

# The Children's Burns Club

## Children's Camps

### Mini Camps

Our two night mini camps are an ideal way for young people who may not have been away from home before to try new activities and challenges that will be fun whilst helping to boost self-esteem, confidence, problem solving and social skills. It is also the opportunity to meet other young people who have experienced a burn injury or skin-related illness and share experiences and coping strategies. We usually take between 8-10 club members,



most of whom will feel a little worried about coming, being away from home, not knowing other people and what the food will be like! Our mini camps usually include a workshop run by the club psychologist on a topic relevant to the club members attending as well as climbing, cycling, swimming, swinging, abseiling, playing UNO, bananagrams, watching movies and more!

### Jamboree

The Jamboree is a three night camp for 8-13 year olds held at Grafham Waters, Cambridgeshire in October that links up with other clubs from across the country. It's Fun Packed with about 30 children and more activities than the minicamp!

### Summer Camp

We run a camp each summer for six nights and up to 40 children aged 8-17. They take part in a whole range of outdoor activities, including a workshop lead by the club Psychologist and older burns survivors. As a group they are also responsible for washing up and making some of their own lunches. Our most recent camp was at Fairplay House in Essex