

Bendrigg



ABILITY SOCIAL

Adult Outdoor Adventures

14th-18th September 2026

INFORMATION PACK

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Introduction



Ability Social are committed to providing opportunities for people with cerebral palsy and other neurological impairments to:

- take part in sport and recreational adventure
- increase participation in outdoor physical activity both in day-to-day life and in more challenging, adventurous environments.

The 2026 camp will be open to adults (age 18+) with cerebral palsy or related conditions and promises fun, personal development, new friendships and the breaking of boundaries through outdoor adventure. It will be held at the Bendrigg Trust, near Kendal in the Lake District, at their purpose built facility where guests can enjoy the benefits of outdoor activities in a safe and accessible, yet challenging environment.

The Bendrigg Trust has over 40 years of experience delivering outdoor adventure holidays for people with disabilities. The Lake District facilities are accessible to all ages and levels of physical disability, including those for whom many outdoor facilities are normally inaccessible. The surrounding hills and lakes are breathtaking, they offer a full range of activities, and the staff are experienced in ensuring you achieve your full potential whilst having fun.

Overview



When is the camp?

Monday 14th September to Friday 18th September 2026.

Who is the camp for?

The Ability Consultancy Adult Outdoor Adventures is open to adults (age 18+ at the time of the camp) with **cerebral palsy** or related impairment. The camp is ideal for those wanting to engage in physical activity in a supportive and safe, yet challenging environment, build friendships and interact with their peers.

A mix of team and individual activities will challenge what you think is possible. The week will promise personal development, team building and the breaking of boundaries.

The camp is suited to those with a minor-severe neurological impairment. Those with more severe impairments may wish to bring one personal assistant as no care is provided by Ability Consultancy or The Bendrigg Trust staff.



What will the camp involve?

We will enjoy a 4 night, 3.5 day activity camp in the Lake District at the purpose-built Bendrigg Trust facility.

Activities include group based activities which will encourage team building and provide opportunities for leadership and social challenges, such as:

- canoeing
- zip wire
- indoor / outdoor cave
- bushcraft

The rock and ropes course, abseil and assault course will have you challenging what you currently think is possible, testing trust in yourself and others, pushing your limits, and challenging your comfort zone – providing a great opportunity for adventure!

Other activities include:

- tube slide
- giant swing
- crate stacking
- sensory room
- sports hall sports

Example Timetable



Things may change slightly depending on the weather and the ability of the group.

Monday:

Arrive from 12 noon – Settle in, get to know each other, site tour and your first activity.

Evening – Sports hall games and sensory room

Tuesday:

Morning - Tube slide

Afternoon – Zip wire

Evening – Archery

Wednesday:

Morning – Climbing and Abseiling

Afternoon – Ropes Course/Assault Course

Evening – Indoor caving

Thursday:

All day trip Paddle sports day or caving

Evening – Group bushcraft, presentation, and party

Friday:

Farewell and **depart 10am**

All activities are fully accessible and adaptable, including (for example) wheelchair abseiling and specialised seating for canoes.

Accommodation



We will enjoy a 4 night, 3.5 day activity camp in the Lake District at the purpose-built Bendrigg Trust facility. We will be staying in the Acorn house the newest accommodation unit. It has its own central lounge, kitchen and dining area, as well as a games room.

The special features and gorgeous views overlooking the woodlands, make it a tranquil and relaxing space.



Features and Accessible Aid's include :

- *Automatic doors & lights*
- *Ceiling-mounted tracking hoists running from bedrooms to bathrooms*
- *Large bathrooms*
- *Shower beds and chairs*
- *Profile beds (with/without bed sides)*





Care/Personal Assistants

Although Bendrigg Trust staff are on duty at all times, including providing site safety cover throughout the night, personal care is **not** provided. Ability Social personnel, while in attendance, will also not be providing personal care so anyone requiring this will need to be accompanied by a personal assistant.

How Much will the Camp cost?

We have secured a one off grant from the National Lottery to support the 2026 camp. This has allowed us to make a one off reduction in camp costs.

Cost per person attending the camp: £650 reduced to **£420**

Cost for one personal assistant: £650 reduced to **£170**

Due to the nature of the accommodation layout, we are unable to accommodate extra PA's but are happy to assist in finding alternative accommodation. ***There is a maximum number of PA places available for the camp.***

Cost includes 4 nights' accommodation, all meals while at the Bendrigg Trust, including breakfast, lunch, evening meals, unlimited hot and cold drinks, and all activities and gear. Personal carer/assistant to be present and take part in all adventure activities and at the venue throughout the camp.



When do I need to pay?

Once we have received all the application forms, we will confirm if your application has been successful. If you are successful you will be required to send a £100 deposit per person before **Friday 30th January 2026**. Places are limited and will be secured only with receipt of the deposit.

£155 payment due: **Friday 17th April 2026**

£155 payment due: **Friday 2nd July 2026**

Refund Policy

If you are unable to attend the camp after signing up, cancellations made on or after 31st July 2026 will not receive a refund. This is in line with the Bendrigg Trust Terms and Conditions. If a waiting list is in place and Ability Social is able to fill your spot at the camp, a full refund (minus the £100.00 deposit) will be returned.

Insurance

The Bendrigg Trust holds Public Liability insurance, as required by law. This does not include Personal Accident Cover so participants are responsible for taking out their own via holiday/travel insurance policies if required.



