



LACHES WOOD OUTDOOR CENTRE

OUTSIDE LEARNING FROM OFF THE BEATEN TRACK



Aims

- **To provide information about where Laches Wood is and about the site itself.**
- **To share the activity programme and what a typical day at Laches Wood is like.**
- **To go through what the children need to bring ('Kit list' handout) and an overview of mealtimes.**
- **To provide information on completing the 'Medical Information, Consent Form' and to outline the organisation for day of departure/return.**

Monday 29th June – Friday 3rd July 2026

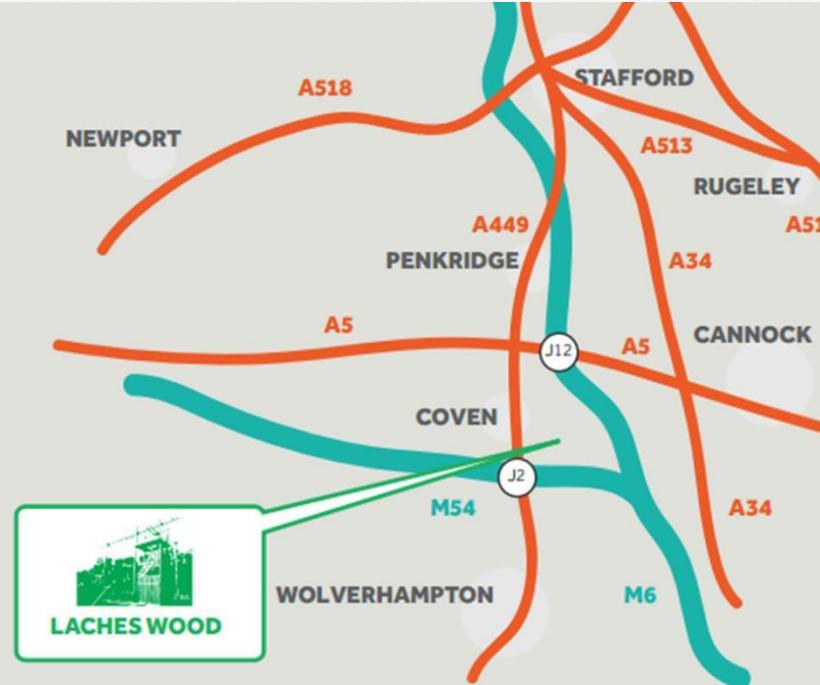
Drop-off & Pick-up

Parents are to drop off on Monday at 10am and collect on the Friday at 2pm.

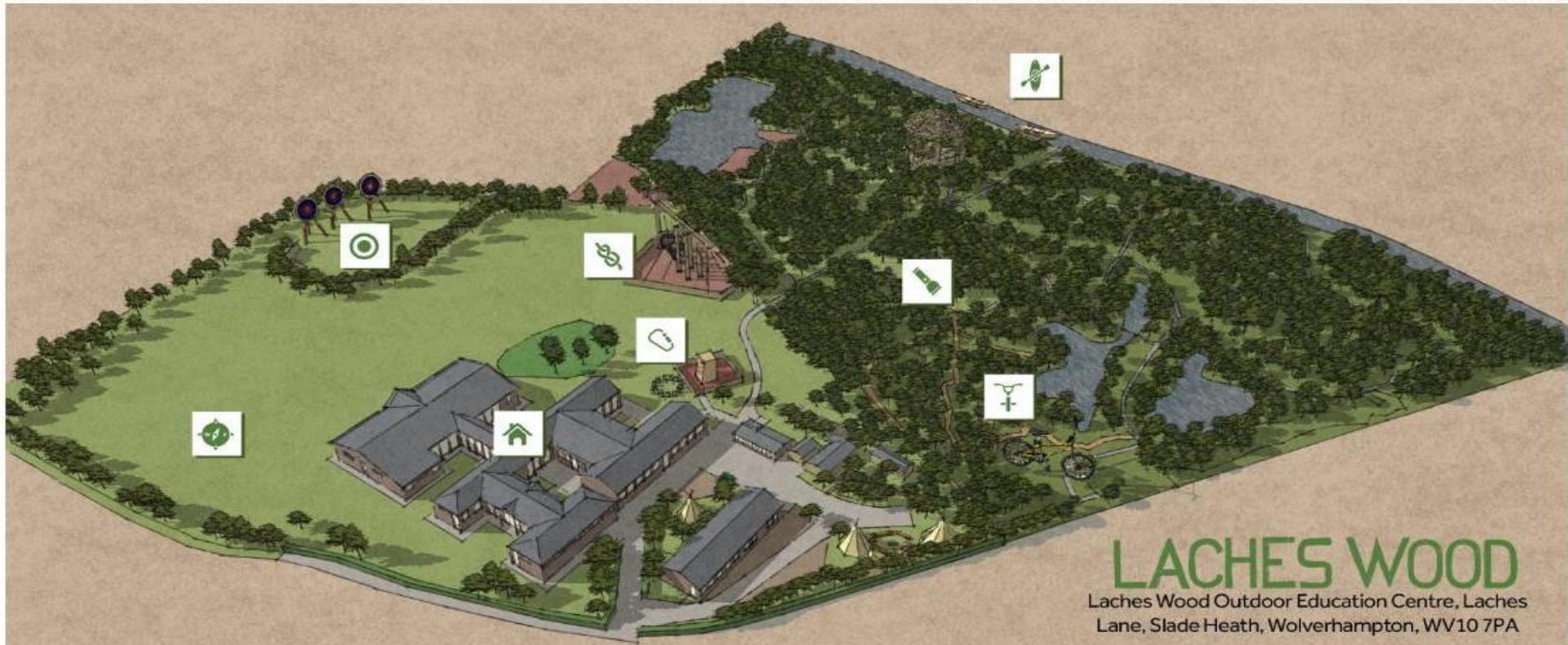
Timings are really important as Laches Wood will have numerous coaches arriving onsite slightly before and after our parent drop offs.



