

# Cure DM family fun and information weekend at:



Near Keswick,  
Lake District



## Friday 28<sup>th</sup> – Mon 31<sup>st</sup> July 2023

To coincide with our annual DM Families day  
(Sat 29<sup>th</sup> July)



# What is The Calvert Trust?

Here you can experience accessible outdoor adventures in the beautiful Lake District!

The Lake District Calvert Trust is a fully accessible residential centre, specialised in supporting people with a wide range of needs. They have run outdoor activities since 1976, using specialist equipment to deliver their programme.

**Aims:** Challenging disability through outdoor adventure

**Mission:** enable people with disabilities to achieve their potential through the challenge of adventurous activities in the countryside in order for them to develop, change perceptions and make positive and lasting changes to their lives.

**It's what you CAN DO that counts!**



# What is the event?

Cure DM Charity are pleased to offer a full weekend residential at The Calvert Trust, to individuals and families living with Myotonic Dystrophy

Places are limited - so to avoid disappointment please apply ASAP.

If oversubscribed, places will be allocated via a ballot to be as fair as possible.

The weekend will combine fun activities with a DM Information weekend.

## Helping our DM community to:

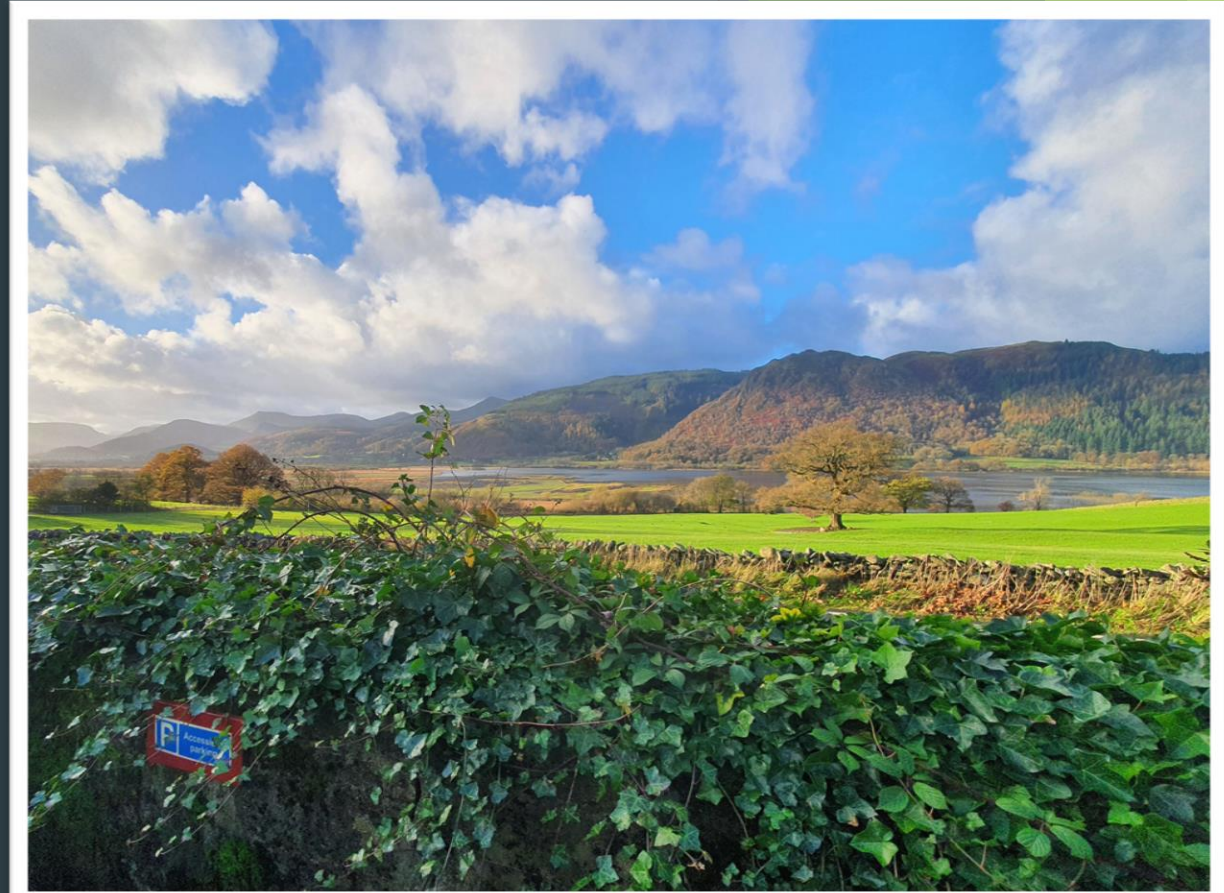
- ▶ Develop new friendships / promote peer support
- ▶ Have a go at activities not otherwise attempted
  - ▶ Make lasting family memories
- ▶ Optional talks and information from professionals
  - ▶ Learn more about the work we do as a Charity
  - ▶ Opportunity to speak to DM specialists





