SPEYSIDE TRUST BADAGUISH CENTRE

HOLIDAY CARE LODGE: INFORMATION SHEET
ACTIVITY HOLIDAYS/SHORT RESPITE BREAKS

OUR BADAGUISH PHILOSOPHY OF CARE & SUPPORT

Our aspiration is to offer people who require additional support (due to a learning disability and / or complex disabilities) a holiday experience that is stimulating, interesting and fun. We encourage participation in as wide a choice of outdoor activities as possible. The emphasis is on people's abilities and what they can do and how we might support them to make it possible for them to achieve what they hope for from their stay with us.

It is our intention to offer activities in a way that will enable personal development in many different aspects of life. Activities take place in as integrated a setting as possible and Badaguish Centre caters for the general public and many other organised youth groups. Our programme of activities and visits makes maximum use of the Cairngorm National Park and the surrounding community facilities. We aim to promote an active, healthy and sociable lifestyle developing recreational skills which will be continue to have an impact on people's lives after they have gone home.

The holidays are for small groups of 6 – 10 people and take place under the personal supervision of Rhona Graham, the Care Manager

Accommodation comprises of twin rooms with the possibility of single occupancy on request. When capacity allows guests will have a room of their own.
NB: The shower / bath / toilet facilities are **not** ensuite

The care team has both male & female members who can all provide any personal care that is required. If a preference is stated regarding who carries out the personal care we will do our best to accommodate that request.

The environment we hope to create is an intimate and supportive one in which guests and staff members share all the aspects of living together. Within this individuality is acknowledged and each guest is encouraged to participate in choosing the range of activities that will make up the programme of events for the group during their stay. Guests also have a role to play in the menu setting and any dietary requirements are provided for.

Smoking is allowed outside the building only.

We welcome pre-stay visits from guests, parents, carers and Health and Social Care staff Please phone to arrange a visit.

Care Inspectorate reports are available on their website at www.careinspectorate.com
Telephone Number 0345 600 9527

In recognition of the inherent risk of many outdoor activities all activities are carried out strictly within the terms of reference set out in the Badaguish Care and Safety Policy and where appropriate, within the recommendations of the relevant National Governing Bodies. The guidelines are reviewed at yearly staff refresher training sessions and updated as required at weekly team meetings. Badaguish is licensed by the Activity Licensing Authority. Activity training, assessment and accreditation are carried out in accordance with these requirements.

BOOKING CONDITIONS

Places will be confirmed on receipt of **a completed application form, together with full payment** of the fee **or with payment authorisation**.

HOLIDAY FEES (PAY IN ADVANCE)

From 1st April 2016:

5 Days: £1,004 if paid 28 days prior to visit
£1,215 if not paid 28 days prior to visit

Please note: fees are **non-refundable** in the event of a cancellation less than 3 weeks prior to the visit. 50% can be refunded on production of a doctor's certificate or in similar circumstances.
Cost includes full board, choice of activities and 24 hr care. Guests' fees may be eligible for full payment under Respite Care Allowance and Self –directed Support packages. Please contact your Social Worker or Care Manager.

DATES AVAILABLE

Apr-Oct: Holidays run Monday to Friday with some 2 week stays available

Nov-Mar: Holidays run Friday to Monday or flexible to suit you

Please feel free to give us a call to talk about your requirements.

ARRIVAL/DEPARTURE TIMES

3 Days: **Arrive** at 4pm **Depar**t between 10 – 11am
5 Days**: Arrive** between 1 – 2pm (after your lunch) **/ Depart** between 1 – 2pm (after lunch here)

Please note: It helps us provide a good holiday experience for our guests if we get the opportunity to speak with family members and/ or carers on arrival. It is very important to us receive the most up to date information about the guest including current contact numbers of parents / carers and we also like, when possible, to receive and check any medication with guests / parents and/or carers present.
As people are coming from all over Scotland and sometimes arrive at the same time this can take a bit of time so please feel free to enjoy Badaguish whilst you wait.

TRANSPORT/TRAVEL DIRECTIONS

Badaguish is situated approx. 5 miles from Aviemore. Follow the road signs for Cairngorm and Loch Morlich. Badaguish is signposted on the left before Loch Morlich. Carry straight on up the forest road for 1.5 miles. The Holiday lodge is over to the left beyond the outdoor Sports Hall

Transport to/from Aviemore rail/bus station is available by arrangement.

MEDICATION

All medication should be provided to Badaguish in original Pharmacy containers/ boxes / systems, complete with Name label and Dosage.

If Dosette Boxes (or similar) are used, please attach a Pharmacy print out or a GP letter of medication details and Dosage Regime.

Please send only the required quantity of medication for the duration of stay plus 1 or 2 extra doses in the event of spoilage.

SUGGESTED CLOTHES LIST:

We make every effort to ensure that people's clothes are not mixed up or lost. Please label <u>all</u> clothes, shoes and belongings like cameras, midge repellent etc.

Please do not bring towels or face cloths, as we will provide them for our visitors.

Complete sets of clothes for the duration of stay.
T Shirts
Shorts (for summer)
Joggers or jeans
Sweatshirt / fleece
Socks
Underclothing
Warm jumper and Jacket for winter
Swimming costume/trunks
Pyjamas
Handkerchiefs/tissues
Hat and gloves

Toilet Bag:
Soap / Shower Gel
Toothbrush and toothpaste
Comb and/or hairbrush
Shampoo

Rainwear:
*Waterproof jacket with hood and * trousers if available
Hat and gloves

Footwear:

Trainers
*Comfortable (not new!) strong walking shoes or lightweight boots
(*Can be provided by Badaguish Centre)

Insect repellent and sun cream are a must in the summer months!

Bin Liners:
To keep clean and dirty things separate

Money to Spend:
Suggested amount:
£5-£10 for under 14s
£15 for aged 15 and over

Or the amount that you think is needed for the duration of stay. This is only for personal presents, drinks ice creams etc.

COMPLAINTS PROCEDURE

In the event of dissatisfaction with any aspect of our service, comments, queries or complaints should in the first instance be discussed with Rhona Graham, Badaguish Care Manager.

She will do her best to resolve the problem within 7 days.

If this has not been possible, please address your complaint in writing to: Badaguish Centre Manager at Badaguish Centre, Aviemore PH22 1AD
You should have a written response within 28 days.

All service users, parents and carers have the right to complain to their own social work department and to the Care Inspectorate, Pavilion 5, First Floor, Castle House, Fairways Business Park, INVERNESS, IV2 6AA.
National Enquiry 03456009527

Contact Details:

Badaguish Centre
Aviemore
Inverness-shire
PH22 1AD

Tel: 01479 861382 (Silvie and Rhona's office)

01479 861388 (Lodge direct line)

E-mail: rhona.g@badaguish.org

Website: www.badaguish.org

(THIS INFORMATION SHEET IS TO BE RETAINED BY PARENTS/CARERS)