



# **PARENT'S & YOUTH LEADER'S GUIDE**

## **Hello!**

Thanks for downloading the Parent's and Youth Leader's Guide to PHAT Camp 2023. If you're reading this then chances are your child or one of your youth group members has registered to attend the conference this July.

Whether this will be their first PHAT Camp or they're a conference regular, we know that you'll be curious about what goes on at these events, so we've decided to put this guide together to give you as much information as possible before the conference.

We hope that you'll find this guide useful and informative, and please don't hesitate to contact us with any further questions you might have after reading through.

- The PHAT Camp 2023 Planning Team

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## WHAT'S PHAT CAMP?

PHAT Camp is a 4-day event where hundreds of us, from all over the UK and Ireland, gather together to journey with God and explore our faith.

### What Happens?

The main element of the events are the morning and evenings where we spend time worshiping God through music, learning more about Him through the teaching of his Word (the Bible) and allow his Holy Spirit to change us.

Those that come are normally placed into small-groups that meet regularly throughout the event. During these times they can meet new people, discuss the topics being raised and enjoy hanging out with other people who are exploring life and faith.

As well as the main sessions there's also time to explore a whole variety of issues through different seminars that will be running during the day. And of course the event is also filled with lots of time for fun and games and there's plenty of opportunity to chill out and relax in the camp grounds.

### Who Is It For?

PHAT Camps are about getting to know Jesus better and developing a deeper understanding and relationship with him, so it's designed with that in mind, but you don't have to be a Christian to come and join in any part of the event. As long as you're aged 12 to 18 and in secondary education (that's school years 7-13) you're welcome to join.

### When And Where Is It?

PHAT Camp runs every year during the school Summer Holidays. In 2023 the event will be running from Tuesday 25th July – Friday 28th July at Whitemoor Lakes Conference Centre in Lichfield.

### A Bit Of History...

PHAT Camps began as a yearly youth conference organised by the COCM (Chinese Overseas Christian Mission). It aims to gather youth from all over the country to come to worship, to know and to learn about God, to encounter Him and experience Him in a personal way, so that they could be built up and their faith strengthened and return back to their home towns and cities to be effective witness for Christ.

Since then we have begun slowly introducing other aspects of ministry such as leadership training with the whole aim of equipping leaders for the work of the ministry in their local church.

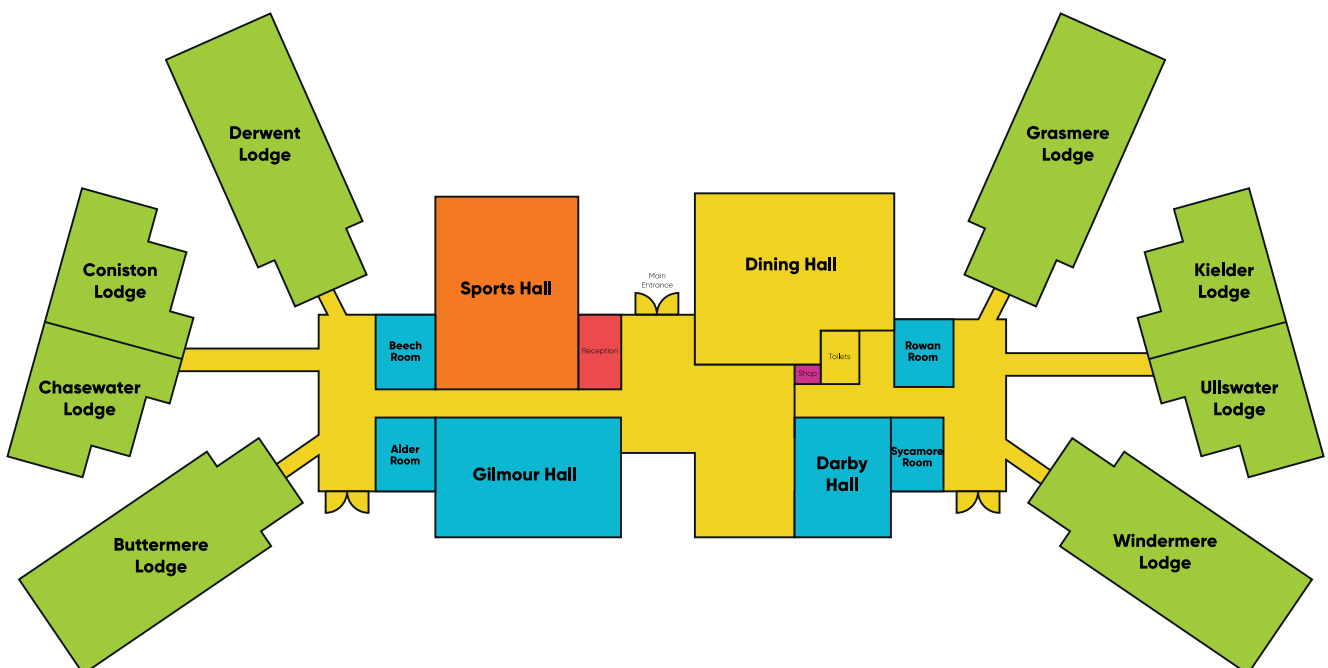
# THE CAMP SITE

PHAT Camp this year will be held at **Whitemoor Lakes, Lichfield**. The centre is a purpose-built activity, conference and holiday centre, and specialises in catering to large groups from the education, charity, church, community and faith sectors.

