

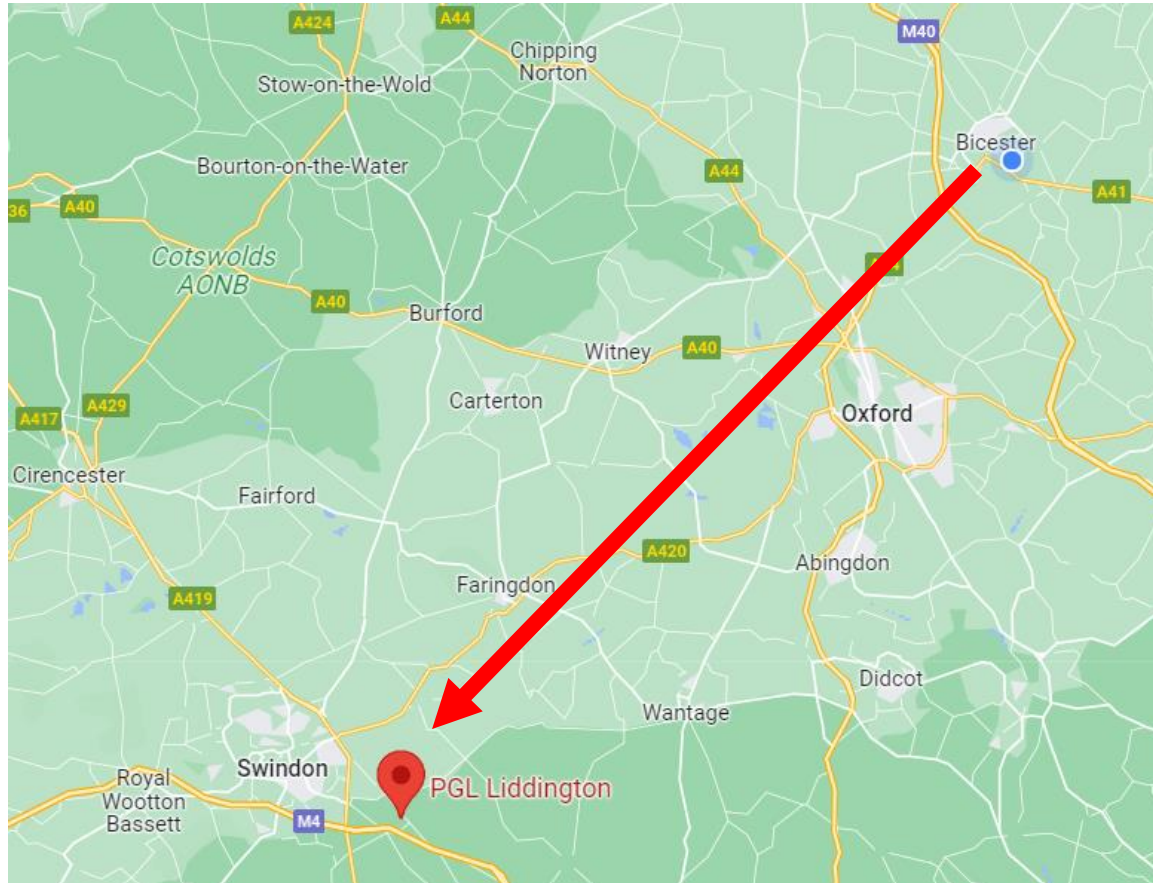


PGL Liddington 2023

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Liddington is about 1 hour from Bicester, near Swindon



PGL Liddington

Foxhill,
Liddington,
Swindon
SN4 0DZ

Liddington is like nothing you've seen before! Formerly a hotel and conference centre, it has a more modern feel, offering a unique adventure centre experience.

There are over 150 acres of grounds, to accommodate the latest and greatest range of activities! Plus, with a site that's this big, it's the perfect base for an action packed Multi Activity holiday.

