



UNIVERSITY of  
WORCESTER

# LAKE SIDE

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 your visit to life through exceptional instruction from our dedicated and inspirational team.

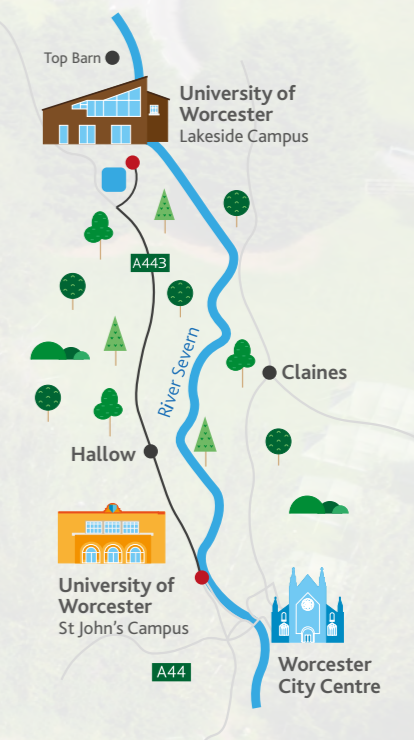
This publication is available in alternative formats. Please contact [lakeside@worc.ac.uk](mailto:lakeside@worc.ac.uk)



# 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.

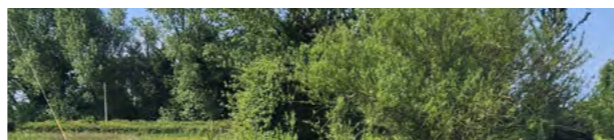
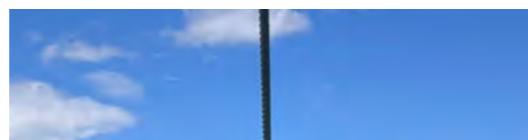




# DAYS

*This offer is suitable for all groups from primary and secondary pupils to further education students.*

*The University of Worcester Lakeside Campus has one of the largest ranges of 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:*

## Aerial

- Climbing
- Abseiling
- Big Zip Wire (100m)
- Small Zip Wire
- Leap of Faith

## Land

- Archery
- Orienteering
- Bushcraft
- Nightline
- Team Challenge

## 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.

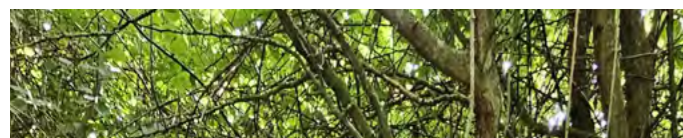
## MULTI-ACTIVITY SESSIONS

*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 organised 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 for schools and organised groups.

## **RESIDENTIAL** *adventure*

*Various fully catered packages available.*

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



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:**

- Lakeside Campus has joined the voluntary Ofsted register, and we can now accept childcare vouchers as means of payment.
- 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 a 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 is or has been unwell.



**SCHOOL HOLIDAY CLUB**  
*adventure*

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

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

*Visit our booking page*



[webengine-01.worc.ac.uk/holub/](http://webengine-01.worc.ac.uk/holub/)



GENERAL PUBLIC

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

*With a wealth of activities to chose from, why not visit Lakeside for a taster session; a team bonding Away Day or a 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**  
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# OPEN WATER SWIMMING

*Our idyllic swim venue; perfect for beginners just starting out or the more experienced swimmer. Our 1.6m deep lake with both a 200m and 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 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:** July (dependent on water temperature)  
 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 informaton 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.*

*At our first class venue, we are able to host your event and give your guests an experience they won't forget!*

