



University of Worcester

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# LAKESIDE

c a m p u s



*worcester.ac.uk/lakeside*

# WELCOME

*to Lakeside Campus.*

## SUSTAINABLE AND MODERN, RURAL OUTDOOR UNIVERSITY CAMPUS.

Our ongoing developments are focused on supporting inclusive, lifelong education in sport, outdoor activity, outdoor learning, health & wellbeing and science and the environment.

We deliver engaging experiences through outdoor activities and team building within our local communities, which encompass schools and youth groups as well as corporate clients. We can run a variety of one day to multiple day courses and have a proven track record working with many local schools, colleges and professionals.

We will bring a course to life for your students through exceptional instruction from our dedicated and inspirational team and support with ongoing assessment to track your students' progress.

This publication is available in alternative formats. Please contact [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)

# WHERE

*is Lakeside?*

Ideally located just 5 miles from the centre of Worcester. We can be reached in 10 minutes by car and are serviced by regular bus routes to and from Worcester. We are 29 miles from the centre of Birmingham.



# MULTI-ACTIVITY DAYS

*This offer is suitable for all groups from primary and secondary pupils to corporate clients.*

*The University of Worcester Lakeside Campus has one of the largest ranges of both aerial, land and water based adventure activities available in one location in the Midlands. This is aimed at schools and students requiring action packed adventure. We will assist you in choosing suitable activities for your group and then facilitate the finer details with you to support you in planning your day. We promise your time with us will be full of fun, adventure, laughter and learning.*



*Our campus has a range of activities both land and water based which include:*

## **Land**

Climbing  
Abseiling  
Leap of Faith  
Big and Small Zip Wire(s)  
Archery  
Orienteering  
Scavenger hunt  
Team Initiative Exercises  
Bushcraft  
Nightline

## **Water**

Raft building  
Kayaking  
Canoeing  
Stand Up Paddle Boarding  
Open Water Swimming  
Swim Safe  
Power Boating (courses)

## **Other activity ideas:**

We can also offer a range of additional activities to bring an extra dimension to your day. Depending on dates and availability, such activities include: farm tours, river trips, wood craft skills, animal and insect identification and more.

## **MULTI-ACTIVITY SESSIONS** *adventure*

*Various residential and fully catered packages available.  
For more information contact us at:  
[lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)*

# RESIDENTIAL

*Self-led camping at the University of Worcester Lakeside Campus perfect for schools, scouts, guides, cadets and youth groups.*

*Bring your own tents or use ours and stay in our purpose built camping facility overlooking the lakes, with accessible shower and toilet facilities and space for staff or group leaders.*

*After a full day of aerial, land and water based activities, wind down by sitting around our fire pit and relax in the great outdoors.*

*We can provide fully catered residential options including breakfast, lunch, dinner and supper as well as full and half week residential programmes.*

**Please note:**

Overnight accommodation at Lakeside Campus is reserved only for schools and youth groups and is unfortunately not for use by the general public, but do take a look at all the great offerings and services we do have; designed just for you, your friends, family and work colleagues.



## RESIDENTIAL *adventure*

*Various fully catered packages available.*

*For more information contact us at:  
lakeside@worc.ac.uk*

# SCHOOL HOLIDAY CLUB

*Experience the great outdoors during half term breaks and school holidays.*



*The University of Worcester presents a series of fun-packed Holiday Clubs. Held during half term breaks and school holidays, treat your children to quality time playing in the great outdoors under the careful guidance of our qualified and friendly instructors.*

Whether it's canoeing on the lake, soaring on a zip line or testing your bushcraft skills - there's something for everyone to enjoy.

Typical activities will include canoeing, climbing, archery, raft building, bushcraft and much more...

