



University of Worcester

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# LAKE SIDE

c a m p u s



*[worchester.ac.uk/lakeside](http://worchester.ac.uk/lakeside)*

# WELCOME

*to Lakeside Campus.*

## SUSTAINABLE AND MODERN, RURAL OUTDOOR UNIVERSITY CAMPUS.

Our ongoing developments are focused on supporting lifelong education in sport, outdoor activity, outdoor learning, health & wellbeing and science and the environment.

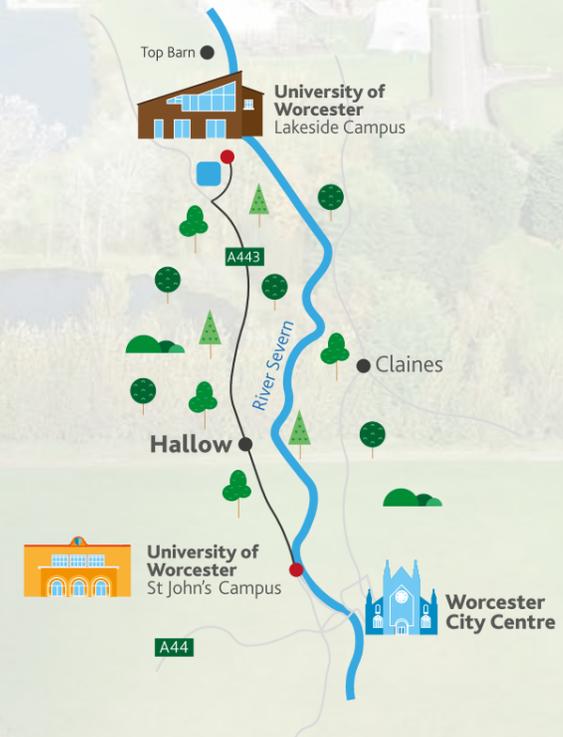
We deliver engaging experiences through outdoor activities and team building within our local communities, which encompass schools and youth groups as well as corporate clients. We can run a variety of one day to multiple day courses and have a proven track record working with many local schools, colleges and professionals.

We will bring a course to life for your students through exceptional instruction from our dedicated and inspirational team and support with ongoing assessment to track your students' progress.

# WHERE

*is Lakeside?*

Ideally located just 5 miles from the centre of Worcester. We can be reached in 10 minutes by car and are serviced by regular bus routes to and from Worcester.



# A PLACE TO LEARN

A PLACE TO LEARN



*At its heart, Lakeside Campus is a place where people come to learn.*

*Whether a student on a practical course such as Outdoor Leadership or studying the varied environmental factors of the land, water or insect life; Lakeside Campus is the perfect outdoor classroom.*

*Students from each of the University's Schools visit Lakeside and make the most of the rich resources and outstanding facilities.*

## SCHOOL OF SCIENCE & THE ENVIRONMENT

The School of Science & the Environment use Lakeside for research and for teaching across multiple pathways including Aerobiology, River Sciences, Ecology, Human Geography, Biology, Forensic Science and Archaeology.

Taught modules in the School are very practically based and it is these skills that our students develop to help them to gain employment. As such Lakeside is used for fieldwork and other teaching activities that include; flying Unmanned Aerial Systems (UAS) or Drones for aerial surveys to demonstrate topographic surveying using Structure from Motion photogrammetry; Aquatic surveys of lake invertebrates and assessment of water quality; marginal vegetation assessment; zonation ecology and vegetation surveys including marginal habitats alongside the use of meteorological equipment; pollen traps and Ash die back observations.

## SCHOOL OF ALLIED HEALTH & COMMUNITY

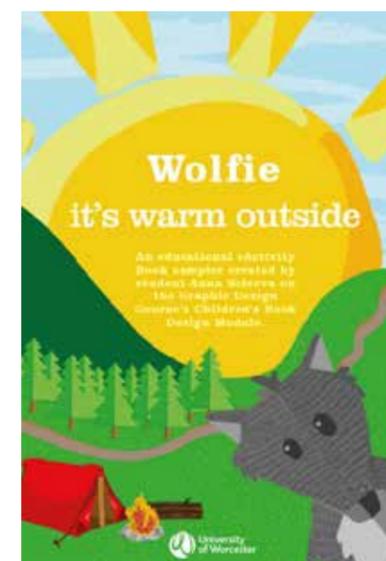
The School of Allied Health & Community use Lakeside to enrich and develop student experience through placements, experiential learning, residential and services user engagement; furthermore, supporting community development, and inter-disciplinary practice for Health & Applied Social Science, Learning Disability, Mental Health, Nursing, Psychology and Paramedics.

