



Thorpe Woodlands Adventure Centre
Shadwell
Thetford
Norfolk
IP24 2RX

Telephone: 01842 763564
Email: Alex@thorpewoodlands.co.uk

07 October 2016

Dear Volunteer,

VOLUNTEERING AT THE THORPE WOODLANDS ADVENTURE CENTRE

Thank you for your enquiry into becoming a Thorpe Woodlands Volunteer. Please read through the information below and if you feel that volunteering with us is something you would like to do please complete and return the application form (Annex A) via email or post.

In partnership with Activities Unlimited we provide a number of short breaks for young people with additional needs and/or disabilities. These could be in the form of a learning disability, mobility problems, sensory impairment or some form of challenging behaviour. Your main role will be to ensure that all young people get the most out of their visit by fully participating in activities, building positive relationships and having lots of fun.

Here are some examples of what **you may be required to** do as a Thorpe Woodlands Volunteer:

- Build relationships with young people who are shy and/or anxious and playing games during free-time periods.
- Sit with a young person over lunch. You may need to help with pouring drinks, making choices or prompting to eat.
- Celebrate achievements however small and generally being a supportive friend.
- Help with bedtime routines - reminding young people to brush their teeth or have a shower.
- You may need to share a room and help during the night with getting a drink of water or fetching a member of staff if further support is needed.

These are some of the things **you will not be asked to do**:

- You will not be asked to support any young person who requires intensive supervision or significant intimate care.
- You will not be expected to deal with violent or aggressive behaviour.
- You will not be left to look after somebody by yourself.

This is a very rewarding role which offers the opportunity for you to meet new people, learn new skills and have a great time. The short breaks are two and a half days and we normally run two back to back over five days, which also makes this a great opportunity for those of you doing your Gold Duke of Edinburgh Award to complete your residential section.

We hold a Volunteers briefing (before the Forest Festival) where you can meet other volunteers and find out more about the role. If you have any further questions, feel free to get in touch.

Kind regards,

Alex

Alex Setchell
Senior Instructor
Thorpe Woodlands Adventure Centre



THORPE WOODLANDS ADVENTURE CENTRE VOLUNTEER APPLICATION FORM

Please complete and return the application via email or post.

Your Details			
First Name		Surname	
House Name or Number			
Address Line 1			
Address Line 2			
Town			
County		Post Code	
Date of Birth			
Email Address			
Home Phone Number		Mobile Number	
Emergency Contact Details			
Name		Home Number	
Relationship to You		Mobile Number	
Additional Information			
Please include any dietary requirements, additional needs or medical conditions (eg Asthma)			
Why do you want to volunteer?			
Please give a few brief words about why you would like to volunteer at Thorpe Woodlands.			
Sign and Date			
Parental Consent			
If you are under 18 your parent/guardian guardian will need to sign below			
<i>I hereby give permission for my son/daughter to become a volunteer at Thorpe Woodlands and for them to undertake a wide range of duties in connection with this role. I understand that this will involve them taking part in adventurous activities such as climbing, canoeing, mountain biking, archery etc. I also consent to them receiving any necessary medical treatment.</i>			
Sign		Date	
Print Name			