How do i apply?

If you are interested in coming to the Adult Outdoor Adventures, please fill in the application form as soon as possible by clicking scanning the QR code or following the link. All applications will be reviewed after the closing date and places will be allocated following this.

Click [here](#) to access the application form.

or use the QR code below:





Bendrigg Trust Centre Facilities and Services

Catering

*The Bendrigg Trust are able to cater for gluten-free, dairy-free, Vegan, Halah and other medical diets (blended/mashed) **if notified in advance**. If you receive food products on prescription, they ask you to bring this with you. No requests can be made on arrival.*

Bedding

All bedding is provided including feather-free duvets and pillows. You will need to make your own bed on arrival - we can help if needed.

Telephone

There is mobile phone reception at the centre but this is unreliable. A Wi-Fi internet service is available across most areas of the centre for those visitors who wish to bring their tablets or laptops.

Facilities

Sports hall, games room, television room, quiet room, sensory room, play area and laundry room available on site. You may wish to bring some of your own music on CD or iPod to use in the lounge.

Wheelchair Users

Please bring a spare inner tube and, if you use a sports wheelchair, please also bring push handles.



Snacks and Drinks

The Bendrigg Trust do not run any sort of snack shop throughout your trip. Therefore you are advised to bring your own snacks and drinks (Including Alcohol) for your stay. There will be opportunities at night for some down time, where snacks and drinks of your own will be required.

Travel to camp

How to find Bendrigg Trust

Address:

Bendrigg Trust
Old Hutton
Kendal
Cumbria
LA8 0NR

Individuals will be responsible for their own travel to and from the camp, however, Ability Consultancy and Bendrigg Trust can arrange a pick-up at Oxenholme Train Station 4 miles away. This may incur a small additional costs.

Postcode: LA8 0NR

Grid Ref: 581892



Directions for arriving by car

- Take the M6 to Junction 37 (Kendal/Sedbergh).
- Turn east towards Sedbergh on the A684 for approx ½ mile.
- Turn first right off this road (signposted Old Hutton). This junction is quite easy to miss as the main road is bending left and the right hand turn is on the apex of the bend.
- Go straight on, taking the long, narrow road down to the reservoir (just over ½ mile), and turn right again at the corner of the reservoir (there is a sign for Bendrigg Lodge on the right hand side of the road at this junction).
- Keeping the reservoir on your right, go past the sailing base and continue down the hill. Take the 90° turn to the right at the bottom and then go over a small bridge.
- Keep on this road; Bendrigg Trust is another 1¼ miles (do not take any other small roads to the side as you do not want to re-cross the motorway). Look out for our small Bendrigg Trust signs at each junction, (they have our logo on – not county council signs).
- Our buildings are located on the left hand side at the top of the hill.
- Please report to the Acorn Lodge main room on arrival.



Arrival and Departure Times

Please arrive from 12 noon on Monday, 14th September 2026, for lunch, where you will be greeted by Ability Social and Bendrigg Trust staff.

Departure is at 10am on Friday 18th September. 2026.

Daily Routine

8.30 am A selection of breakfast options

9.30 am Activities commence (dependent upon the needs of some groups)

12.30 pm Lunch: freshly made sandwich, crisps and snacks (these will be ordered the night before)

1.30 pm Afternoon activities commence

5.30 pm Evening meal

7.30 pm Evening activities

Ability Social Contact Information

Please contact the team at
info.abilitysocial@gmail.com
with any enquiries.

What to bring



Aids and Medication

The Bendrigg Trust Centre has been specially converted for use by people with disabilities, but please bring your own personal aids with you. There are a variety of aids available at the Centre including height adjustable beds, cot sides, monkey bars, toilet seat raisers, commodes, shower chairs, portable hoists, baby listeners and door alarms for loan if required. Please advise us of requirements beforehand as numbers of each are limited. Please make a note on your medical form of any medication you take and its dose and bring sufficient for your stay.

Kit List

At the Bendrigg Trust the emphasis is on activity and it is more important to wear comfortable, practical clothing rather than fashion clothes. It is particularly important to keep warm and to have clothes to change into if you get wet. The Centre will provide waterproof protective clothing and boots, but you are welcome to bring your own if you have them.

Layers of clothes will keep you warm and you can always remove a layer if you are too hot. For example, two or three thinner jumpers are better than one thick sweater. In the winter months you may need to wear thermals or tracksuit trousers beneath your outer trousers for extra insulation.

The following items of clothing are regarded as essential for the activities carried out at the Bendrigg Trust. You can use this as a checklist.

Kit List



- Jumpers - 2 or 3
- Trousers - giving freedom of movement, e.g. tracksuit bottoms (preferably not jeans as they become uncomfortable, very cold when wet and restrict movement)
- Thick socks - several pairs, and thin socks. Wool is warmest and most comfortable.
- Trainers - 2 pairs, one pair for wet activities, sailing and canoeing, and one for wearing around the Centre.
- Hat and gloves or mittens
- Toiletries - including soap
- Towels - 2 recommended

The following items are also suggested;

- Changes of underclothes and T-shirts
- Shorts
- Casual wear for evenings
- Sun cream
- Camera
- Wellies – please make sure your name is inside
- Torch – for night walks and trips to the mine



We look forward to welcoming you to the Adult Outdoor Adventures!

