



NCS TIGERS TRUST



TIGERS TRUST
IN THE COMMUNITY



Welcome Pack Autumn 2023

NO WE CAN

Wave 1:

NCS

Sunday 29th October – Thursday 2nd November

NCS 2023 is coming up soon and we want you to have all the information required for you to have the best experience. Please read through this information booklet which includes key contact information, the different phases, the venues, a recommended kit list and answer any FAQs.

We cannot wait to see you on NCS this Autumn with us at the Tigers Trust.

Key contact:

Provider Name: Tigers Trust

Provider Address: Tigers Trust Arena, Walton Street. Hull, HU3 6GA

Wave Leader Name: Josh Barrett

Wave Leader Email: josh.barrett@tigerstrust.co.uk

Wave Leader Number: 07719968131 / 01482 358371

Connect with our social media pages to keep up to date with the things we do at the Tigers Trust and keep an eye out for our NCS related posts:



Instagram:

Search for "tigerstrustofficial" Hit Follow!



Facebook:

Search for "Tigers Trust"
Hit Like!



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The Venues



Week 1 (Residential) Dearne Valley:

Dates: Sunday 29th October to Thursday 2nd November

Time to arrive: 10:00am at Tigers Trust Arena

Meet: Tigers Trust Arena, Walton Street, Hull, HU3 6GA @ Arrival back at Tigers Trust Arena @approx 2pm on Thursday 2nd November



Top Tips

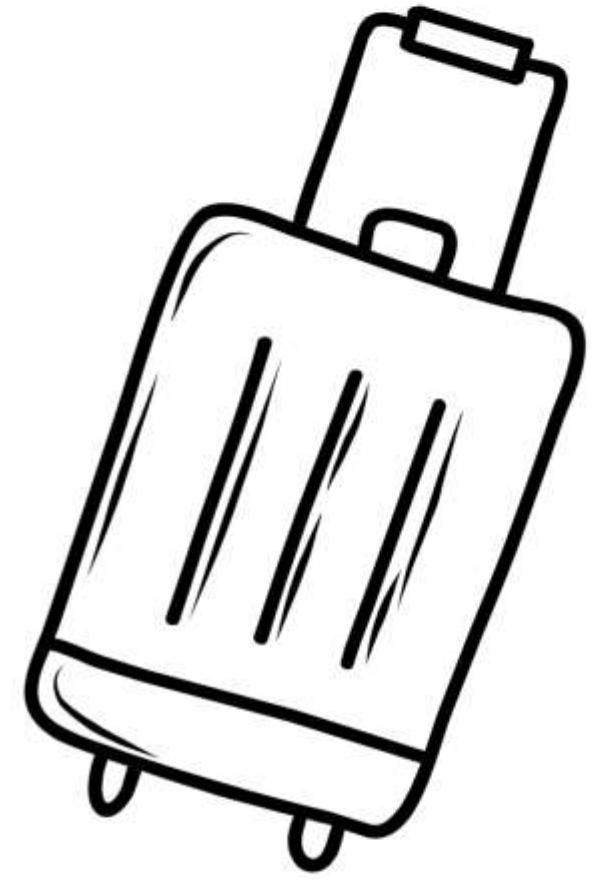
"Get involved, have fun and savour the moments. These 2 weeks will fly by"

NCS Tigers Trust Residential Recommended Kit List

The list below is just a suggestion of what is required- Please try not to buy anything especially for the programme. If you have any questions, please do contact us.

Clothing Guide:

- 2 x Large Towels
- Waterproof Jacket
- Re-useable drinks bottle
- Comfortable indoor clothes
- 2/3 comfortable bottoms or similar (NOT JEANS)
- 2/3 Sweatshirt/Hoody
- 2/3 T-Shirts
- Swimwear
- Socks & underwear (enough for each day + spares)
- Indoor footwear (such as trainers)
- 2 pairs of outdoor footwear - that will get wet/dirty (Walking boots/old pair of trainers)



Other Essentials:

- Toiletry bag – Shampoo, soap, toothpaste, sun cream etc.
- Small ruck sac/day bag
- Bin bags/carrier bags for wet clothes
- Specific medication (if needed)-with written description of how it should be taken, clearly labelled with participants name
- Notepad & Pen
- Money (£ 20 max) - you do not need any extra money. However, there is a tuck shop on site with drinks and sweets etc. for sale.

*Please note that this only a recommended list, bring whatever you think you need and feel comfortable in and if unsure of anything just ask us. We are here to help!

Top Tips

"Bring an extra pillow, sleep is important. Also treats and sweets go down well"

FAQ's

Can I bring my phone?

Yes, you can bring your phone! You'll need to take loads of pictures and use your socials, there is good phone signal and WIFI too :)

How does room allocation work?

Rooms are anywhere from 2 to 10 people (same sex). If you require single occupancy rooms please be in touch with us directly (these are limited).

Can I be in a team with my friends?

Yes, of course you can just let us know so we can buddy you up.

How many people will be in my team?

Teams are up to a max of 16 young people and will have a minimum of 2 staff members per team.

How do we get to and from the venues?

We will be taking a coach to and from the Tigers Trust arena to the venue for the residential week. Arrive at the Tigers Trust Arena for 10am on Sunday.

What do I need to do with my bags?

Bring your bags with you on the day, you can either use a suitcase or a travel bag depending on what you want to bring.

Do I need any extra cash?

No, you do not need any! All costs are covered during, you can bring a small amount of cash. We recommend no more than £20!

Do I need to bring any specialist equipment?

No, all specialist equipment will be provided. You just need to bring what you think you need.

Will I be forced to do any activities?

No. We will encourage you, but you will not be forced. We run a Challenge by Choice theory on all our activities.

Are all staff first aid trained and DBS?

Yes, all staff will have completed an overnight training course at the venue and have completed a rigorous application process with all staff having enhanced DBS'.

Deal Breakers:

We have a zero tolerance on the deal breakers following; alcohol, drugs, sexual Activities, bullying & racism/discrimination. These are our deal breakers and if you are found to be doing any of these, you will be withdrawn from the programme immediately! We also have a 3 strike rule, this works by you getting 2 chances a verbal warning, a written warning and then removal from the programme. This is agreed in the code of conduct signed on day 1 of the programme, exact details of the code of conduct will be realised at a later date.



Key Contacts:

Staff Member:

Richard Dexter

Josh Barrett

Kayleigh Jackson

Roles:

Head of Programmes/
Base Contact

Wave Leader

Designated Safeguarding Lead

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