Dates and Times

Monday 16th – Friday 20th October 2023

- Bring children to school at normal time, but to the hall's side doors.
- At around 9.30am we will be collected by coach. You can stay around, offsite to wave the children goodbye.
- As the journey is approx. 1 hour, we have not scheduled a stop. But we can make one if needed. Should be there around 11.00am
- First day we have a room for storing luggage, having lunches and we can use outdoors/indoor spaces for a couple hours until our dorms are ready.
- Friday we will leave around 1:30pm. We will arrive back before the normal home-time, by 3.00pm.
- School life notifications will be used to update on our arrival time, and you can come to meet the Year 6s from the hall doors.

Activities

Sample day at Liddington (based on 7 night Multi Activity holiday)

Typical timings	Activities
07:00	Your Group Leader will wake you up so that you can get up and get ready for the day ahead.
08:00	Off to the dining room with the rest of your group to fuel up for the day, you'll need plenty of energy to keep you going. Breakfast includes cereals, toast, yogurts, porridge, and cooked breakfast – you choose! Don't forget to refill your drinks bottle before you head off to your first activity.
09:15 Session 1	Archery
10:45	Break. Catch your breath and have a quick drink before your next session.
11:00 Session 2	Crate Challenge
12:30- 14:00	Worked up an appetite? Great – it's time to replenish your energy stores with the dining room. If you have energy to spare after lunch your Group Leader will always be ready for a quick kickabout with a ball or you could relax and chat with your new friends.
14:15 Session 3	Zip Wire
15:45- 16:00	A chance for a breather and a drink before your Groupie takes you to your next activity.
16:00 Session 4	Climbing
18:00	Time to eat again – a different menu each day, (and did we mention, evening meals come with a hot pudding too – or you can stick with fruit if you prefer).
19:00	Talent shows, campfires, quizzes and much more – your evening entertainment programme gives you the chance to get together with everyone else in your age group and have some laughs.
21:00- 22:30	Bedtime. The younger ones go first whilst older groups have time to chill out and chat or watch a DVD. Then it's lights out and time to sleep ready to do it all over again tomorrow!

Our activities last year

- Ambush
- Vertical Challenge
- Challenge Course
- Jacob's Ladder
- Canoeing
- Giant Swing
- Archery
- Trapeze
- Climbing
- Quiz Show
- Passport to the World
- Sensory Trail
- Abseiling
- Crate Challenge
- Zip Wire
- Buggy Build
- Campfire

*Evening whole group activities

Canoeing

Additions to the Kit List:

- Spare towel
- Old/warm clothes to wear for the canoeing – they may fall in
- Children are given a life jacket to wear



Activities

Bravery
Resilience
Team work
Supporting
Physical
Fun
Exhilarating



Activities

Team work
Problem solving
Communication
Sharing
Collaboration
Leadership
Listening



Activity groups

- For the activities, the children will be working in five groups of 9 or 10. Trained centre staff and an adult from Langford Village will accompany each group for each activity. Throughout the week, the five working groups will experience all of the activities but not necessarily in the order that you have read and not always on the same days as other groups.
- Evening activities will happen after dinner time will be done all together as one big group
- We will make the groups based on your child's preferences

Dorm rooms

- This centre offers fantastic, modern, comfortable accommodation. All the rooms are en-suite and sleeps up to 4 children (bunk beds)
- We will make sure that each child is with a friend that they have chosen to be with for the week.
- Children to bring a sleeping bag or duvet, with pillows/pillow case. Centre to provide a mattress cover only
- Adult rooms are next to the children's dorms.

Kit List

You have all begun to collect equipment for you children...some may already be finished.

- Please make sure all items are named/labelled.
- Please make sure your child knows what they have brought, so they know what to bring home.
- Please speak about when they might wear things e.g. clothes for indoors, clothes for day 2 etc.

Other items to consider:

Torches – for evening games and rooms

Camera – but not needed as we will take photos

Watches are allowed but not ones that communicate.

Books, colouring, magazines, cards, rubbiks cubes etc for dorm times

One soft toy/teddy for comfort

Sweets – within moderation (or Mr North will have to eat them)

Money - £10-15 recommended for the shop

NO PHONES at all

These are all the child's responsibility.