# Daytime activities may include:

- Water Activities: Canoeing/sailing,
  - Rock & Rope: climbing, abseiling
    - Big swing
    - High Ropes Course/zip wire
  - Stables: horse riding, trap driving
    - Cycling
    - Bushcraft
    - Orienteering
  - Offroad bus/wheelchairs
- Lakeland views



The activity programme will be tailored to individual needs and is fully accessible and focused around people with varying disabilities.

You will be in groups of approx. 12. While we cannot guarantee which activities you will be placed on - we will request preferences and aim to be as accommodating as possible.



# Evening Activities may include:

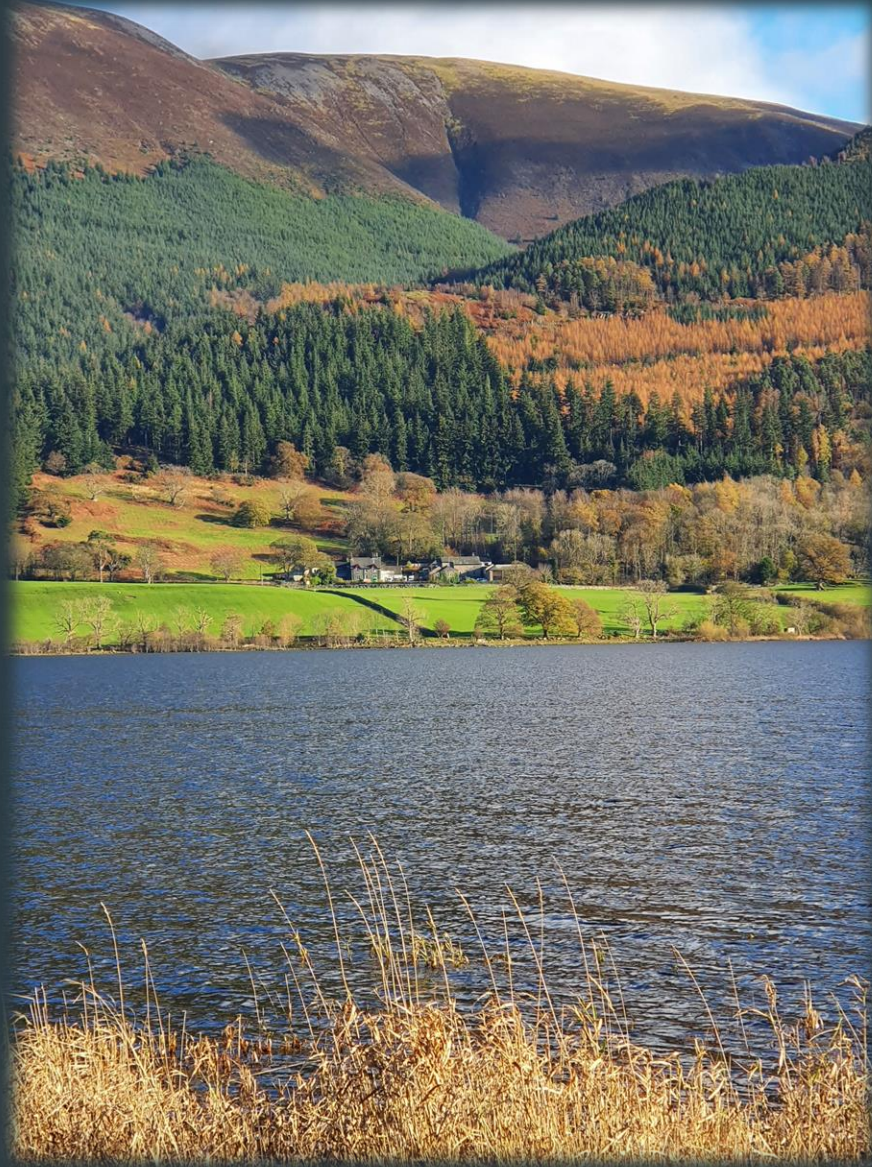


- ▶ Movie Nights in cozy living room are with sofas
- ▶ Board / Card games in library
- ▶ Disco / Party night
- ▶ Recreation room with games and tuck bar
- ▶ Organised sports hall activities; Boccia and Balloon Badminton
- ▶ Hydrotherapy pool
- ▶ Sensory room





# A closer look.....



A spectacular setting at the foot of the mountain!