## **Please note:**

- Holiday Club is suitable for ages 6 - 14yrs
- Activity timetable is subject to change depending on weather conditions and numbers booked
- Order of timetable will change when running more than one group in a day

- The holiday club will run from 09:00 – 15:00, Parents/Carers please do not arrive more than 15 minutes before the start/end time and depart soon thereafter once you have physically signed your child/children in/out from our registers.
- Please ensure all children attend appropriately dressed, have suitable outer clothing for predicted weather conditions, bring a towel and spare shoes in the event we go on or in the water.
- Please also ensure your child brings sufficient food, snacks and drink to keep them sustained during an 'active' day.
- Please do not allow your child to bring phones, jewellery or valuables – staff will lock such items in the safe for collection at the end of the day.
- Once your booking is confirmed, you will be notified about any equipment you need to bring and kit list provided. Please do not attend if you, or anyone in your household has, or has been in contact with someone with cold/flu like symptoms.
- See our online booking details <https://ext-webapp-01.worc.ac.uk/lakeside/>



## **SCHOOL HOLIDAY CLUB** *adventure*

*More in-depth team training is available upon request.*

*For more information contact us at:  
[lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)*

# GENERAL PUBLIC

**BIRTHDAY PARTIES, TASTERS, LESSONS,  
HIRES & LAUNCHES**

*With a wealth of activities to choose from, why not visit Lakeside for a taster session; a team bonding Away Day or maybe even that special birthday party.*



*Are you searching for more exciting and memorable birthday party ideas or fancy trying your hand at something new? Then look no further! Our fantastic Lakeside Campus is the perfect setting for birthday parties and taster lessons.*

Whatever your age you can try your hand at our activities under the supervision of our skilled, qualified and friendly staff. They will make your birthday party one to remember and leave you wanting more, the only choice you have to make is which wonderful activities you will choose to take part in whilst with us.



## **GENERAL PUBLIC** *adventure*

*Various fully catered packages available.*

*For more information contact us at:  
[lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)*

# EVENT HOSTING

*From superheroes on the lake to mud-soaked runners, we can cater for your event or help you with a private hire.*

*With first-class facilities, we are able to host your event and give your guests an experience they won't forget!*

*Recent events we've hosted include:*

- Triathlons
- Duathlons
- Aquathlons
- Swimathlons
- Cross Country Races
- School Games
- Dirt Runs (5k, 10k)
- Cyclocross Races
- Workplace Challenge
- Inflatables Challenge
- Colour Runs
- Charity Challenge

## **Further details:**

To host your next event or for private hire, please email us at [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk) or call the team on 01905 543040.



# OPEN WATER SWIMMING

*Our idyllic swim venue; perfect for beginners just starting out or the more experienced triathlete. Our 1.6m deep lake with 600m circuit is a great venue to train on a weekly basis throughout the season and offers a fantastic setting to host your very own triathlon or duathlon competition with access to a 10km run route onsite.*

Our experienced lifeguards are always on hand to ensure your safety and our robust management and testing systems ensure that our lake is prepared for your swim. We now also offer open water coaching sessions on a small group basis during our regular sessions. We can offer sessions for everyone, whether you are new to open water and venturing out of the pool for the first time or wanting to chase those quicker times for competitions.

**Start:** April (dependent on water temperature)

**End:** September (dependent on water temperature)

Monday 6pm-8pm,

Saturday 8am-10am.