*Recent events we've hosted include:*

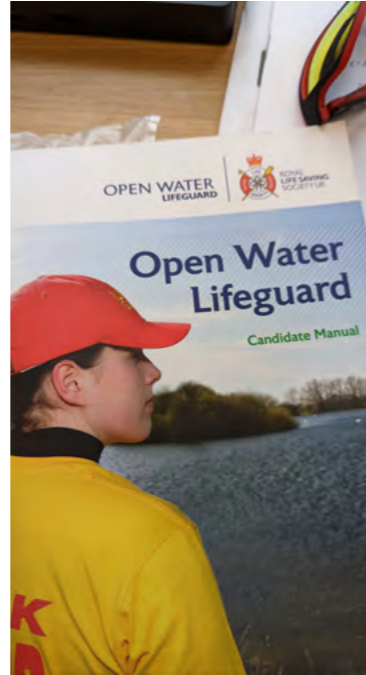
- Triathlons
- Duathlons
- Aquathlons
- Swimathons
- Cross Country Races
- School Games
- Dirt Runs (5k, 10k)
- Cyclocross Races
- Workplace Challenge
- Inflatables Challenge
- Colour Runs
- Charity Challenge
- BBC Hereford and Worcester Radio – Community Games
- Bellboating Regattas
- Recreational Rowing with Shires Boat Club



## 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*





# 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 timetable. Please contact us about availability. See our extensive list of qualifications below. Please call the campus for more details.

- Open Water Lifeguard Full Course (3 days)
- Open Water Lifeguard Bolt On (1 day)
- British Canoeing – Paddlesport Instructor
- British Canoeing – Paddlesport Safety and Rescue
- RLSS Water Safety Equipment Training
- First Aid at Work – 3 days
- Emergency First Aid at Work – 1 day
- 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)



# CORPORATE HEALTH DAYS

*In conjunction with our experts from the Worcester Business School we can work with you and your organisation to design and deliver Corporate Health and Wellbeing Days for your Senior Leaders or wider team.*

*Using our Lakeside Campus to provide a combination of outdoor activities and classroom facilities in natural surroundings to support your workplace health and wellbeing strategic objectives.*

Topics could include;

- Physical, mental and financial wellbeing activities
- Growth strategy planning
- Leadership development
- Burnout and strategies to prevent this happening
- Mindfulness and mental health first aid at work

- Workplace culture
- Team building and coaching.

We can also offer corporate celebration events, family days and much more...

Get in touch with our team to discuss the topics and elements which will ensure the day meets the requirements of your organisation.

## FURTHER DETAILS

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





*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 a wide variety of 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 assessments; zonation ecology and vegetation surveys including marginal habitats alongside the use of meteorological equipment; pollen traps, ash die back observations and bird surveys.

### SCHOOL OF HEALTH AND WELLBEING

The School of School of Health and Wellbeing 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, Paramedic Science and Psychology.

It offers the students the opportunity to develop their leadership skills through team building activities. Students explore team dynamics, personal motivations, and behaviours and gain the opportunity to interact with peers, allowing them to network, build connections and develop curiosity into other fields.

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 learning about outdoor activities, the three lakes and natural outdoor space introduces students to the environment, helping them to understand sport in the outdoors.



## INSTITUTE OF EDUCATION

The Institute of Education use Lakeside for a wide variety of learning experiences across all age ranges from early childhood and primary to secondary provision. 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

The 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 also support use of the facility for practical applications.



## INSTITUTE OF ARTS AND HUMANITIES

The Institute of Arts and Humanities use Lakeside as a location for 'live' concept. Students undertake field projects and study the design of promotional material, signage or way marking as well as other projects around campus and our Policing students use the venue for 'live' crime scenes and important communication and problem-solving activities.

Many other student cohorts, including our Department of English, Media and Culture also take part in teambuilding activities at Lakeside as part of their Induction week programming. It also provides a fantastic venue for filmmaking, alfresco drawing, and photography.

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 takes students outside their usual environment to develop and enhance decision making, team working, and leadership skills, enabling student nurses to apply theory to practice. With the aid of simulated patients, clinical scenarios are created which student nurses work through, practicing and consolidating essential skills they have been developing across their 3-year course.

Lakeside also enables interdisciplinary practice, allowing 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 create 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.

## ACADEMIC SCHOOLS

To find out more about our academic schools, there are a range of virtual tasters you can access here.



[worchester.ac.uk/study/open-days/virtual-taster-events.aspx](https://worchester.ac.uk/study/open-days/virtual-taster-events.aspx)

## 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  
[worchester.ac.uk/opendays](https://worchester.ac.uk/opendays)





# GET IN TOUCH

*for more detailed information*

Phone: *01905 543040*

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

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

Lakeside Campus  
University of Worcester  
Holt Heath  
Worcester  
WR6 6NH

# KEEP UP TO DATE

*with Lakeside Campus Redevelopments*

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



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





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