# Hydro Pool

▶ We will have private use of the accessible 12x6m multi-sensory hydrotherapy pool.

▶ This amazing pool combines 'state of the art' technology with the warmth of hydrotherapy.

▶ Heated to 32 degrees.

▶ Fully accessible changing area

▶ Hoist

▶ Poolside sauna

▶ Jacuzzi bubbles

▶ Sensory lights and music!

▶ Various sessions depending on preferences



# Sensory room

On-site well-equipped Multi-Sensory Room featuring:

- ▶ Bubble-tubes
- ▶ Lights and projectors
- ▶ Wide range of sensory and interactive equipment

Perfect for taking a bit of time out, or for our younger attendees.





# Water Activities

Fully accessible boat house with changing rooms!

Waterproofs can be provided.

All safety equipment is provided

There are numerous seating options to allow EVERYONE to join in.

## Canoeing

In stable 'rafted canoes' or in a single canoe/kayak

## Sailing

In stable 'long boats', trimarans or in our smaller dinghies

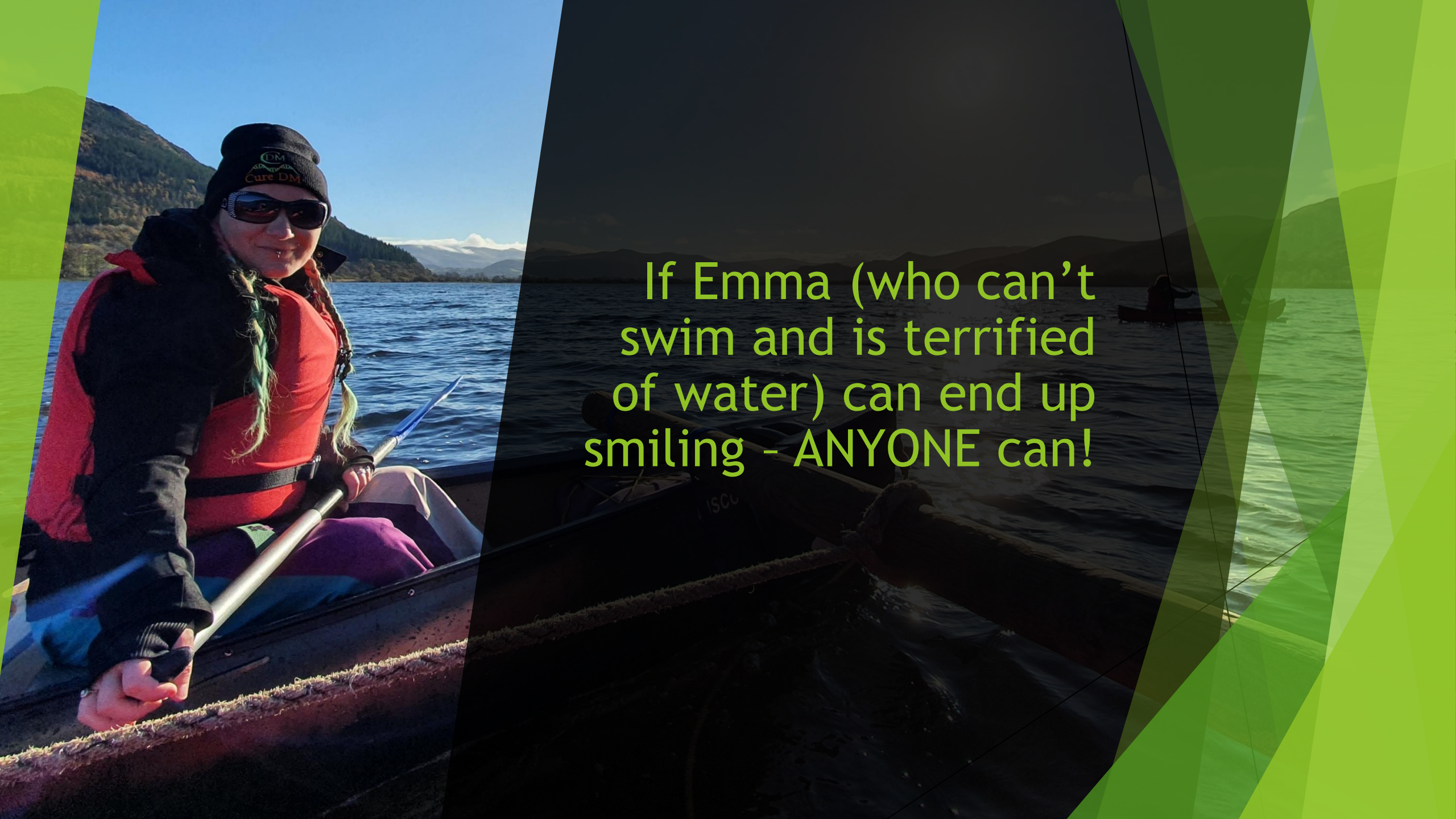


This is where CureDM Emma put herself out of her comfort zone and joined in with the canoeing.

(I wasn't very happy about it at this point!)







If Emma (who can't swim and is terrified of water) can end up smiling - ANYONE can!



Accessible bikes of various styles for all abilities!





# Indoor Rock and Rope and Abseiling!



Suitable for all abilities with numerous hoists, supports and an amazing team who will make sure everyone who wants to, has a go!



# THE GIANT SWING!

Kudos to CureDM Stephen who tried this out for us!



The swing can be raised as high, or low, as you like....all the way to the top!

Everyone can have a go!



So much fun to watch!

Everyone can get involved, don't want to swing? That's ok, you can watch your friends, cheer them on, or even help to raise them up!





# Fully Accessible Assault course!

- ▶ This is an amazing piece of equipment. One of the highlights for sure!
- ▶ Suitable for wheelchair users - you can do it on your own or with a helper behind you.
- ▶ Suitable for ambulatory use, you can have a chair with you in case you want to rest.
- ▶ So much fun to take part in AND to watch!
- ▶ Safe and secure - you are NOT going to fall!

(believe me, we tried!)







## Outside High Ropes!

Must be ambulatory but suitable for all ages.  
