

OXFORD & DISTRICT MENCAP

COULD YOU DO SOME VOLUNTARY WORK THIS SUMMER?

MENCAP HOLIDAYS, HILL END, OXFORD, SUMMER 2009

Mencap II - Older adults; 7pm Friday 17th July to 10 am Saturday 25th July

Mencap III - Young Adults; 7pm Saturday 25th July to 10am Saturday 1st August

Mencap IV - Elite, 2-1 support; 7pm Saturday 25th July to 10am Saturday 1st Aug

Mencap V - Teens; 7pm Saturday 15th August to 10am Saturday 22nd August

Each year in the glorious Oxfordshire countryside, Oxford Mencap organizes 4 weeks of holidays for adults & young people and one week in Wales. Around 8–18 campers aged 10+ yrs attend each week with a similar number of volunteers. The holidays have been running for over 40 years and many campers each year based on the great time they have and the care and support they receive.

Each camp is filled with outings and activities. Last year included chef skills, bowling, our own band, the seaside, Thorpe Park, and a music workshop to name a few. In the evenings there are visits to the local pub (for older guests!) and singing round the campfire. On the last night of the week there is a disco and BBQ where everyone gets dressed up and dances the night away.

The holidays are based at Hill End, an residential centre, near Oxford. The accommodation includes dormitories, kitchen, dining room & indoor recreational areas. The camp is surrounded by areas of open fields, woods, tennis courts & an outdoor swimming pool. The week in Wales is similar but with a smaller group of people and focuses more on day trips to surrounding areas.

What do I have to do? Each volunteer is usually allocated a camper for the week. However, sometimes volunteers may look after more than one camper and sometimes we have more than one volunteer per camper (e.g. in the case of behavioural problems). This may sound daunting but don't worry, we provide training, advice and support. Some campers just want a great companion for the week, others need a bit more support. There is a briefing on the needs of all the campers before their arrival including a half day training session and there a nurse and the camp leaders onsite throughout the week to help. There are daily meetings to provide advice and support throughout the week. You do not have to have done anything like this before.

Mencap holidays provide fun, friendship and new experiences for campers and volunteers alike. Although the holidays do require a lot of energy, patience & hard work,

they are also immensely rewarding. We are sure as with all good holidays, have a fantastic set of memories to keep you going for the rest of the year!

We look for people with a can-do attitude, prepared to work as part of a team for the week and who are open to new ideas. Some of our volunteers go on to careers in similar work areas such as psychology or nursing, others just do the holidays for a different of experience. Whatever the reason, the time you volunteer is invaluable for the parents and carers that we provide a break for and the campers that enjoy our holidays so much. The holidays also qualify as part of the Duke of Edinburgh Gold residential project.

For more details and application form contact: katie.hollier@yahoo.co.uk Or visit www.oxfordmencap.org. Join us Sat June 13th 2009 for our Orientation Day at Hill End, Oxford, 12-4pm - you don't have to do this to join but it helps! We pick up from Oxford train/bus station.