable to **Sealyham Activity Centre**