

2023 EDITION

# ACTIVITY BOOKLET

Delivering a wide range of fun and adventurous activities to our Member Clubs across Lancashire.



**LANCASHIRE  
BOYS & GIRLS  
CLUBS**

[www.labgc.org.uk](http://www.labgc.org.uk)

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For further enquiries please contact: [info@labgc.org.uk](mailto:info@labgc.org.uk)



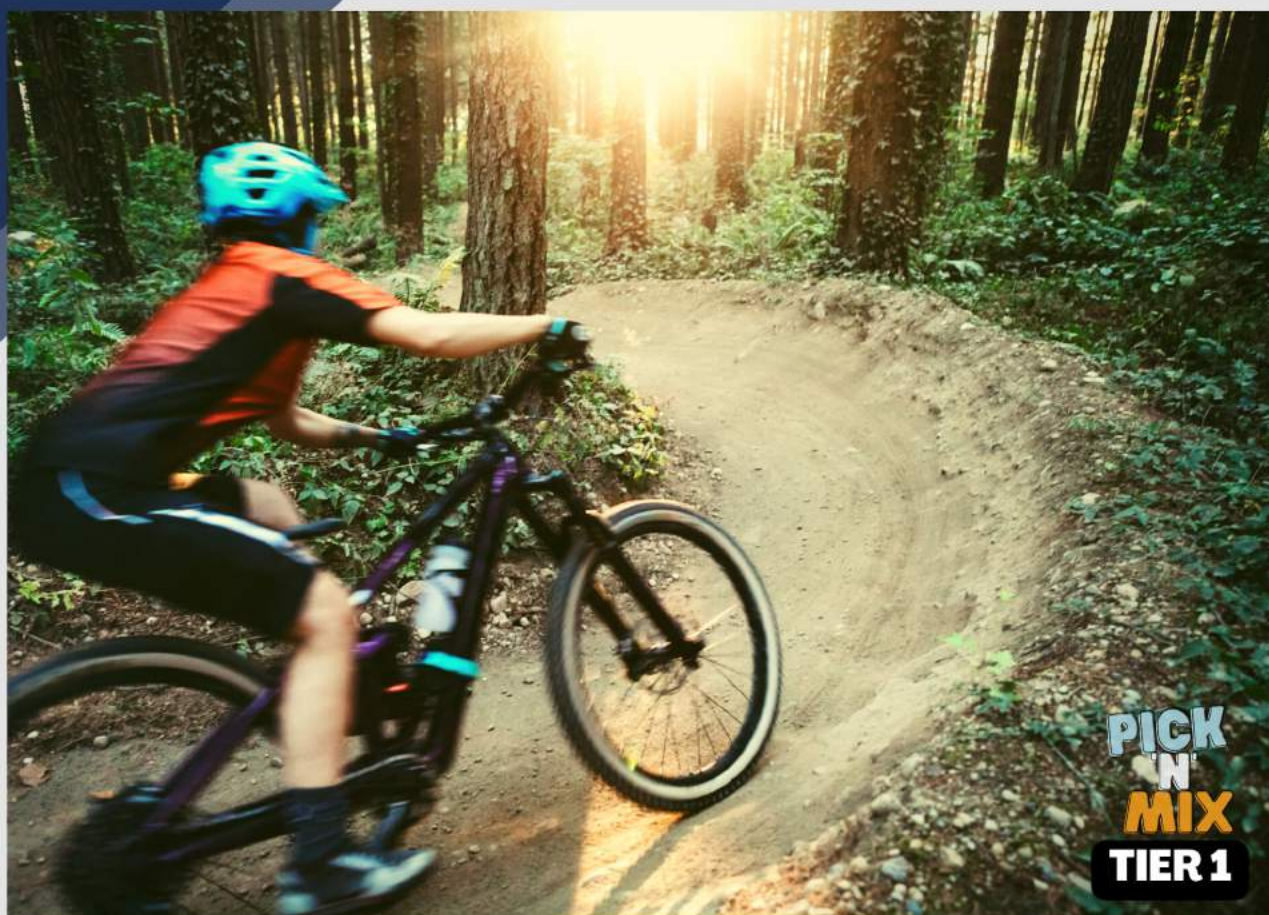
# TURFSURFERS

Mountain Boarding or All-Terrain Boarding is a cross between snowboarding and skateboarding. Beginners learn to ride on grass slopes, but once confident can tackle various terrain and features.

|                    |      |
|--------------------|------|
| Core members       | £60  |
| Access members     | £100 |
| Registered members | £150 |