## Guidelines:

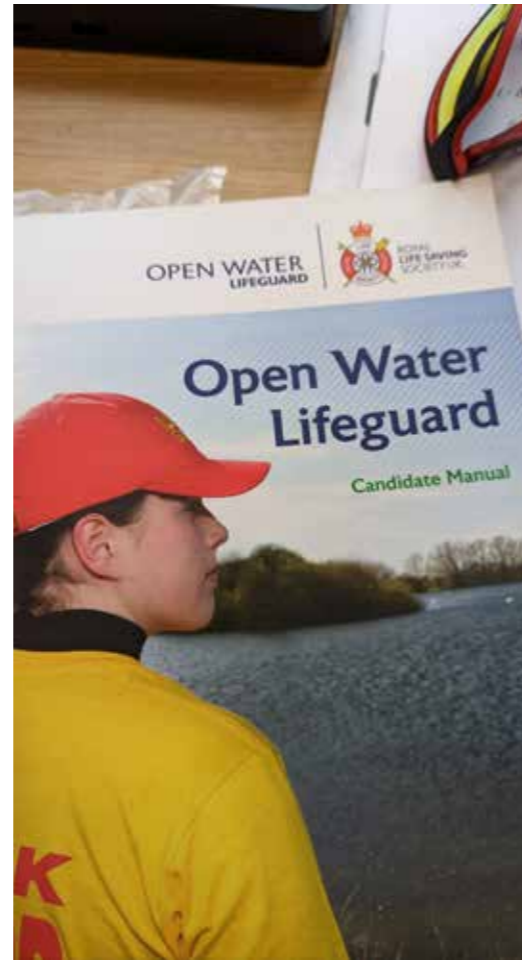
- 8–14-year-olds accompanied by a competent over 18 swimmer and a signed waiver form
- 14–18-year-old (that are competent) independent swimmer must have competency statement signed off by swim coach, parent/carer, and UW member of staff
- Please read swimmer safety information prior to attending
- Booking here - <https://webengine-01.worc.ac.uk/lakeside/>



**OWS**  
*adventure*

For more information contact us at:  
[lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)





# ACCREDITED COURSES

*We offer participants the opportunity to learn a skill and gain National Governing Body Qualifications (NGBs).*

*For students of all ages whether undertaking Physical Education, Duke of Edinburgh Award (D of E) or any other outdoor adventure activity course.*

Training consists of both practical and theory sessions to cover all aspects of the award, successful participants will receive an NGB qualification. This can be arranged over the space of one day or multiple sessions to suit your school timetable. Please contact us about availability. See our extensive list of qualifications below. Please call the campus for more details.

- First Aid at Work – 3 days
- Emergency First Aid at Work – 1 day
- Outdoor First Aid Level 3 Award – 2 days
- FAW Re-qualification – 2 days
- Manual Handling Principles and Practice (Level 2)
- Safeguarding (Level 2 & 3)
- First Aid for Mental Health (Level 1, 2 & 3)
- Health and Safety in the Workplace (Level 1 & 2)
- Fire Safety (Level 1, 2 and Fire Marshal)

- Open Water Lifeguard Full Course (3 days)
- Open Water Lifeguard Bolt On (1 day)
- British Canoeing – Paddlesport Instructor
- British Canoeing – Paddlesport Safety and Rescue
- British Canoeing – Personal Performance Awards (Start, Discover, Explore)
- Royal Yachting Association – Powerboat Level 1 (1 day)
- Royal Yachting Association – Powerboat Level 2 (2 days)
- RLSS Water Safety Equipment Training

# STUDY HERE



*At its heart, Lakeside Campus is a place where people come to learn.*

*Whether you are a student on a practical course such as coaching or leadership or researching the biological and environmental sciences; Lakeside Campus is the perfect outdoor classroom. Students from each of the University's Schools visit Lakeside and make the most of the rich resources and outstanding facilities.*

## SCHOOL OF SCIENCE & THE ENVIRONMENT

The School of Science & the Environment use Lakeside for research and for teaching across multiple pathways including Aerobiology, River Sciences, Ecology, Human Geography, Biology and Forensic Science.

Taught modules in the School are very practically based and it is these skills that our students develop to help them to gain employment. As such Lakeside is used for fieldwork and other teaching activities that include; flying Unmanned Aerial Systems (UAS) or Drones for aerial surveys to demonstrate topographic surveying using Structure from Motion photogrammetry; Aquatic surveys of lake invertebrates and assessment of water quality; marginal vegetation assessment; zonation ecology and vegetation surveys including marginal habitats alongside the use of meteorological equipment; pollen traps and ash die back observations and bird surveys.



## SCHOOL OF ALLIED HEALTH & COMMUNITY

The School of Allied Health & Community use Lakeside to enrich and develop student experience through placements, experiential learning, residential and services user engagement; furthermore, supporting community development, and inter-disciplinary practice for courses in Health & Applied Social Care Child and Adolescent Mental Health, Occupational Therapy, Physiotherapy and Paramedic Science.

