

2nd Nene Scout Group
Norfolk Weekend – Roughton Mill
Friday 19th – Sunday 21st February 2010
 & Parents Briefing 8.45pm Monday 8th February.

Location

The weekend will be based at Roughton Mill. See attached map.

ROUGHTON MILL was built in 1815 and stands on the site of the former Post Mills dating back to the 17th century. Facilities include a Main Hall (25'x50'), kitchen equipped with electric cookers and a refrigerator. The Mill stands in approximately half an acre of land. Roughton village is one mile to the South and Cromer is two miles to the North. LOCATION Grid Ref TG 217 393
 More details about the Mill can be found at <http://www.norfolk Mills.co.uk/Windmills/roughton-mill-hill-towermill.html>

PARENTS MEETING - There will be a briefing for parents at 8.45pm on Monday 8th February.
If you have some questions and are not able to attend please contact one of the Leaders.

Programme

- Friday 19th Meet at 2nd Nene HQ at 6:45pm ready to depart at 7pm.
 Travel to Roughton arriving at Roughton Mill approximately 9:30pm with a Light Supper before bed.
- Saturday 20th Full days hike with a possible visit to the seaside. Distance 10 – 12 km depending on final route chosen according to, conditions on the day and suitability for Scouts taking part.
 The Scouts will be supervised as appropriate to age and experience.
 Evening 'Can't Cook Won't Cook Banquet' where all will be invited to assist with the preparation of exotic yet simple to prepare dishes (and complete tasks towards Chef Badge)
 Further evening activities if time permits.
- Sunday 21st We are arranging for Qualified Instructors to teach us how to Abseil done the windmill.
 All safety harnesses and ropes will be provided.
 If abseiling is not possible due to poor weather we will be going to Sheringham Splash Leisure and Fitness Centre which has a wave pool & 150ft slide. If viewing on line click [HERE](#) & see pages 10 & 11
 Travel back to Peterborough (mid afternoon to be home for 5:30pm.)

Scouts Eligible

This activity is open to Apollo and Challenger 2nd Nene Scouts capable of taking part in a full day low-level hill walking exercise.

Adult Help

Parents and supporters who would like to help with the weekend please speak to one of the leaders. Those taking part must already have CRB clearance.

Please note that all over 18's taking part in most Scout activities involving under 18's must be CRB cleared by the Scout Association. Parents and supporters who would like to be CRB cleared for future activities please speak to one of the leaders or contact the Assistant Group Scout Leader (Tim Burgess email tim.burgess100@ntlworld.com)

Cost–

The cost for the weekend is £40 per person. This includes: transport, accommodation, abseiling, (or alternative activity) use of maps, compasses and map cases, all meals (light supper Friday night through to lunch Sunday).

For families with two Scouts the total cost is £55

Booking & Parents Permission

To reserve a place, please return the Permission the Form below to Glynis Titman (for Apollo) by Monday 8th February 2010 or Graham Sharman by 4th February (for Challenger.)

The Permission form and full payment should be placed in an envelope together with payment and marked with the event name (Roughton) & Scouts name. If paying by cheque please make it payable to 2nd Nene Scouts (Apollo Troop)

Late applications

Late applications may be accepted in exceptional circumstances BUT cannot be guaranteed and MUST have the prior agreement of leaders.

Home Contact

If you need to contact the party in an emergency, the home contact number for the event is 01529 240243 – ask for the duty commissioner.

Further Information – a list of personal equipment if shown on page 2

If any further information is required please contact:

Greg Jones (SL) (01733) 232076 Mobile 0773 689 0195 110 Medeswell, Orton Malborne, PE2 5PD greg@wizmail.org	Philip Pearce (ASL) (01733) 808147 p_j_pearce@yahoo.co.uk	Graham Sharman (SL 2nd Nene Challenger Troop) 142 Saltmarsh, Orton Malborne Peterborough, PE2 5NW Tel. 01733 767127 g.sharman@ntlworld.com		19 Feb	20 Feb	21Feb
			Sunrise	07:10	07:07	07:05
			Sunset	17:21	17:23	17:25
			Moonrise	08:17	08:38	09:07
			Moonset	23:56	-----	01:12
			New moon	14 Feb.	Full moon	28 Feb

Issue

21st & 28th January 2010 for Challenger
 25th Jan & 1st February 2010 for Apollo

Personal Equipment

Travel in casual clothes. These are to be kept clean and dry for eveningwear and travelling home. Clean trainers or shoes for travelling and wearing inside the Mill. Pocket money (optional).

Scouts will need :

- Casual clothes for travelling and wearing around the mill.
- Shoes/Boots for travelling and wearing indoors
- Shoes for wearing outside at centre
- Sleeping bag. Blanket (depending on warmth of sleeping bag).
- **Roll Mat**
- Nightclothes.
- Changes of underwear, socks etc.
- Wash kit and towel.
- Torch.
- Swim wear
- Swimming Towel
- Refundable £1 Coin for lockers

Preferably pack clothes a in holdall with a zip.

Hiking Gear

- Walking boots and 2 pairs of socks suitable for a full day's hike over rough ground;
 - Warm clothing: hat; gloves; fleece:
 - Warm trousers (not denim as they soak up water and are very cold when wet);
 - Gaiters are optional but recommended.
- Layers of thin clothes are better than single thick layers*

Scouts will need to carry (in a small rucksack/day sack)

- Waterproofs suitable for Norfolk in February; including waterproof trousers.
- Spare sweater,
- Personal first aid kit plus treatments for minor ailments as required,
- 'Emergency Rations' / snack food, Torch.
- Polythene Bags to separate clean/dirty/wet items.
- Water bottle containing drink (cans of drink are not suitable because they cannot be re-closed once opened);

MAP SHOWING LOCATION OF ROUGHTON





CHALLENGER

APOLLO

BOOKING & PERMISSION FORM

**2nd Nene Scout Group - Apollo Scout Troop
Norfolk Camp – Roughton Mill
Friday 19th – Sunday 21st February 2010**

Event Leaders: *Greg Jones, Phil Pearce, Steve Pearce*

Details of Scout Attending	
Full Name	
Date of Birth	
National Health Service Number	
Date of Last Tetanus Injection	
Family Doctor	
Address	
Telephone	

Cost	<p>Total cost is £40 each - £55 for two young Scouts from one family. To reserve a place, please return this Permission Form to Glynis Titman (for Apollo) by Monday 8th February 2010 or Graham Sharman by 4th February (for Challenger.) This Permission form and full payment should be place in an envelope and marked with the event name (Roughton) & Scouts name. If using a cheque please make it payable to 2nd Nene Scouts (Apollo Troop)</p>
-------------	---

Parent / Guardian Permission.

I give permission for the above named Scout to attend the activity detailed above,
INCLUDING ABSEILING AND SWIMMING please tick box(s) if you agree to these activities.
 If it becomes necessary for the above Scout to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise any of the event leaders named above to sign any document required by the hospital authorities.

Name of Parent / Guardian	
Relationship to Scout	
Signature	HAVE YOU TICKED ABSEILING/SWIMMING ABOVE
Date	

Parent / Guardian Contact Details During Activity.

Address	
Telephone	

Please provide details of any the following:

- Any known infectious diseases with which the Scout attending has been in contact within the last three weeks.
- Details of any medical conditions or allergies that the Scout has that the event leaders need to be aware of.
- Details of any medicines that the Scout will be carrying (e.g. treatments for colds and headaches carried in the Scout's personal first aid kit)
- Details of any medicines that need to be administered by the Scout Leaders. Please mark all medicines with Scout's name and instructions for dispensing and hand to Greg Jones.