Laches Wood
Outdoor Education Centre
Slade Heath
Wolverhampton
WV10 7PA



entrust
Inspiring Futures



LACHES WOOD

Laches Wood Outdoor Education Centre, Laches Lane, Slade Heath, Wolverhampton, WV10 7PA



SEARCH & RESCUE



CANOEING



ARCHERY AREA



HIGH ROPES



BMXING



CLIMBING WALL



DORMITORIES



ORIENTEERING

Accommodation

There are lots of different dormitory blocks at Laches Wood.

Boys and girls will be housed in separate dormitory rooms. The numbers in each dormitory vary in size.

Within the blocks are individual staff dormitories and part of their settling in will be to ensure they are clear of their closest member of staff to call upon if they need to.



Accommodation

The rooms are organised with bunk beds. The children will also have a designated washroom with shower/toilet facilities.

As mentioned in the kit list, they will need:

- Single duvet cover
- Pillowcase
- Fitted sheet

They will be expected to 'make up' their own beds on arrival.

The children are not permitted in their dormitories during 'free time'.



Weekly Programme

Throughout the week the children will work together as a team and experience lots of challenges.

They will also have a 'duty' to complete each day.



The programme is yet to be finalized but here are some of the daily activities:

- Caving
- Biking
- Climbing
- Rock Room
- Archery
- Frisbee Golf
- Canoeing/sailing
- High Ropes
- Search and Rescue

A Typical Day

7.30am-8am	Wake up and get ready
8.30am-9am	Breakfast
10.30am – 12.30pm	Morning Activity
12.30pm – 1.30pm	Lunch (packed lunch) Free time and time to get ready for afternoon activity.
1.45pm- 5pm	Afternoon Activity
5pm-6pm	Dinner
6-7pm	Free time
7pm-8pm	Evening Activity
8.30pm	Hot chocolate + biscuit
9-9.30pm	Getting settled and ready for bed

Food at Laches Wood

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	Omelette with Sausage & Hash Brown	Scrambled Egg with Bacon & Potato Waffle	Omelette with Sausage & Spaghetti Hoops	Bacon with Hash Brown & Tomatoes	Scrambled Egg with Sausage & Beans
	ALSO AVAILABLE: Fresh Fruit, Yoghurt, Cereals, Toast, Teacakes, Crumpets & Pancakes with Butter, Marmalade & Jam. Tea, Milk & Fruit Juice				
<i>Lunch:</i> Choice of Sandwiches, Crisps, Fresh Fruit, Cookie & Cold Drink					
<i>Dinner</i>	Pork Sausages with Mash, Yorkie & Gravy	Pasta with Chicken Meatballs in Classic Tomato Sauce with Garlic Bread	Roast Turkey with Roasties & Gravy	Fish Fingers with Seasoned Potato Wedges	
	Veggie Sausages with Mash, Yorkie & Gravy (v)	Classic Tomato Pasta with Garlic Bread (v)	Quorn Fillet with Roasties & Gravy (v)	Margherita Pizza with Seasoned Potato Wedges (v)	
	Carrots & Peas	Peas & Sweetcorn	Carrots & Broccoli	Sweetcorn & Slaw	
	Chocolate Brownie	Toffee Apple Sponge	Marble Sponge	Jam Sponge	
<i>Jacket Potatoes</i> with a choice of fillings					

Supper
Hot chocolate and biscuits

A salad bar, fresh fruit, jelly & mousse will be available daily.

Please inform the school after tonight's meeting if your child has any food allergies or intolerances.

Important information

- Recommend bringing a rucksack – please bring a packed lunch for lunch on the first day.
- Please do not bring mobile phones.
- Pocket money: For Laches Wood souvenirs. £10 suggested amount in change please. Children are responsible for their own money.
- Children are welcome to bring: a book (maybe a small reading light), magazine, pack of cards, drawing books, pens/pencils.
- Recommend to bring a packet of biscuits which will be placed in your team's tuck box. No items containing nuts and no snacks are allowed in the dormitory.

Medical and Consent Form

It must not be completed more than 14 days prior to the visit.
All children must have returned the form prior to departure.

LACHES WOOD MEDICAL INFORMATION & CONSENT FORM

For all participants under 18, this form should be completed by a parent, guardian, or those with parental responsibility.

It should not be completed more than 14 days prior to the visit to ensure the information is as current as possible.

Name Of Participant	Date Of Birth	School/Establishment
Participant's Address:		Home telephone Number
Parent/Guardian/Contact Name(s)	Relationship to participant	Contact numbers:
		Home:
		Work:

By signing below I consent for the participant to receive, if necessary, the proprietary medicines listed below at the dosage appropriate for their age:

Ailment	Treatment
Nasal Congestion and Sore throats	Decongestant Lozenge (<u>e.g.</u> Tunes)
Headache	Paracetamol, Calpol (<u>or</u> equivalent)
Insect or plant bites or stings	Proprietary cream or spray
Sore Lips	Lip Salve or Vaseline
Sun Protection	<u>Sun Screen</u> /cream
Asthma	Ventolin Inhaler if participants own has run out. This will only be given if YES for Asthma is ticked

Medication

Your child's medication should be:

- Clearly labelled with their name and dosage.
- There will be a medication 'drop off point' set up on Monday.