

Holiday Makers Guide

SuperTroop Holiday



We have written this guide to tell you more about your holiday.



About the holiday

This guide is about the holiday at Fettes College.

This is our third holiday.



You can look at photographs and videos of our last holiday online by scanning this picture with a smartphone

(or go to www.youtube.com/watch?v=l1C_H7-3QZs)



Everyone on our holiday is a volunteer.



Every year we do lots of fundraising to pay for the holiday.



Who comes on the holiday?

12 children and teenagers come on the holiday.

We call them holiday makers.

You will be in a group with 2 other holiday makers.



20 volunteer helpers come on the holiday.

Every holiday maker has their own bedtime helper.



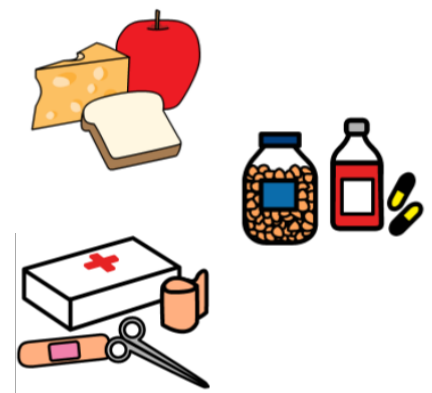
On the holiday there are 5 group leaders.

They look after groups of holiday makers and helpers.



On the holiday there are 12 senior helpers.

Senior helpers organise activities, help if there are problems, help with diets and medicine and first aid.



Things that are important.



You can have a good time on holiday

You feel safe and cared for.

The staff will listen to you.

You will have the chance try new things.

You will be able to make choices about activities.

We will listen to the things you and your parents tell us about our holidays so we can make sure we are doing the best we can.

That you feel this is a holiday for you and that you will want to come again.

That your parents/carers will feel happy we are looking after you well.

Communicating

We know some Signalong or Makaton signs.

If you use technology, such as a computer or iPad for communication or communication books, please bring these with you. It will help us to communicate with you.

We tell you every day what is happening now and next. We have schedules and other charts you can borrow.

Our staff and group leaders have communication key rings.

You can always bring your own pictures and symbols to help you

Where we stay

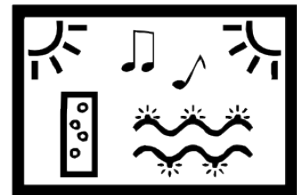
We stay in a boarding house.



We use the swimming pool.



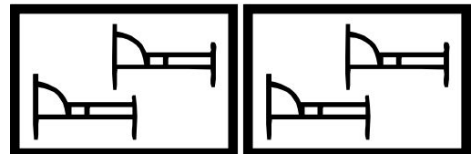
We have a sensory room.



We have art and play tents.



We sleep in bedrooms which we share



You will share the bedrooms with your bedtime helper, and may share with other children on the holiday.

Things to help you have a good holiday

Activities



We make sure that you can do things you enjoy. There will be lots of activities you can choose from.



Our activities include: crafts, sports, swimming, drama, singing and music, parks and the zoo.



Each year we have a different theme.

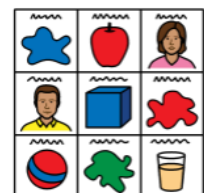
The theme this year is Ocean.



You will have lots of friends to play with.



To let you know what is happening every day, we have timetables with pictures and symbols to help.



Your Care Plan

We will write a care plan that will tell the helpers about things that are important to you.



Care plan

The care plan will have:

- Things you can eat.
- Your health needs.
- How much help you need to look after yourself.
- The things that you like doing.
- The best ways to support you if you are unhappy or upset.

Your parents give us lots of information before your holiday to help us to do this.

Keeping safe from Covid

On the holiday we will be like a big family.



You can hug your friends, or high-five, or shake hands.

We will do some special things to try to stay safe from Covid:

- All the helpers will take a Covid test before they come to the holiday. You do not need to take a test.
- Helpers will wear masks, aprons and gloves if they are helping you in the bathroom or toilets
- We will spend lots of time outside in the fresh air
- We won't go on buses, or visit indoor places like the cinema
- We will wear face masks if we visit a café or shop

Before the holiday, you should take care that you stay safe from Covid too.

If one person on the holiday has Covid, everyone will have to go home right away.

Other things we do to keep you safe

To keep you safe and happy we will:

- Make sure you are safe in the house and on trips.
- Stay with you to give you support and to have fun together.
- Have meetings to talk about how best to support you.
- Give you quiet time and space when you need it.
- Help you communicate with us.
- Have a fire practice on the first day.

You might want some help with washing, dressing, or going to the toilet.

We will:

- Respect your privacy.
- Make sure we give you the right amount of support to keep clean and well.
- Have separate bathrooms for girls and boys.
- Use a disabled toilet if you need changing.

You might need to take some medicine, or get a plaster. We will:

- Listen and help if you tell us if you are not feeling well.
- Make sure that you have the right medicine at the right time.
- Keep your medicines locked away in a safe place.
- Make a record of the medicines we give you.
- Make sure that you can take your medicines a way you are used to.
- Make sure you have your emergency medication with you at all times.

You will eat all your meals on the holiday. We will:

- Provide a healthy and balanced diet.
- Sometimes have a packed lunch.
- Let you choose other things if there is something you don't like.
- Make sure you have any special food that you need.

We will go on trips to different places. Some of the places we visit are parks, a safari park, and a farm. We will:

- Make sure you know where we are going.
- Some of us travel on a coach.
- Some of us travel in a minibus.

If there is a problem



If you need help or are unhappy you can

- Talk to your bedtime helper.
- Talk to a group leaders or senior helper.
- Talk to Sue.
- Go to a quiet place to think.

We will listen to you, and look together for solution to any problems.

If you are worried or people are not being kind to you can tell someone.

If you want to tell your family about your holiday you can:

- Send a post card home.
- Make a scrapbook. This will help remind you about your holiday, and to share the things with other people.

If you want to talk to your parents Sue can help you to do this.

- Sometimes when we call your parents might be out or driving. We can try and call them back later.

If you want to bring special things:

- It might be best not to bring a mobile phone or other technology. It will be safe and waiting for you when you get home.
If you want to make a phone call you can ask the staff to help you.
- If you do bring a phone or something similar we have rules that holiday makers and staff follow.
- We don't use our phones during activities or at the meal table. You are responsible for not losing it and making sure it is charged.
- At bedtime, it is okay to use iPads or listen to music or stories but it is best if you can use headphones. Your bedtime helper can help you to use your equipment.

We have lots of policies and procedures that you or the people who support you might like to read. You can find these on our website. You will also see pictures and videos of other holidays so you can find out more.

After your holiday with us we will send a feedback sheet. You can tell us what you enjoyed, and if you would like to try something different.