Two courses with varying difficulty.

Well done to CureDM Pete and CureDM Stephen for being so brave!  
(Emma was content to watch!)





**ZIP WIRE!**  
**Fully accessible!**



# We have secured guaranteed sessions in the Stables on both Saturday and Sunday!

- ▶ Horse riding
- ▶ Trap driving - (available for people in wheelchairs)
- ▶ Horse related activities such as grooming, horse care, learning about horse behaviour and body language, and agility demos and tricks.





Accessible 'lift to saddle' to support horse riding.



Stephen making friends!



Wheelchair accessible Trap Driving.



# What will the days look like?

Arrival day: Arrival (4-5pm)

Welcome and site tour

Evening Meal

Evening activity

Daily routine:

Breakfast

Morning Activity

Lunch

Afternoon activity

Evening Meal

Evening Recreational

On the last day of activities we will issue certificates and enjoy an evening disco/party!

Departure day:

Breakfast

Farewell (approx. 10am)



# How will you get here?

- ▶ Travel is not included so you will need organize your own transport.
- ▶ If arriving by car, there are plenty of parking spaces on site.
- ▶ If you prefer to come by train, we can arrange collection from the station in one of the fully accessible mini-vans.

(This will need to be arranged in advance and timings to suit all who would like to utilise this option)





# Information and Education

During the event we will have set times for short talks/presentations from various people.

This might include:

- \* DM specific First Aid
- \* Care Advisor / Specialist Nurse
- \* Physiotherapist / Speech and Language Therapists
- \* Information on every day living support
- \* Neurologist/ DM Specialist
- \* Research and Registry.

We are still finalising the agenda and inviting specialists to join us so tell us what YOU want to see!



# Where will you sleep?



- ▶ Accommodation is included and is on site.
- ▶ Fully accessible.
- ▶ Rooms will be twins, triples or quad.
- ▶ Limited number of interconnecting rooms.
- ▶ Raisable/profiling beds.





# Bathroom facilities

- ▶ If you have specific needs, let us know in advance.
- ▶ Specialist equipment can be catered for: shower chairs, hoists, grab rails, etc
  - ▶ Bathrooms are accessible
- ▶ Full Changing Places available in the Pool, Stables and Boat House.

