

Group Stay Information

Thursday 20th - Sunday 23rd October 2022

Flynn's Barn is a charity for young people living with cancer, based in the Borrowdale valley, in the heart of the Lake District. We offer a wide range of outdoor and creative experiences that encourage relaxation, connection and camaraderie. The aim is to meet with others, have fun and help each other along a challenging road.

We'll be welcoming a group of up to 10 young adults for a three-night stay in the Autumn.

Thursday 20th October		Arrive from midday	Settling in & evening meal
Friday 21st October	Valley Walk	Bushcraft, art project	Evening meal & music
Saturday 22nd October	Canoeing on Derwentwater	Relax time, Art project	Evening meal and games
Sunday 23rd October	Valley walk, tree planting	Head home after lunch	

All these activities are optional and outdoor activities are subject to the weather

You'll be supported during your stay by onsite qualified youth workers.

Catering Flynn's Barn will provide all the meals for your stay. You'll be invited to help yourselves to breakfast and prepare lunches together. Our residential team will be on hand to coordinate this. All evening meals will be cooked by our wonderful local chef, David. We can accommodate all dietary requirements and will organise a shopping list to suit everyone before you come.

Travel Flynn's Barn will help with costs towards travel and arrange any collections from the station if needed. Our nearest station is Penrith (North Lakes).

Medical We will have qualified first aiders on site but no medical staff. If you're currently in treatment and taking medication, you'll need confirmation from a medical professional for joining a residential.

Barn set up You will see from our website that Flynn's Barn is open plan in design. Check out our [3D model](#) of the barn for a full walk-through.

The toilets and showers are situated on the ground floor next to the entrance and boot room. There are also two toilets upstairs by the sleeping areas.

Downstairs the living room and kitchen are open plan and spacious. The kitchen is well equipped with a microwave, an induction range cooker, sizeable fridge and a dishwasher. All crockery, cutlery and cookware are provided.

Sleeping arrangements The top floor is arranged into 4 sleeping areas, 2 of which give off the central area. There's a walkway to connect them. You can see the lay out from the image below. On each side, the sleeping areas are interconnected. There are 2 sets of bunk beds. There's a comfy sitting area just by the walkway.



Phone and Wi-Fi There is **NO MOBILE SIGNAL** in the valley. We do have Wi-Fi in the barn so you can make WhatsApp or internet phone calls.

Games and equipment We have plenty of games, puzzles and creative materials for you to use: paper, card, canvases, watercolours, pastels, acrylic paints, collage, printing and crafting gear. We also have a range of musical instruments: guitars, ukulele, mandolin and an electric keyboard.

Outside There's a large terrace and picnic benches in the garden next to the barn. The fields surrounding the barn are for you to enjoy. There's also a firepit and campfire area. We have a tipi in the field for wet weather and bush-crafting.

Kit list Whilst we very much hope the sun shines for you during your stay, it's important to remember that it can be quite wet in the Lake District. Here are some pointers for what to pack:

- **FOOTWEAR** bring trainers (not your best new ones!) and walking boots. If you have wellies bring them! Remember we're on a farm so it can be muddy.
It's a good idea to have a change of footwear.
- **Waterproofs** jacket with hood and waterproof trousers if you have them. We do have some spares here if needed.
- **Warm, comfortable clothing** trackies, combats, cargo pants, leggings are better than jeans. Fleece tops and layers work well in colder weather.
- **Socks** bring plenty and a pair of **slippers** for the barn.
- **Warm hat & gloves** or a **sun hat & sun cream** depending on time of year.
- **Small rucksack & water bottle** for outings.