THE RAYMOND PRIESTLEY CENTRE

Centre Users Information
The following information is to help you prepare for your stay at The Raymond Priestley Centre.

THE CENTRE
The Centre is set within 4 acres of grounds on the western shore of Coniston Water and is of a wood panelled construction that has accommodation for 45 people. This comprises:

- 8 cabin style bedrooms & 3 bedrooms for visiting staff
- a well equipped kitchen/dining room for catered courses or group and individual catering
- lounge with woodburning stove & views of the lake 100m away
- single sex shower rooms with toilets
- table-tennis/review room
- drying room for wet clothing
- field studies/seminar room
- Yurt (small review/teaching area)

BEDDING
The Centre provides a single duvet & cover, a pillow & pillow case and a sheet for each guest. If you think you may need more bedding (e.g. extra blankets) please bring them with you.

CLOTHING
If you are attending an outdoor course then warm, hard-wearing clothing and footwear are essential. In addition plenty of changes of clothing are advisable. Unfortunately, we do not have facilities for clothes to be washed while you are here.

The following list is intended to provide a guide as to what to bring:

- a pair of training shoes or equivalent for water activities such as windsurfing, sailing, canoeing, raft building, or just paddling in the lake. Flip-flops are not suitable.
- substantial/hardwearing training shoes.
- wellington boots - useful if you are camping on-site
- short & long sleeved (shirts (thermals & fast wick tops are ideal)
- track-suit/walking trousers - jeans are not suitable for activities
- fleece jacket or sweater (polyester or polycotton fabric ideal)
- shorts
- thick socks for walking and cold days (must cover your ankles)
- underwear
- gloves & warm hat – it can still be cold in the summer months
- sun-hat/cap - sun can be very strong even in the winter.
- swimming costume
- casual clothes to wear around the centre after sessions & in the evenings
- extra clothes to put on/change into when you are wet and/or cold

OTHER ESSENTIAL ITEMS (we do not provide these)

- towels and toiletries
- suncream and sunglasses
- insect repellent
- 1 litre plastic drinks container (essential), lunch box and flask
- torch (very useful for visiting the local pub!)

EQUIPMENT (only if you already have it)

- waterproof jacket and trousers
- walking boots
- rucksac
- OS map Outdoor Leisure 6 - SW Lakes 1:25000 & compass
- wet suit

There is no need to go and buy these items especially for your course here, as The Centre does have all of this equipment available for groups who have instructed sessions. If you have your own kit you may prefer to bring it with you.

If you are not having sessions provided by our instructors the above items may be hired for a small charge. Please ask your Group Organiser for details.

CLEANING
All groups staying at the Centre are responsible for clearing away after meals. A duty rota will be created for your group so that this is divided fairly. You will also be expected to clean the Centre before you leave. All equipment will be provided and instructions given.

We ask that you respect the Centre, follow our codes of practice for hygiene and cleanliness and leave it the way you would like to find it.

TELEPHONE
There is a payphone in the Centre that also takes incoming calls for Centre Users. The telephone number is 015394 41546. Please be aware that not all mobile networks will receive signal here.

MEDICAL AND DIETARY INFORMATION
If you are attending a course given by Centre Instructors you will need to fill in a medical/diet form and give this to your group organiser. It is essential that your Group Organiser gets this information at least 3 weeks before your visit.

FIRST AID
All Centre staff are first-aid qualified. There are also first-aid access points in the kitchen and the main entrance hall, where a basic first-aid kit can be found.

SMOKING
The Centre has a no-smoking policy within the Centre buildings and during activity sessions. We ask that all Centre users respect this. If you wish to smoke please do so outside, away from the building. There is an ashtray by the camp fire circle & all cigarette ends must be disposed of here or in a bin. If you are on an activity session please ask an instructor when an appropriate time to smoke is.

ALCOHOL
All student courses should note that the consumption/storage of alcohol in the Centre, or on site, is prohibited.

CARE OF THE ENVIRONMENT
You are staying in one of the most beautiful and sensitive National Parks in the world and we are very proud that we have gained Eco-Centre status. We ask that during your stay you respect the environment both inside and outside of the building.

- Watch your water consumption when showering and washing up – our water is metered.
- Re-cycle and compost as much as possible and dispose of other waste materials correctly, including putting litter in the bins not dropping it around the site.
- Please bring all litter back to the bins at the Centre if you cannot find a bin when you are out & away from the site.
- Switch off all lights when not required – especially when you leave the building for activities.

LOCATION
If you are travelling independently and would like a copy of directions to the Centre please ask your group organiser.

LOCAL AMENITIES
The Centre is 3 miles from the village of Coniston, which is a popular Lake District village visited by many tourists. You will find:

- Grocery shops
- Post Office
- Barclays Bank (only open Mon, Weds, Fri & does not have a cash dispenser - the nearest 24 hr machines are 13 miles away at Ambleside or Ulverston).
- Link Cash Machines inside Spar (BP Garage) & the Post Office.
- Cafes & Pubs
- Tourist Information Centre
- Doctor - phone number is in the Group Leaders' Red Folders.
- There is not a Chemist in the village - the nearest one is in Hawkshead (6 miles) then Ambleside and Ulverston. The Co-op supermarket in Coniston does sell some basic medical items.

SELF CATERING
The facilities/equipment provided include:

- fridge and freezer space (freezer space can be limited)
- a small microwave
- 2 x industrial size cookers with hobs and a grill
- plenty of crockery and cutlery
- pans and kitchen utensils
- shelf storage space - foodstuffs must not be stored in dormitories

BEHAVIOUR
We are always pleased with the overall behaviour of all users at the Centre, however in the event of anyone bringing the name of the University of Birmingham into disrepute they will be asked to leave the Centre without refund for any lost days.

University of Birmingham users may also be referred to the Registrar pending an official enquiry.

FINALLY
We hope you are looking forward to your stay. If you have any further questions please contact your Course Organiser.