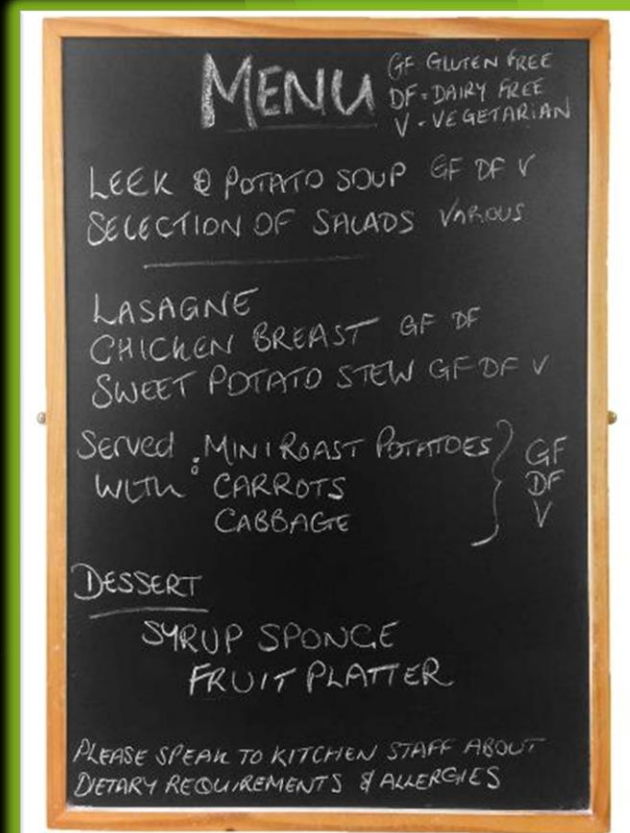




# What will you eat?

## Food is included

- ▶ Cooked breakfast including toast, cereals, and hot drinks
- ▶ Packed lunch for the activities
- ▶ Hearty 3 course evening meal with a choice of salad or soup to start, a selection of mains (including a vegetarian option) and tempting dessert
- ▶ Tea/Coffee/Juice available all day
- ▶ The venue can accommodate most dietary requirements, including blended for PEG, pureed food, gluten free, lactose intolerance, etc.
- ▶ Dining is communal in a canteen settings. We can arrange a smaller/quieter dining area for those who may find the noise of this difficult.







Thanks to the generosity of various sponsors, our amazing fundraisers and The National Lottery Community grant, Cure DM is offering attendance

## FREE OF CHARGE to:

- ▶ People living with Myotonic Dystrophy (any age of onset, the venue is accessible to all)
- ▶ Close family members (which may include siblings, children, partners and parents)

**Please note - travel is not included.**

As a charity our mission is to provide peer support events to as many people as possible, and we understand the financial constraints which come to many with living with myotonic dystrophy.

We do not discriminate based on finances and will offer as many spaces as possible, **free of charge**, to all who are eligible.

Please take into consideration the layout of bedrooms when deciding who to apply for. We are limited in space due capacity of the venue.

We also understand that some people will wish to donate towards the cost, this is appreciated but we will not allocate based on ability to donate - if we are oversubscribed places will be allocated by ballot.

# What will it cost?

The weekend event will cost the charity £390 per person so please only apply/accept a place if you can definitely attend.



# Next steps:

## What information will you need from me?

If you are successful in gaining a place, we will ask you to complete a number of forms. We can assist with this and will include:

Registration, Calvert Trust information regarding any disability or additional needs, Consent forms, Dietary requirements etc.

All the information will be kept confidential.

## When will I hear if I have a place?

We aim to confirm places by May 2023 to give us enough time to complete all the relevant forms and organise your activity groups.

If we are oversubscribed and you are not been successful in gaining a place we may offer you a waiting list place, in case of extra spaces becoming available.

WE HOPE YOU WILL JOIN US!





# APPLY NOW!

Follow this link to register an interest and we will contact you as soon as applications are open:

<https://www.surveymonkey.co.uk/r/Calvert-Interest>

You can also find details on:

Facebook:

[www.facebook.com/curedmcharity](http://www.facebook.com/curedmcharity)

Website:

[www.curedm.co.uk](http://www.curedm.co.uk)

or by emailing us at:

[curedm@outlook.com](mailto:curedm@outlook.com)