*This activity can be delivered at Forrest Hills and other suitable venues. Please enquire. Please enquire. Number of participants: Max 12. Session duration: 2 hours.*



# TRAILBLAZERS

A mountain biking project that develops young peoples' awareness, riding skills, technique, basic maintenance and provides opportunities for team building. Popular venues are Gisburn Forest, Preston Guild Wheel, Grizedale Forest or Delamere Forest.

|                    |      |
|--------------------|------|
| Core members       | £100 |
| Access members     | £175 |
| Registered members | £225 |



*This activity can be delivered at other suitable venues. Please enquire.  
Please enquire. Number of participants: Max. 8. Session duration: 4 hours.*



# UV SPORTS

UV Sports is a brand-new concept played in a blacked out hall under UV lights. With fluorescent bibs and glow in the dark sporting equipment we turn off the lights and allow you to dodge, dance and play sport whilst lighting up the room. We encourage wearing all things neon to brighten up the activity.

|                    |      |
|--------------------|------|
| Core members       | £60  |
| Access members     | £100 |
| Registered members | £150 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: subject to venue and preference. Session duration: 2 hours. Please enquire.*



## UV ART

Get creative under UV lights! This is a brand new activity as well as a a brand-new concept. You will be face fainting, weaving, proper painting, sculpting and more. Try it! We won't disappoint!

|                    |      |
|--------------------|------|
| Core members       | £60  |
| Access members     | £100 |
| Registered members | £150 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max. 10. £5 per additional person. Session duration: 2 hours. Please enquire.*



# DUNGEONS & DRAGONS

A fantasy table top role playing game where the only limit is your imagination. A character game that looks at developing decision making, communication and team work in a fun environment.

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: 3-5. Session duration: 2 hours. Please enquire.*



# PILLOW BASHING

A unique activity, which is great for spectators and players. Contestants sit at opposite sides of the pole then use the pillows to swing at each other and try to knock each other down off of the pole. Book us in and challenge your friends to a dual.



|                    |      |
|--------------------|------|
| Core members       | £60  |
| Access members     | £100 |
| Registered members | £150 |

*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Session duration: Min. 2 hours. Please enquire.*



# ZORB BALL

Zorb Football is a team sport in which players are encased in an inflated bubble called a Zorb covering the entire upper body from waist up including the head. Zorb Football can be played both indoors and outdoors. The area required is similar in size to a 5-a-side football pitch, with goals at either end and played just like normal football.

|                    |      |
|--------------------|------|
| Core members       | £60  |
| Access members     | £100 |
| Registered members | £150 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max. 10 per game. Session duration: 2 hours. Please enquire.*



# ARCHERY TAG®

Tag Archery is a high intensity activity where you use your archery skills to tag your competitors in a game mixed between paintball, dodgeball and archery.

|                    |      |
|--------------------|------|
| Core members       | £60  |
| Access members     | £100 |
| Registered members | £150 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max. 12. Session duration: 2 hours. Please enquire.*



# TARGET ARCHERY

Target Archery is a sport in which the participants shoot arrows from a bow into a target. The face of the target is divided into scoring zones, usually by concentric circles of different colours. We use traditional bows and arrows or soft archery equipment depending on the venue.

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: 12. Session duration: 2 hours. Please enquire.*



# THE CUBE

A team building project that puts mental and physical skills to the test. Young people will tackle seven diverse challenges to receive the clues to defuse the cube. With several different problems to solve this activity can you be used on several occasions without repetition.

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max. 14. Session duration: 2 hours. Please enquire.*



## BOXING2GO

An energetic non-contact boxing project that explores the techniques and sequences involved in boxing. Young people can let off steam in a controlled environment while learning and developing boxing skills, increase their agility and fitness levels.



|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |

*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max. 12. Session duration: 2 hours. Please enquire.*



# BOUNCE2GO

Bounce2Go is an exciting fitness project that focuses on getting young people active and having fun. The class sees young people bouncing and dancing along to their favourite music on mini trampolines.

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max. 6. Session duration: 2 hours. Please enquire.*



## SPORTS2GO

A sports project that delivers a wide range of indoor and outdoor activities at various venues including sports such as Football, Basketball, Badminton, Tennis, Cricket, Dodgeball, Hockey and much more!