This further underpins a broad appreciation and recognition that formal and informal learning can support students' development in a wide range of settings including formal education, health, housing, social and care services; increasing employment and career pathways.

## SCHOOL OF SPORT AND EXERCISE SCIENCE

The School of Sport & Exercise Science use Lakeside to provide a fantastic venue for students to learn about the environment, outdoor adventure, sport and outdoor learning. The spectacular location and the wide range of activities allows students to learn the professional skills required to work in the outdoor and sport sector, but also to understand how theory can be used in the outdoors.

The combination of classroom and outdoor spaces allows inclusive teaching to combine both practical and theoretical learning in the same lecture. As well as being a venue for learning about outdoor activities, the three lakes and the range of vegetation introduces students to the environment, helping them to understand the interaction between human usage and the natural systems.



### SCHOOL OF EDUCATION

The School of Education use Lakeside for a wide variety of learning experiences. Students learn about bush craft and forest school learning through the developing woodland areas, teamwork and outdoor adventurous activities through the wide range of resources, and canoeing and kayaking on the lake with the Primary and Outdoor Education degree.

The School of Education works closely with schools and community groups. School groups are invited to Lakeside for a range of learning activities delivered by education students. Lakeside has a range of learning facilities and practical facilities and the students make regular use of these to synthesise practice with current theory.

### WORCESTER BUSINESS SCHOOL

Worcester Business School use Lakeside as a focus for student research & assessment activity. The facility offers a natural vehicle to develop skills and understanding of business planning, marketing, sustainability, and financial management.

It also offers a backdrop for team building activity as an integral part of the School's Executive Education offer. New curriculum developments in the area of Drone Technology will support use of the facility for practical applications.

### SCHOOL OF HUMANITIES & SCHOOL OF ARTS

The School of Humanities and School of Arts use Lakeside as a location for 'live' concept, in the field projects where they can contribute to the design of promotional material, signage or way marking as well as other projects around campus, it provides a fantastic venue for filmmaking, alfresco drawing and photography. Lakeside provides a beautiful back drop within a rural setting that enable us to use it as an outdoor classroom.

### SCHOOL OF NURSING & MIDWIFERY

The School of Nursing and Midwifery use Lakeside to enrich the student experience through team building days and scenario based practice, helping develop and enhance innovation, communication and creative thinking skills in the future workforce of the NHS. Lakeside also enables inter-disciplinary practice, allows students to practice remote first aid and to work across teams of peers that may not always be possible in skills and simulation teaching rooms. Activities and the environment at Lakeside also offers the facilities for students to socialise and relax in a natural setting, whether that be on the lake for an end of year celebration, or in the woodland, pitted against the environment and tasked with creating fire and shelter.

### SCHOOL OF PSYCHOLOGY

The School of Psychology uses Lakeside as a location for student research and as a vehicle for working and collaborating with external groups for the purposes of research. It offers the students the opportunity to develop their leadership skills through team building activities, opportunities for students to explore team dynamics, personal motivations and behaviours as well as providing opportunities for the students to interact with peers on other psychology pathways, allowing them to network, build connections and develop curiosity into other fields.

## STUDY AT LAKESIDE

*For further details about studying at the University of Worcester contact us at: [study@worc.ac.uk](mailto:study@worc.ac.uk) or visit us at an Open Day [worcester.ac.uk/lopendays](http://worcester.ac.uk/lopendays)*

# TEAM BUILDING

TEAM BUILDING



*This package is an ideal solution for teachers looking to help students raise their attainment levels and develop leadership and communication qualities.*

This has been created for schools that want to develop students in a number of different life skills that can improve confidence, resilience, team work and behaviour.

We use a range of problem solving exercises/ challenges to link activity scenarios to real emotions of day-to-day living with the goal of improving personal attributes such as:

- Team strategies
- Problem solving
- Managing processes
- Leadership skills
- Resolving conflict
- Self confidence
- Resilience
- Self esteem

- Mental health
- Well being
- Effectiveness
- Bonding
- Communication
- Forming, Storming, Norming, Performing
- Strengths and Weaknesses
- Relationships

We understand that each group of people is different and requires bespoke programming and detail, which is why each course we run is tailor-made to suit the requirements of your group and individuals.

We have fully qualified, experienced instructors to facilitate sessions and mentor various aspects of group structure and team development skills.

## Entry level:

This option is designed for newly formed teams/ groups of people that have different ideas. We will teach and coach the team to look at things from other people's perspectives and start discussing ideas towards the right solution for the problems at hand. We use a range of team building activities to help develop communication skills.

