

## **Information for Volunteers at Vitalise Churchtown**

Firstly we would like to thank you for your interest in volunteering with us at Vitalise Churchtown.

Churchtown is a Centre for people with physical and learning difficulties and we provide holidays for people of all ages and abilities. We also provide a well-deserved break for carers and families.

### **Your role**

As a volunteer you are a vital part of our highly motivated team. You will be enabling our guests to fulfil their potential in an often challenging and adventurous setting. Some of the activities on offer are water days (power boating/canoeing), an adventure/assault course, moorland/coastal/seashore explorations, night hikes and overnight camps. Our guests are also offered other leisure activities such as arts and crafts, games, swimming (we have an indoor heated swimming pool) and archery.

As you can see, there are a great deal of activities on offer at Churchtown. We do not expect you to be an expert in any of these but there will be an opportunity to develop your skills. What is more important to us is that you are already highly motivated to enable our guests to achieve their potential and have a fun holiday with us.

### **Useful information for your stay with us**

#### **Accommodation**

Volunteer accommodation is situated in the Manor House across the road from the main Centre. Rooms have single beds; maximum number of beds in each room is four.

#### **What to bring**

Please bring with you towels, comfortable shoes (e.g. trainers), Wellington boots, warm jacket, sun cream and a hat. The shoes and boots do not need to be expensive but ones that you are comfortable with.

You will also need to bring with you a returnable deposit of £10.00 for your room key.

#### **Arrival times**

Volunteers should arrive on a Wednesday you should be at the Centre by 12.30 p.m. as there is a Staff/Volunteer Meeting at 1.00 p.m. and Volunteer Inductions at 3.00 p.m.

Please contact Maire, before you arrive, with your arrival time and any special diet you may have so that we may advise our catering team.

### **The local area and amenities**

As Churchtown is in a rural location, there is no public transport easily available. We do try, as much as possible, to help out with transport when the groups go out on activities; we can stop near a bank or shops on most days.

Our local bank is Lloyds Bank in Lostwithiel, this is situated about 10 minutes away from us by car. Other banks may be found in St. Austell and Bodmin which are about 20 minutes away from Churchtown, again by car. These distances also apply to our local shops; bigger shops and supermarkets are in St. Austell and Bodmin.

In an emergency the Pub next door to the Centre does have a cash machine and withdrawals can be made for a small charge.

### **Public transport**

The local train stations are Bodmin Parkway, which is about 20 minutes away by car, and Lostwithiel, about 10 minutes from the Centre.

To access information on coaches, trains and buses – [www.traveline.org.uk](http://www.traveline.org.uk)

Coach stations for National Express Coaches are again in Lostwithiel or Bodmin.

The local Airport is situated in Newquay, about half-an-hour from Churchtown. Information on [www.newquay-airport.co.uk](http://www.newquay-airport.co.uk)

Phone numbers for local taxi companies are Yeo's Taxis – 01726 814095; this is useful if you arrive in Lostwithiel. Parnells Taxis – 01208 78788 or 01208 75000; this is useful for the Bodmin area.

### **Medical and health information**

We have an excellent doctor's surgery in Lostwithiel and appointments can usually be made for the same day. EU and certain other countries have a reciprocal agreement to cover healthcare for some medical conditions, so you do not have to pay for appointments. It is important to check before you travel, whether you will need to pay and, if you do, take out the necessary medical insurance cover beforehand.

We look forward to welcoming you to Churchtown and hope you enjoy your stay with us.

Kind regards,

Maire Warren, Volunteer Co-ordinator and Kevin Michael, Assistant Manager