Food Glorious Food

Breakfast

- The PGL breakfast - hot options, cereals, toast, yoghurts, pastries & more!

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY




Bacon	Sausages	Sausages	Bacon	Sausages	Sausages	Bacon
Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)
Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns
Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam

Start the day right with a good breakfast:
Mixture of hot and cold items each day
Full cooked breakfast
Cereals, yoghurts, toast, bread, spreads, fruits
Hot drinks and squash

Lunchtime refuel



Pizza	Hot Dogs	Pasta	Hot Sandwich	Burger	Fajitas	Sausage Rolls
Choices:	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:
Pepperoni	Pork Hot Dog	Pasta Bolognese	Ham & Cheese Panini	Beef Burger	Chicken	Jumbo Sausage Rolls
Margherita (v)	Plant-based Hot Dog (ve)	Tomato & Basil Pasta (ve)	Plant-based Fish Finger Sandwich (ve)	Plant-based Burger (ve)	Plant-based Fajita (ve)	Plant-based Sausage Roll (ve)
Plant-based Margherita (ve)	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
	Potato Wedges	Garlic Bread	Crisps	Curly Fries	Tortilla Chips	Peas Mashed Potato

• Lighter tastier lunches - a pit-stop to prepare for a busy afternoon. Refuel with fresh sandwiches, soups, pasta or salads.

Lunch times are a mix of hot and cold items, including sandwiches and salad bar items (plus potato, pasta, rice salads)

Hot items vary.

Unlimited Hot drinks, water and squash available

Winner Winner, time for Dinner

• Delicious 'kids favourites' evening meals - crowd pleasing classics such as fish & chips, roast dinners and bangers & mash.



Bangers & Mash	Piri Piri Chicken	Chicken Curry	Pork Meatballs in Tomato Sauce	Fish & Chips	Sweet Chilli Chicken Chunks	Sweet & Sour Chicken
Chicken Fillets with a BBQ Sauce	Sausage Pasta Bake	Fishcakes	Chicken Kiev	Chicken Katsu Curry	Lasagne	Fish Fingers
Plant-based Bolognese (ve)	Plant-based Chicken Schnitzel (ve)	Chilli non Carne (ve)	Plant-based Meatballs in Tomato Sauce (ve)	Plant-based Fishless Fillet (ve)	Vegetable Curry (ve)	Plant-based Nuggets (ve)
Sides:	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
Penne, Mashed Potato Sweetcorn, Carrots	Skinny Fries, Peas, Cauliflower	Rice, Potato Wedges, Broccoli, Carrots	Penne, Mashed Potato, Sweetcorn, Green Beans	Skinny Fries, Rice, Peas, Carrots	Rice, Garlic Bread, Country Veg	Curly Fries, Rice, Carrots, Green Beans
Doughnuts (v)	Fruit Muffin (ve)	Chocolate Crispy Cake (v)	Waffles (v)	Chocolate Eclairs (v)	Chocolate Muffin (ve)	Profiteroles (v)

Evening dinners always have several options. The children have a complete free choice from a mix of meat, vegetarian and vegan options (as they do for their large workforce). There is always a pasta station and a full salad bar. Puddings are always a nice treat! Unlimited Hot drinks, water and squash available

With all meal times, children can eat as much as they like and any 'fussy eaters' will always be provided for. Their kitchen staff are very good and want the children to be well fed.

More places you will see...



Everyone came home smiling



Questions??

- Any questions to ask?
- Next steps – we will be sending out a letter in due course (keep an eye out on school life). This will be to sign up, give permission and to pay your deposit.
- https://www.pgl.co.uk/en-gb/adventure-holidays/centres/liddington?gclid=Cj0KCQjwsrWZBhC4ARIsAGGUJur5Myz6G1HzE8YAXArvcyqL17hQ0NuLRPSJojihWT2Lk4-RpSUdLDMaAioIEALw_wcB