

KS4 residential Bendrigg Lodge

8th-12th May 2017

Bendrigg Lodge is an outdoor centre that offers outdoor and adventurous activities for people with disabilities. They are able to support pupils to access all the activities on offer, and the staff are experienced in encouraging pupils so that they can achieve far more than they, or we imagined!

We took 7 pupils from KS4 and they took part in lots of different activities, some of which they had never done before. These included climbing, abseiling, zip wire, archery, canoeing on Lake Windermere, caving and hill walking. As in our previous trips, there were some amazing moments when our students really pushed themselves to overcome their difficulties and achieve great things. For example: one student who was determined to get to the top of the hill, despite difficulty walking, and one young man who was determined to get to the top of the climbing wall, despite being afraid of heights. Another student was really worried by the thought of getting in a canoe, but did so and proved himself to be really good at paddling.



Exploring the grounds on the first day



Reaching the top of the climbing wall



Getting the canoes ready



Canoeing on Lake Windermere.



Exploring the artificial cave.



Going down the real cave



Watch your step!

All the students were sorry to leave and several of them said that they would definitely like to go back if they ever got the chance. Some of them may now go on to do the Duke of Edinburgh award in 6th form. For all of them, I hope that they have a sense of pride in what they have achieved, and that they feel more confident in themselves as a result.