

A PARENTS' GUIDE TO COBNOR ACTIVITIES CENTRE TRUST

EDUCATIONAL EXPERIENCES TO INSPIRE IN A BEAUTIFUL AND UNIQUE LOCATION



LEARNING OUTSIDE THE CLASSROOM



RESIDENTIAL AND DAY TRIPS

WHY COBNOR ACTIVITIES CENTRE TRUST?

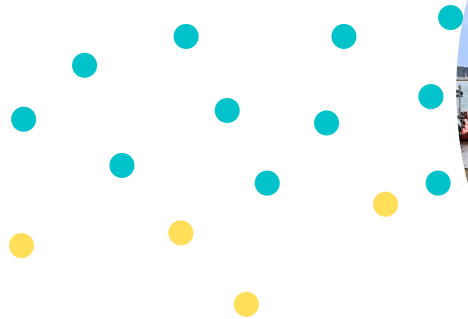
BIG ENOUGH TO DELIVER....

...SMALL ENOUGH TO CARE

With the ability to accommodate 130 people on site, we can offer a bespoke programme to achieve your specified learning outcomes, whilst maintaining safety and enjoyment for all.

LOCATED IN BEAUTIFUL CHICHESTER HARBOUR

A National Landscape and with the South Downs National Park on our doorstep, this allows us to offer a rich mix of both water-based and land-based activities, which enable people to thrive.



EXPERIENCED, LONG-STANDING, HIGHLY QUALIFIED PROFESSIONAL STAFF

We employ staff who hold national governing body qualifications and are the best in their field.



WE UNDERSTAND THE POTENTIAL AND POSITIVE IMPACT OF LEARNING OUTSIDE THE CLASSROOM

- Short to long term educational and development programmes, complementing your formal curriculum and timetable.
- Reinforce a positive and focused attitude towards key personal and social skills.
- We recognise the fundamental abilities within every young person, to enable them to achieve their full potential.





HOW CHILDREN BENEFIT

ENRICHED CURRICULUM

Supports National Curriculum Programmes of Study and Learning Outcomes.

OUTDOOR AND ADVENTUROUS ACTIVITIES

Complements PE Curriculum across the Key Stages.

PERSONAL & SOCIAL DEVELOPMENT

Unique surroundings and experiential learning to develop and promote skills to help young people lead healthy and happy lives.

YOUR VISIT TO CACT

We work with schools to provide fun and engaging activity programmes, which will help support, encourage and engage your children in life-long learning skills.

Our activities enable individuals to build personal skills such as:

- Resilience
- Self-confidence
- Positive mental health
- Positive well-being
- Problem solving
- Social interaction

A POWERFUL, POSITIVE TEACHING TOOL

Learning outside the classroom helps to enhance the social, personal and emotional development of your child, enabling them to develop and grow through learning and having fun in an outdoor environment.



WHO WE ARE

AN INDEPENDENT CHARITY

Based in Chichester Harbour, a National Landscape. Our purpose is to provide high quality outdoor experiences to make life better for everyone - and in particular for young people - both on and off the water.

ACCREDITED AND LICENSED TRAINING CENTRE



OUR HISTORY

Youth sailing at Cobnor began in the mid 1950s, thanks to **Martin Beale OBE JP DL**. Martin appreciated that he lived in a very beautiful area and wanted to share the uniqueness of Cobnor and Chichester Harbour with those less fortunate than himself.

In 1963 the Thames Barge, *Pride of Sheppey*, arrived on site and this brought the advent of residential courses at Cobnor.

In 1979 Cobnor Activities Centre Trust was formed.

In 2013 Cobnor Activities Centre became wholly independent.



"We love Cobnor! Friendly staff, great facilities and a fantastic location. Our children (and staff!) always have a wonderful time and it's the reason we come back every year"

Teacher at Churchers College



WE EMPLOY THE BEST IN THE BUSINESS

All our experienced staff are highly qualified in their area of specialty in outdoor activities. We are proud of our staff team, 70% of whom have been with us for three years or more and many for much longer, so you will always see some familiar faces.

**ACCREDITED SAILING &
PADDLESPORTS COURSES**

DINGHY & KEELBOAT SAILING

CANOEING & KAYAKING

RAFT BUILDING

CYCLING SKILLS

ARCHERY

LOW ROPES

PROBLEM SOLVING

CLIMBING WALL

ORIENTEERING

INITIATIVE EXERCISES

AEROBALL

CAMP CRAFT

BEACH COMBING

SUPPORTED BY A PROFESSIONAL TEAM

Our team is on hand to reassure you about your child's trip to Cobnor Activities Centre Trust.

Should you have any further questions, our staff are here to help and are happy to answer any queries or talk about any aspects of your child's trip.



YOUR VISIT TO CACT



“Dear Cobnor staff, I just want to say thank you for all the things we did together. The food was fantastic and the activities were really good. I really like the sailing, thank you.”