## Development skills:

This option is designed for teams/ groups of people that have been together for some time but require some training needs analysis and further coaching to improve team skills and ability. We will coach, mentor and review practise through the implementation of facilitation theories to assist in the development of healthy discussions to understand group dynamics and ascertain strengths rather than weaknesses. We will use a range of basic and advanced challenges to help them grow.

## TEAM BUILDING adventure

*More in-depth team training is available upon request.*

*For more information contact us at: [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)*

# BUSHCRAFT SCHOOL



BUSHCRAFT

*This package is focused towards primary and secondary students.*

We start by engaging and motivating students into achievable tasks and activities in our developing woodland environment. Each participant will be given opportunities to develop intrinsic motivational and social skills through self-awareness to enhance emotional growth, imagination and senses to reach their personal potential.

Our Bushcraft School programme gives an opportunity to learn about and through the natural environment, how to handle risks and most importantly to use own imagination and initiative to solve problems, work and communicate with others. Our programme runs throughout the year (except in severe weather conditions). We teach children to use tools, play, and learn boundaries of behaviour; both physical and social, establish and grow in confidence, self-esteem and become self-motivated.

Each student will be sure to get their hands dirty as we go: hunting for bugs, pond dipping, on woodland walks, planting trees and building with natural materials.

#### **We aim to develop:**

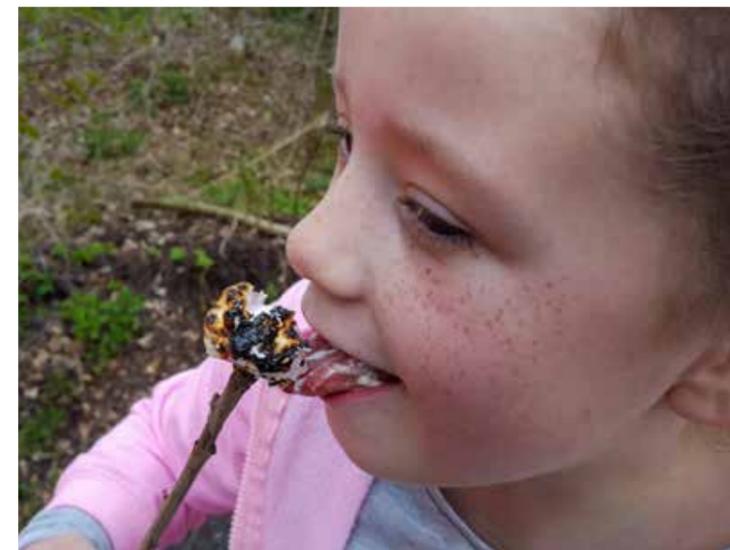
- Self awareness
- Self-regulation
- Intrinsic motivation
- Empathy
- Good social communication skills
- Independence
- A positive mental attitude, self-esteem and confidence

We apply an Accelerated Learning technique to create a unique learning vehicle that is used to encourage young individuals to utilise their local, open space for interactive play, health, recreation and personal development.

We promise that each and every participant will thoroughly enjoy and learn from this positive experience.

#### **Optional:**

Schools can choose to end the BUSHCRAFT day with an adventurous activity. Additionally, photos of their experience/ achievements will make it an even more memorable day. (Small additional cost).



**BUSHCRAFT  
SCHOOL**  
*adventure*

*For more informaton contact us at:  
lakeside@worc.ac.uk*

# MULTI-ACTIVITY SESSIONS

*This package is focused towards primary and secondary students.*

The University of Worcester Lakeside Campus has one of the largest range of both land and water based adventure activities available in one location in the Midlands. This is aimed at schools and students requiring action packed adventure. We will assist you in choosing suitable activities for your group and then facilitate the finer details with you to support you in planning your day. We promise your time with us will be full of fun, adventure, laughter and learning.

Our training centre has a range of activities both land and water based which include:

## Land

- Zip wire
- Archery
- Orienteering/ scavenger hunt
- Team challenges
- Bushcraft/ Forest School
- Nightline
- Nature Detectives
- Rescue Challenges

## Water

- Raft building
- Kayaking
- Canoeing
- Stand Up Paddle Boarding
- Power Boating

## Other activity ideas:

We can also offer a range of additional activities to bring an extra dimension to your day. Depending on dates and availability, such activities include: farm tours, river trips, wood craft skills, animal and insect identification and more.