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: subject to venue and preference. Session duration: 2 hours. Please enquire.*



# GAMES2GO

A project for active bodies and active minds delivered indoors or outdoors that involves puzzles, physical challenges, board games and mental challenges. With individual group challenges or pitting 2, 3 or 4 teams against each other.



|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |

*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: subject to venue and preference. Session duration: 2 hours. Please enquire.*



# THINK IT! MAKE IT!

Think It! Make It! are STEAM based activities exploring aspects of Science, Technology, Engineering, Arts and Maths, a variety of projects are available to suit the needs of your group.

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: subject to venue and preference. Session duration: 2 hours. Please enquire.*



# MINUTE TO WIN IT!

Minute To Win It involves young people competing head to head over a series of quick, fun and hilarious challenges. Participants are given one minute to complete a simple challenge with a twist of difficulty using generic objects. These games can be played individually, in pairs or as a team against the clock or in a race.

|                    |      |
|--------------------|------|
| Core members       | £30  |
| Access members     | £65  |
| Registered members | £100 |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: group size can be tailored to the needs of the club.. Session duration: 2 hours. Please enquire.*



# BUSHCRAFT

This outdoor adventure day sees young people learning survival skills, such as fire building/lighting, shelter building, crafting items from forest materials, toasting marshmallows on camp fires and much more.



|                    |      |
|--------------------|------|
| Core members       | £80  |
| Access members     | £140 |
| Registered members | £180 |

*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: Max 12. Session duration: 4 hours. Please enquire.*



# QUAD SQUAD

This programme educates young people on the hazards of driving without due care and attention, what can happen when there is a lack of concentration, how to identify dangers and use the road safely as a driver, passenger or pedestrian. A tutorial followed by Quad riding tuition, skills assessment and Quad trail through some challenging terrain to put your skills to the test. AQA Award on completion.

## LEVEL 1

|                    |      |
|--------------------|------|
| Core members       | £200 |
| Access members     | £275 |
| Registered members | £325 |



## LEVEL 2

|                    |      |
|--------------------|------|
| Core members       | £150 |
| Access members     | £225 |
| Registered members | £275 |



*This activity can only be delivered at Forrest Hills. Number of participants: Max. 8. Session duration: 4 hours. Please enquire.*



## BESPOKE ACTIVITY PROGRAMMES

We are able to create bespoke activity programmes to suit the needs of the young people you work with. E.g. Digital Storytelling, stop frame animation, photography workshops etc. or provide resources for issue based workshops to explore young people's understanding and awareness of issues that affect their lives.

|                    |                      |
|--------------------|----------------------|
| Core members       | Price on application |
| Access members     | Price on application |
| Registered members | Price on application |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Number of participants: subject to venue and preference. Session duration: 2 hours. Please enquire.*



## VOLUNTEER STAFF TRAINING

Supported access to a range of opportunities for workforce development, youth work training, awareness raising and training on specific issues pertinent to work with young people.

|                    |                      |
|--------------------|----------------------|
| Core members       | Price on application |
| Access members     | Price on application |
| Registered members | Price on application |



*This is a club based activity that can also be delivered at Forrest Hills and other suitable venues. Please enquire.*

LABGC  
PRESENTS

# PICK 'N' MIX

## CORE MEMBERSHIP

5  
POINTS



FREE  
ACTIVITY  
OFFER

5  
POINTS



**CHOOSE:**

ONE ACTIVITY  
FROM TIER 1

+

TWO ACTIVITIES  
FROM TIER 2

+

THREE ACTIVITIES  
FROM TIER 3

# ACTIVITY TIERS

## TIER 1

### ACTIVITIES

Quad Squad,  
Trailblazers,  
Bushcraft,  
Full Day at Forrester  
Hills (*Free summer  
holiday day*)

**CHOOSE ONE**

## TIER 2

### ACTIVITIES

Zorb Ball,  
Turfsurfers,  
Think it, Make it!,  
UV Art,  
UV Sports,  
Archery TAG  
Target Archery

**CHOOSE TWO**

## TIER 3

### ACTIVITIES

Bounce,  
Dancefit,  
All 2Go Activities,  
The Cube,  
Pillow Bash,  
Soft Archery,  
Minute to Win it!,  
Dungeons & Dragons

**CHOOSE THREE**



## The Mel Diack Club Participation Award

The Mel Diack/LABGC Club Participation Award introduced in 2005, aims to encourage clubs to engage in LABGC activities, opportunities and events throughout the year.



**This is your opportunity to  
WIN this year's AWARD + £500  
for your club!**

### How it works

Every time a club books an LABGC activity or attends an LABGC event the club earns points after the booking/event takes place. Points are only awarded for activities and events between 1st January to 31st October each year.

The Mel Diack Participation Shield + a Prize of £500 + Certificate is presented to the Club with the highest number of points accumulated throughout each year.

