



Kingswood
Learning by doing

The Kingswood Experience

Young people get so much more out of a visit to Kingswood than just having a lot of fun. The benefits gained are immense, and most will develop new life-skills without even realising they're learning.

- Increasing confidence in themselves and their own abilities
- Developing new friendships and strengthening existing ones
- Trying new activities and igniting interest in new hobbies
- Experiencing the camaraderie of an overnight stay and an experience shared
- Development of a healthy sense of self awareness and empathy for others and their environment
- Increasing concentration, listening skills and attention span
- Greater respect for those – both teachers and peers alike – who have shared the same journey
- Accepting challenges and overcoming fears



Grosvenor Hall

Set amongst 50-acres of outstanding educational, adventure and sports facilities in the heart of Kent, Grosvenor Hall – a former Police Training Centre – offers young people a unique learning experience and some of the UK's most exciting adventure activities.



Grosvenor Hall

- Over 40 exciting adventure activities, including triple zipwires, 3G swing, double descender and a lake for watersports.
- A 25,000 sq.ft. sports hall and indoor pool complex perfect for all-weather activities.
- Comfortable single sex dorms sleep 2-8 young people.
- A dedicated and fully trained centre welfare team on hand 24/7 to ensure the safety and well-being of your child.
- A safe and secure environment, complete with boundary fencing, electronic gates, night patrols, CCTV and full DBS check on all staff.



Home away from home

- All residential dormitories are warm, comfortable and 100% secure.
- Girls and boys sleep in separate rooms and teachers' rooms are located on the same corridors to allow for plenty of close supervision.
- All bedding is provided by the centre - one of the very first tasks for all students is making up their own beds!
- Separate showers and toilet facilities are available for girls and boys, some rooms come with en-suite facilities.



Food glorious food!

It's important for students to maintain high energy levels throughout their stay, so 3 freshly-prepared, healthy cafeteria-style meals are served in the communal dining area every day.

A varied choice is always offered, with both hot and cold meals, a salad bar, at least one vegetarian option and yes, sometimes even chips!

Plenty of juice and water is available at all times.

Most dietary requirements can be catered for as long as the centre is notified in advance.



A typical day at Kingswood runs as follows:

- Breakfast between 7.30am and 8:30am
- First activities kick off around 9.15am
- 10 minute juice break
- Lunch between 12pm and 2pm
- A full afternoon of activities
- 5 minute juice break
- Evening Meal between 5.30 and 7pm
- The Social Sundown evening entertainment at 7:45pm
- Return to dorms at 9.15pm
- Lights out by 10pm



We will choose our preferred activities before we go then Kingswood create a programme of activities for us.

- 6 sessions per day plus one final evening session.
- Group sizes of no more than 15 plus a fully qualified Kingswood instructor and a teacher.
- Students are encouraged and praised during activities but are NEVER forced to take part if they are not comfortable doing so.

While other schools may also be present on centre during our stay, all programmes and activities are conducted separately. Groups will sometimes have the opportunity to mix during The Social Sundown.

Bedtime routine

To finish off each day, we can have hot chocolate before returning to our dorms at 9:15pm. Plenty of sleep is required to recharge the batteries, so lights are usually turned out by 10:00pm.



Safety & Wellbeing

We know how nerve-wracking it can be letting your child go on a residential visit, so we do everything we can to make it a safe and enjoyable experience for all.

The highest safety standards at all times:

- Continual safety and first aid training for all centre staff
- Regular checks on equipment before and after every activity session
- Qualified First-Aider on centre 24/7
- All Kingswood staff are fully DBS checked and are trained to take responsibility for the well-being of the children in their care.



A warm, supportive environment is created for students so they quickly feel at home and the activities are progressive, allowing students to join in at whatever level they're comfortable with.

Travel

See it for yourself!
When?

**Monday 20th to
Friday 24th
September 2021**

<https://www.youtube.com/watch?v=obAllu3oLb0>

<https://www.youtube.com/watch?v=hOTGWea5B00>

Any questions?