This further underpins a broad appreciation and recognition that formal and informal learning can support students' development in a wide range of settings including formal education, health, housing, social and care services; increasing employment and career pathways.

## SCHOOL OF SPORT & EXERCISE SCIENCE

The School of Sport & Exercise Science use Lakeside to provide a fantastic venue for students to learn about the environment, outdoor adventure, sport and outdoor learning. The spectacular location and the wide range of activities allows students to learn the professional skills required to work in the outdoor and sport sector, but also to understand how theory can be used in the outdoors.

The combination of classroom and outdoor spaces allows inclusive teaching to combine both practical and theoretical learning in the same lecture. As well as being a venue for learning about outdoor activities, the three lakes and the range of vegetation introduces students to the environment, helping them to understand the interaction between human usage and the natural systems.

## STUDY AT LAKESIDE

*For further details about studying at the University of Worcester contact us at: [study@worc.ac.uk](mailto:study@worc.ac.uk) or visit us at an Open Day [worcester.ac.uk/opendays](http://worcester.ac.uk/opendays)*



## INSTITUTE OF EDUCATION

The Institute of Education use Lakeside for a wide variety of learning experiences. Students learn about bushcraft and forest school while immersed in the developing woodland areas. They cover teamwork and outdoor adventurous activities through the wide range of resources.

The Institute of Education works closely with schools and community groups. School groups are invited to Lakeside for a range of learning activities delivered by education students. Lakeside has a range of learning and practical facilities and the students make regular use of these to synthesise practice with current theory.



## WORCESTER BUSINESS SCHOOL

Worcester Business School use Lakeside as a focus for student research and assessment activity. The facility offers a natural environment in which to develop skills and understanding of business planning, marketing, sustainability, and financial management.

It also offers a backdrop for team building activity as an integral part of the School's Executive Education offer. New curriculum developments in the area of Drone Technology will support use of the facility for practical applications.

## SCHOOL OF HUMANITIES & SCHOOL OF ARTS

The School of Humanities and School of Arts use Lakeside as a location for 'live' concept. They undertake field projects and study the design of promotional material, signage or way marking as well as other projects around campus. It provides a fantastic venue for filmmaking, alfresco drawing, photography and of course team building. Lakeside provides a beautiful back drop within a rural setting that enables us to use it as an outdoor classroom.



## SCHOOL OF NURSING & MIDWIFERY

The School of Nursing and Midwifery use Lakeside to enrich the student experience through team building days and scenario based practice, helping develop and enhance innovation, communication and creative thinking skills in the future workforce of the NHS. Lakeside also enables inter-disciplinary practice, allows students to practice remote first aid and to work across teams of peers that may not always be possible in skills and simulation teaching rooms. Activities and the environment at Lakeside creates the opportunity for students to socialise and relax in a natural setting. This may be out on the lake for an end of year celebration, or in the woodland, pitted against the environment and tasked with creating fire and shelter.

## SCHOOL OF PSYCHOLOGY

The School of Psychology uses Lakeside as a location for student research and as a vehicle for working and collaborating with external groups for the purposes of research. It offers the students the opportunity to develop their leadership skills through team building activities. Students explore team dynamics, personal motivations and behaviours. Students gain the opportunity to interact with peers on other psychology pathways, allowing them to network, build connections and develop curiosity into other fields.



# GET IN TOUCH

*for more detailed information*

Phone: 01905 543040

Email: [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)

Web: [worchester.ac.uk/lakeside](http://worchester.ac.uk/lakeside)

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WR6 6NH

Follow us on social media for any updates and stay ahead with our upcoming events.

 Facebook: [uwlakeside](https://www.facebook.com/uwlakeside)

 Instagram: [uwlakeside](https://www.instagram.com/uwlakeside)

# KEEP UP TO DATE

*with Lakeside Campus Redevelopments*

Scan the QR code or visit our webpage at [worchester.ac.uk/life/campus-facilities/lakeside-campus/future-developments.aspx](http://worchester.ac.uk/life/campus-facilities/lakeside-campus/future-developments.aspx) for the latest information on exciting plans the University has to modernise the campus.



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