**2nd Place Wins: £250 & Certificate  
& 3rd Place Wins: £100 & Certificate**

|                                                                   |           |
|-------------------------------------------------------------------|-----------|
| Club based sessional activities<br>eg Sports2Go, Pillow Bash, etc | 5 points  |
| Club based life skills session/workshop                           | 5 points  |
| Club leader meeting attendance<br>(per club)                      | 5 points  |
| Staff Training sessions (per club)                                | 5 points  |
| Offsite half or full day activity                                 | 10 points |
| Ormside Mill individual activity days                             | 10 points |
| Ormside Mill residential including activities                     | 20 points |



**The top 3 clubs will be requested to attend our Annual Awards Presentation evening where the Winner will be announced along with 2nd and 3rd place awards.**

**2023 EDITION**

# **NATIONAL PROGRAMME OVERVIEW**

National programme of events with detailed information, venue dates and locations of each event.





## **CROSS-COUNTRY**

**SATURDAY 21ST JANUARY 2023 – ESSEX**

Venue to be confirmed. 5 miles of undulating challenging terrain to test any Cross Country Runner. Think you got what it takes to become a National Champion or just want to take on the challenge.



## **WORLD FEDERATION OF YOUTH CLUBS ANNUAL CONFERENCE**

**EVENT TO BE CONFIRMED**

The Conference features some high profile speakers enabling you to hear about some excellent ways of engaging and working with young people from successful projects around the World to fundraising ideas and opportunities.



## **NATIONAL POOL TOURNAMENT**

**EVENT TO BE CONFIRMED**

Hot Shot Pool players from 27 counties across the country will be cueing off at the National Pool Finals. Think you can Pot The Black? Want to represent your County. Join us!



## **100 MILE CANOE TEST**

**EVENT TO BE CONFIRMED**

Join upwards of 60 young people Canoe 100 Miles down the River Rye from River Severn, Bridgnorth over 4 days.



## **NABGC UK CONFERENCE**

**OCTOBER 2023 - LINCOLNSHIRE**

Venue to be confirmed. A fantastic opportunity to engage with colleagues from across the UK to learn about the great work being delivered in different communities, the impact of the work and issues being addressed. Training workshops include focused presentations, discussion groups, funding opportunities and sharing best practice.



## ***NATIONAL 5-A-SIDE TOURNAMENT*** ***SATURDAY 3RD JUNE 2023 – MANCHESTER***

Venue to be confirmed. Teams from across the country from ages U12, U14, U16, U19 take on each other in a knockout of several games to become National Champions.



## ***ADVENTURE WEEKEND*** ***FRIDAY 17TH TO SUNDAY 19TH JUNE 2023***

Venue to be confirmed. 3 days of Adventurous Activities, High Ropes, Water Sports, Assault Course, Lazer Tag, and much more!



## ***NATIONAL TABLE TENNIS FINALS*** ***SATURDAY 8TH JULY 2023 -*** ***LINCOLNSHIRE, THE WRAGBY CENTRE***

Back and forth, back and forth, back, back, back and forth!! Ping Pong!



## ***BRITAIN'S FITTEST TEEN*** ***EVENT TO BE CONFIRMED***

Britain's Fittest Teen seeks to identify young people with dedication, commitment and bags of stamina to defeat 100's of contenders from across the country in gruelling physical challenges.



## ***NATIONAL BOXING CHAMPIONSHIPS*** ***NOVEMBER - DECEMBER 2023***

Event to be confirmed. In association with England Boxing, 180 Boxing Clubs from across the Nation have the opportunity to enter young promising Boxers into county rounds to compete for the chance to represent their county at a National Level

**2023 EDITION**

# **COUNTY PROGRAMME OVERVIEW**

Lancashire county programme of events with detailed information, venue dates and locations of each event.



**LANCASHIRE  
BOYS & GIRLS  
CLUBS**

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## JUNK2FUNK

Our Junk2Funk project sets the task of designing and creating an outfit from 100% recycled materials e.g. newspapers, egg boxes, juice cartons and bin bags. The challenge encourages creativity, planning, team work, design and communication. Clubs get 4 weeks to plan, design and make their outfits before LABGC staff visit the club to judge each outfit.