*“The 104 Malvern District Beavers had a fantastic Water Sports and Activities Day at Lakeside. The staff were brilliant with all the youngsters. I cannot recommend it highly enough and we shall certainly be back.”*

*Catherine Buck*

MULTI-ACTIVITY



**MULTI-ACTIVITY SESSIONS**  
*adventure*

*Various residential and fully catered packages available.  
For more informaton contact us at:  
lakeside@worc.ac.uk*

# RESIDENTIAL

RESIDENTIAL

*Self-lead camping at the University of Worcester Lakeside campus perfect for schools, scouts, guides and youth groups.*

Bring your own tents or use ours and stay in our purpose built camping facility overlooking the lakes, with accessible shower and toilet facilities and space for staff or group leaders.

After a full day of land and water based activities, wind down by sitting around our fire pit and relax in the great outdoors.

We can provide fully catered residential options including breakfast, lunch and dinner as well as full and half week activity packages.



## **Please note:**

Overnight accommodation at Lakeside Campus is reserved only for schools and youth groups and is unfortunately not for use by the general public, but do take a look at all the great offerings and services we do have; designed just for you, your friends, family and work colleagues.



*“The staff at the Lakeside campus are excellent! The site is quiet and well organised, making it the perfect location as this was the first camping experience for many of our children. The food was delicious and most of the children went back up for seconds! We will definitely be booking again for next year!”*

*Kate Howen, Class 3 Teacher – Hallow C of E Primary*

## **RESIDENTIAL** *adventure*

*Various fully catered packages available.*

*For more information contact us at:  
lakeside@worc.ac.uk*

# GENERAL PUBLIC

## BIRTHDAY PARTIES & TASTER SESSIONS

*With a wealth of activities to choose from, why not visit Lakeside for a taster session; a team bonding Away Day or maybe even that special birthday party.*



Are you searching for more exciting and memorable birthday party ideas or fancy trying your hand at something new? Then look no further! Our fantastic Lakeside Campus is the perfect setting for birthday parties and taster lessons.

Whatever your age you can try your hand at any of our activities under the supervision of our skilled, qualified and friendly staff. They will make your birthday party one to remember and leave you wanting more, the only choice you have to make is which wonderful activities you will choose to take part in whilst with us.

*“All excellent! The boys had a ball and thoroughly enjoyed it while we sat back and watched. Thank you!”*

*Mrs E Adams*



### GENERAL PUBLIC adventure

*Various fully catered packages available.*

*For more information contact us at:  
lakeside@worc.ac.uk*

# EVENTS WE CAN DO

*From superheroes on the lake to mud-soaked runners, we can cater for your event or help you with a private hire.*

With first-class facilities, we are able to host your event and give your guests an experience they won't forget!  
Recent events we've hosted include:

- Superhero Inflatables Challenge
- Colour Run
- Triathlons
- School Games competition
- Dirt Run
- Regional Cyclocross Races
- Swimathon
- Duathlons
- Active Herefordshire and Worcestershire Workplace Challenge

#### Further details:

To host your next event or for private hire, please email us at [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk) or call the team on 01905 543040.

*"A massive thank you to @uwlakeside for hosting us here today at the @YourSchoolGames Level 3 Orienteering competition!"*

*Herefordshire & Worcestershire Sports Partnership*





# ACCREDITED COURSES

*These packages offer participants the opportunity to learn a skill and gain National Governing Body Qualifications (NGBs).*

For students of all ages whether undertaking Physical Education, Duke of Edinburgh Award (D of E) or any other outdoor adventurous activity course.

Training will consist of both practical and theory sessions to cover all aspects of the award, successful participants will receive an NGB qualification. This can be arranged over the space of one day or multiple sessions to suit your school timetable. Please contact us about availability. See our extensive list of qualifications below. Please call the campus for more details.

## ADULT AND JUNIOR FIRST AID AND SAFETY COURSES

- First Aid at Work – FAA Level 3 – 3 days
- FAW Re-qualification – FAA Level 3 – 2 days
- Emergency First Aid at Work – FAA Level 2 Award – 1 day
- Outdoor First Aid Level 3 Award – 2 days
- Paediatric First Aid – FAA Level 3 – 2 days
- Paediatric Emergency First Aid – FAA Level 3 – 1 day
- Activity First Aid – FAA Level 2 Award – 2 days
- Activity First Aid – FAA Level 2 Unit 1 Accreditation – 1 day
- Activity First Aid – FAA Level 2 Unit 2 Accreditation – 1 day
- First Aid Risk Assessment – FAA Level 2 Award – 1 day
- Immediate Management of Anaphylaxis – FAA Level 3 Award – 1 day
- Oxygen Therapy Administration – FAA Level 3 Award – 1 day