Pupil at Hill Park Primary School

EXAMPLE OF A 5-DAY RESIDENTIAL

Monday	Group 1 (10 pupils +1 teacher)	Group 2 (10 pupils +1 teacher)	Group 3 (10 pupils +1 teacher)
11:00 – 12:30	Arrivals and welcome	Arrivals and welcome	Arrivals and welcome
12:30 – 13:15	Lunch – Please bring a packed lunch on the first day	Lunch – Please bring a packed lunch on the first day	Lunch – Please bring a packed lunch on the first day
13:15 – 15:00	Archery	Aeroball	Paddling
15:00 – 16:30	Aeroball	Archery	Paddling
17:30 – 18:30	Dinner	Dinner	Dinner
18:30 onwards	Self-led games night	Self-led games night	Self-led games night
Tuesday	Group 1 (10 pupils +1 teacher)	Group 2 (10 pupils +1 teacher)	Group 3 (10 pupils +1 teacher)
08:00 – 09:00	Breakfast	Breakfast	Breakfast
09:15 – 10:45	Paddling	Paddling	Archery
10:45 – 11:00	Break	Break	Break
11:00 – 12:30	Paddling	Paddling	Aeroball
12:30 – 13:15	Lunch	Lunch	Lunch
13:15 – 15:00	Low ropes	Problem Solving	Pioneering
15:00 – 16:30	Problem Solving	Low ropes	Campcraft
17:30 – 18:30	Dinner	Dinner	Dinner
18:30 onwards	Self-led fire pit & marshmallows	Self-led fire pit & marshmallows	Self-led fire pit & marshmallows
Wednesday	Group 1 (10 pupils +1 teacher)	Group 2 (10 pupils +1 teacher)	Group 3 (10 pupils +1 teacher)
08:00 – 09:00	Breakfast	Breakfast	Breakfast
09:15 – 10:45	Raft Build	Raft Build	Raft Build
10:45 – 11:00	Break	Break	Break
11:00 – 12:30	Raft Racing	Raft Racing	Raft Racing
12:30 – 13:15	Lunch	Lunch	Lunch
13:15 – 15:00	Pioneering	Campcraft	Low ropes
15:00 – 16:30	Campcraft	Pioneering	Problem Solving
17:30 – 18:30	Dinner	Dinner	Dinner
18:30 onwards	Self-led crabbing	Self-led crabbing	Self-led crabbing
Thursday	Group 1 (10 pupils +1 teacher)	Group 2 (10 pupils +1 teacher)	Group 3 (10 pupils +1 teacher)
08:00 – 09:00	Breakfast	Breakfast	Breakfast
09:15 – 10:45	Orienteering	Keelboat Sailing	Keelboat Sailing
10:45 – 11:00	Break	Break	Break
11:00 – 12:30	Initiative Exercises	Keelboat Sailing	Keelboat Sailing
12:30 – 13:15	Lunch	Lunch	Lunch
13:15 – 15:00	Keelboat Sailing	Orienteering	Cycling Skills
15:00 – 16:30	Keelboat Sailing	Initiative Exercises	Climbing
17:30 – 18:30	Dinner	Dinner	Dinner
18:30 onwards	Self-led movie night	Self-led movie night	Self-led movie night
Friday	Group 1 (10 pupils +1 teacher)	Group 2 (10 pupils +1 teacher)	Group 3 (10 pupils +1 teacher)
08:00 – 09:00	Breakfast	Breakfast	Breakfast
09:15 – 10:45	Climbing	Cycling Skills	Orienteering
10:45 – 11:00	Break	Break	Break
11:00 – 12:30	Cycling Skills	Climbing	Initiative Exercises
12:30 – 13:15	Depart with packed lunch	Depart with packed lunch	Depart with packed lunch

As well as residential trips for schools, we are open ALL THE YEAR ROUND during school holidays and half terms for children and family activities.

“The children loved it and my 7 year old daughter, who was adamant in the weeks running up to it that was “not going to go” because she “didn’t like sailing”, was probably the most enthusiastic of all”

Parent of child on RYA Youth Stage 1

ACCOMMODATION

LOG CABIN,
JUBILEE
OR
CAMPING

**SOLE OCCUPANCY,
SAFE WARM &
COMFORTABLE**

Private property, situated at the end of a private drive. Schools will have their own accommodation and will not share with other schools. Teachers sleep in adjacent rooms in the same building.

Log cabin sleeps 46:

5 rooms of 4 bunks; 2 dormitories of 11 bunks; Mess hall; drying room; professional kitchen

Jubilee sleeps 20:

Rooms of 2 bunks, 4 bunks, 6 bunks and 8 bunks

Outside terrace, fully equipped kitchen

**LOG CABIN STAFF
EN-SUITE FACILITIES**

2 staff rooms (sleep 2 in each) with shower and toilet



CATERING

- Professional kitchen
- Fresh, tasty and nutritious meals, cooked from scratch on site for a healthy, active lifestyle
- Special dietary requirements catered for
- Top 5 Rating from Food Standards Agency

HOW TO FIND US

Cobnor Point, Chidham, Chichester,
West Sussex

P018 8TE

Coming from the East:

At Chichester take the A259 westbound towards Bosham, until you reach Chidham. Take the left turning into Chidham Lane (50 metres past The Bosham Inn). See below for further directions.

Coming from the West:

At Havant take the A259 Eastbound towards Emsworth. Continue past Nutbourne and take the right turning into Chidham Lane (50 metres before the Bosham Inn).

Chidham Lane:

Continue to the bottom of the lane (about 1.5 miles) and look out for Cobnor Farm Lane leading on to Cobnor Estate. Drive past the farm and follow signs to Cobnor Activities Centre on the left.

**DON'T FORGET TO GIVE US A CALL
30 MINUTES BEFORE YOU ARE DUE
TO ARRIVE**

OUR STUNNING LOCATION



TELEPHONE

01243 572791

EMAIL

sail@cobnor.com

WEBSITE

www.cobnor.com