### *DATES TO BE CONFIRMED*

|                    |      |
|--------------------|------|
| Core members       | Free |
| Access members     | £30  |
| Registered members | £65  |

# CLUB DINE WITH ME



## CLUB DINE WITH ME

A Club spin on the popular Come Dine With Me TV show, this projects sees young people shop, prepare, cook and serve a two course meal for a panel of judges. This challenge puts to the test the cooking and hosting skills of young people within their clubs using a budget of just £20. (Provided by LABGC)

### *DATES TO BE CONFIRMED*

|                    |                |
|--------------------|----------------|
| Core members       | Free           |
| Access members     | Non-applicable |
| Registered members | Non-applicable |



### **TURFSURFERS**

#### **DATES TO BE CONFIRMED**

Slalom and freestyle events age categories as of 01/09/2022:

- U12 over 10 and under 12
- U14 over 12 and under 14
- U16 over 14 and under 16
- U19 over 16 and under 19



### **COUNTY & NATIONAL BOXING CHAMPIONSHIP**

#### **DATES TO BE CONFIRMED**

England Boxing have sanctioned our championships for the next three years in our usual slot from October to December, starting in 2022 and we are very appreciative of their ongoing support for our prestigious championships.



### **ARCHERY TOURNAMENT**

#### **FORREST HILLS, LANCASTER, LA2 0PL**

Date to be confirmed. Bare bow target archery tournament, age categories are as of 01/09/2022:

- U12 over 10 and under 12
- U14 over 12 and under 14
- U16 over 14 and under 16
- U19 over 16 and under 19



### **TABLE TENNIS TOURNAMENT**

#### **EVENT TO BE CONFIRMED**

Age categories are as of 01/09/2022:

- U12 over 10 and under 12
- U14 over 12 and under 14
- U16 over 14 and under 16
- U19 over 16 and under 19



### **POOL TOURNAMENT**

#### **EVENT TO BE CONFIRMED**

Age categories are as of 01/09//2022:

- U12 over 10 and under 12
- U14 over 12 and under 14
- U16 over 14 and under 16
- U19 over 16 and under 19

# ORMSIDE MILL

## RESIDENTIAL CENTRE



**Ormside Mill is a 19 bed residential centre located in the Eden Valley, near Appleby. The Mill provides bespoke packages of outdoor adventurous activities and educational programmes.**

# Adventurous activities



## **ROCK CLIMBING**

A great all-round classic activity at Ormside Mill with several climbing venues with different levels of challenge to choose from to suit your group's ability.



## **CANOEING**

A year round adventure on the water for all abilities. The canoes can be 'rafted' together to form a stable craft which can carry lots of 'gear' and up to 6 people or paddled as a single boat, often between 2-3 people.



## **MOUNTAIN CLIMBING & EXPEDITIONS**

Walk up to the top of mountains surrounding Ormside Mill and stand at the top looking down with your friends. Or take it one step further and turn it into an expedition, include an overnight wild camp, foraging for fire fuel, cooking on an open fire and sleeping on top of a mountain under the stars.



## **GHYLL SCRAMBLING / GORGE WALKING**

A favourite activity with the majority of groups at Ormside mill. Challenge yourself and friends to walk through rivers, climb up waterfalls, slide down rock faces and plunge into deep pools.



## **CAVING**

A group activity underground, you can explore huge caverns and squeeze through tight holes. Ormside Mill use several different Caves in various locations offering varying levels of intensity and challenge to meet your groups level of confidence.



**BESPOKE  
PROGRAMMES  
AVAILABLE**

**LIMITED  
PLACES**

# Plan Your Amazing **RESIDENTIAL**

In the heart of Cumbria's beautiful Eden Valley, within easy reach of both the Lake District and the Pennines, Ormside Mill Residential Centre is a great base to enjoy this beautiful and picturesque region that's full of adventure.

**CONTACT US TO BOOK**

01524 65106

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[www.ormsidemill.org.uk](http://www.ormsidemill.org.uk)



# ABOUT US

**The Lancashire Association of Boys and Girls Clubs** is a vibrant voluntary youth organisation operating across the palatine of Lancashire since 1934.

Our network comprises a wide range of youth clubs, youth and community organisations, boxing clubs, specialist support and activity clubs. They provide positive social development activities, training, support, advice, and guidance on a weekly basis to over 10,000 children and young people, many of whom are disadvantaged, live in deprived communities and can often be affected by multiple complex social barriers.

Our mission statement is to inspire and enable all young people, especially those considered to be disadvantaged, to realise their potentials as productive, responsible and caring citizens. Our vision is to assist and support member clubs in providing a safe and exciting place for young people in which they can participate in a range of activities and develop through positive experiences.

## **Contact us**

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Lancaster LA1 1TQ

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info@labgc.org.uk