- BLS & Safe Use of an AED – FAA Level 2 Award – 4 hours
- Defibrillation – FAA Level 2 Award (CPR & AED skills) 1 day
- Manual Handling Principles and Practice (Level 2)
- Safeguarding (Level 2 & 3)
- First Aid for Mental Health (Level 1, 2 & 3)
- Health and Safety in the Workplace (Level 1 & 2)
- Fire Safety (Level 1, 2 and Fire Marshal)

## ADULT AND JUNIOR

- Open Water Lifeguard Full Course (3 days)
- Open Water Lifeguard Bolt On (1 day)
- British Canoeing – Paddlesport Instructor
- British Canoeing – Foundation Safety and Rescue Training (FSRT)
- British Canoeing – Personal Performance Awards (Start, Discover, Explore)
- Royal Yachting Association – Powerboat Level 1 (1 day)
- Royal Yachting Association – Powerboat Level 2 (2 days)
- RLSS Water Safety Equipment Training

# SCHOOL HOLIDAY CLUB

HOLIDAY CLUB

*Experience the great outdoors during half term breaks and school summer holidays.*

*"A fantastic holiday club for any outdoorsy children. Would definitely recommend."*

*Claire Witton*



The University of Worcester presents a series of fun-packed Holiday Clubs. Held during half term breaks and school holidays, treat your children to quality time playing in the great outdoors under the careful guidance of our qualified and friendly instructors.

Whether it's canoeing on the lake, soaring on a zip line or testing your bush craft skills - there's something for everyone to enjoy.

Typical activities will include canoeing, archery, raft building, bush craft and much more...



## **Please note:**

- Suitable for ages 6 - 14yrs
- Timetable is subject to change depending on weather conditions and numbers booked
- Order of timetable will change when running more than one group in a day
- Once your booking is confirmed, you will be notified about any kit you need to bring and equipment provided by the University of Worcester.

We will also provide guidance on suitable footwear and clothing appropriate to the activities signed up for and information regarding food and drink.

See our online booking details - <https://ext-webapp-01.worc.ac.uk/lakeside/>



## **SCHOOL HOLIDAY CLUB** *adventure*

*More in-depth team training is available upon request.*

*For more informaton contact us at: [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)*

# OPEN WATER SWIMMING & TRIATHLON TRAINING

*“Great time today for first open water swim with my son. Clean water, friendly staff, great facilities and advice; sun even came out! If you’ve thought about going and not sure, just go for it!” Paul Jones*

Our idyllic swim venue; perfect for beginners just starting out or the more experienced triathlete. Our 1.6m lake with 600m circuit is a great venue to train on a weekly basis throughout the season and offers a fantastic setting to host your very own triathlon or duathlon competition with access to a 10km run route onsite. Our experienced lifeguards are always on hand to ensure your safety and our robust management and testing systems ensure that our lake is prepared for your swim. We now also offer open water coaching sessions on a 1-2-1 or small group basis during our regular sessions. We can offer sessions for everyone, whether you are new to open water and venturing out of the pool for the first time or wanting to chase those quicker times for competitions.

**Start:** April (dependent on water temperature)

**End:** September (dependent on water temperature)

Monday and Thursday 6pm-8pm, Saturday and Sunday 8am-10am.

## Guidelines:

- Swim sessions will be managed and overseen by qualified open water lifeguards
- Briefing will be given before swim entry
- Wetsuits, swim hats and goggles must be worn
- 8 - 12 year olds must be accompanied by a competent adult in the water agreed by parent/guardian
- 12 - 16 year old solo swimmers must be able to complete a lap of the lake unaided and must have a competency form signed by a swim coach or responsible parent/guardian and qualified Lakeside staff member



OWS / TRIATHLON



## OWS & TRIATHLON *adventure*

For more information contact us at:  
[lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)

# CONTACT US

*for more detailed information*

Phone: 01905 543040

Email: [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)

Web: [worcester.ac.uk/lakeside](http://worcester.ac.uk/lakeside)

Lakeside Campus  
University of Worcester  
Holt Heath  
Worcester  
WR6 6NH

# KEEP IN TOUCH

*with Lakeside campus.*

Follow us on social media for any updates and stay ahead with our upcoming events.

 Facebook: [uwlakeside](https://www.facebook.com/uwlakeside)

 Twitter: [@uwlakeside](https://twitter.com/uwlakeside)

 Instagram: [uwlakeside](https://www.instagram.com/uwlakeside)



**LAKESIDE  
CAMPUS**  
*adventure*

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