Whitemoor Lakes houses up to 300 residents in 8 separate wings. All meals are prepared on-site by a professional team of caterers, and there are plenty of large conference rooms for groups to gather, as well as lots of open space for you to play and relax.

You can find out more about the centre by visiting their website:

<http://www.acuk.net/whitemoor-lakes>



# ARRIVING AT PHAT CAMP

**Check-in is on Tuesday 25th July between 1pm and 4pm.** Upon arrival, campers should make their way to check-in in the Sports Hall. After checking in, they're free to drop off their bags in their room and explore the camp grounds (except for the out-of-bounds areas, of course!).

Please note that non-PHAT Camp staff are not permitted to walk the the main venue without supervision. This is for safety and safeguarding reasons. Thanks for understanding!

If you think your child will arrive after 4pm, please let us know by emailing [cocmphatcamp@gmail.com](mailto:cocmphatcamp@gmail.com).

# LEAVING PHAT CAMP

The last session of PHAT Camp ends at 1:00pm followed by a final lunch together on Friday 28th July.

**Whether your child is getting picked up or taking the train, please plan for them to depart between 1:30 and 3:30pm.**

Packed lunches will be available for those needing to leave immediately after the last session

If you're getting the train back home, we can arrange transport for you back to Lichfield Trent Valley Station (see below). PHAT Camp Staff will only be at the station until 3pm so please plan to take a train that leaves before then.

# TRAVELLING TO & FROM WHITEMOOR LAKES

More detailed instructions are available by downloading the **MAPS AND DIRECTIONS GUIDE** from the [PHAT Camp website](#).

## TRAVELLING BY TRAIN

If your child is travelling by train, the nearest train station is Lichfield Trent Valley. On the day we'll have staff waiting there between 1.00 pm and 3.30pm to meet them (just look out for the people holding a PHAT Camp sign). From here, we'll have a shuttle service to take them to the campsite.

**If your child plans to travel by train and needs to use the shuttle service, you must reserve a spot by filling out the [Shuttle Service Booking Form](#).**

If you encounter any changes on the day of arrival (e.g. heavy traffic, delayed train, etc), or can't find any staff when you arrive at the train station, please call **PHAT Admin** on **07561 009348**.

## TRAVELLING BY CAR

Whitemoor Lakes can be found at the address below. Detailed route information can be found on the [PHAT website](#).

### **Whitemoor Lakes**

Barley Green Lane  
Lichfield  
WS13 8QT

# MAIN CAMP PROGRAMME

\*Subject to change

Time	Tuesday 25 July	Wednesday 26 July	Thursday 27 July	Friday 28 July	Time		
7:30		Rise & Shine	Rise & Shine	Rise & Shine	7:30		
8:00					8:00		
8:30			BREAKFAST	BREAKFAST	BREAKFAST	8:30	
9:00						9:00	
9:30			<b>MORNING DEVOS</b> 9:30-10:15	<b>MORNING DEVOS</b> 9:30-10:15	<b>MORNING DEVOS</b> 9:30-10:15	9:30	
10:00						10:00	
10:30					<b>SMALL GROUPS</b>	10:30	
11:00			<b>KEYNOTE 2</b>	<b>KEYNOTE 4</b>	<b>CLOSING CEREMONY</b>	11:00	
11:30						11:30	
Noon			<b>SMALL GROUPS</b>	<b>SMALL GROUPS</b>		Noon	
12:30						12:30	
1:00		<b>CAMPERS CHECK-IN</b>	LUNCH	LUNCH	LUNCH	1:00	
1:30					1:30		
2:00			<b>GROUP GAMES</b>	<b>WORKSHOP</b>	<b>SEE YOU NEXT YEAR!</b>	2:00	
2:30						2:30	
3:00						3:00	
3:30			PHOTOS			3:30	
4:00	<b>OPENING CEREMONY</b>		FREE TIME / ORGANISED ACTIVITIES	FREE TIME / ORGANISED ACTIVITIES		4:00	
4:30							4:30
5:00	<b>SMALL GROUPS</b>						5:00
5:30						5:30	
6:00	DINNER		DINNER	DINNER		6:00	
6:30						6:30	
7:00	<b>KEYNOTE 1</b>	<b>KEYNOTE 3</b> <b>(INTERACTIVE)</b>	<b>KEYNOTE 5</b>	7:00			
7:30							7:30
8:00							8:00
8:30	<b>SMALL GROUPS</b> 8:30-9:45	<b>SMALL GROUPS</b> 8:30-9:45		8:30			
9:00			<b>SMALL GROUPS</b>	9:00			
9:30				9:30			
10:00	FREE TIME	FREE TIME	FREE TIME	10:00			
10:30				10:30			
11:00	Lights Out	Lights Out	Lights Out	11:00			
11:30				11:30			



## **SAFETY AND SECURITY**

We take the safety of all our attendees seriously. As such we comply with Health and Safety Policies and take every precaution necessary to protect your child.

Throughout the event, staff will be available to manage any incidents and can call emergency services from any location on site. Every night, Whitemoor Centre staff will lock and ensure the physical security of all access points into the conference centre, and can be called upon by PHAT Camp staff for assistance 24-hours a day.

The centre also holds a current Adventure Activities License and complies with all Fire, Health and Safety, and Child Protection legislation.

## **MEDICAL**

Whitemoor Centre staff are First-Aid trained and will work with the PHAT Camp organisers to provide the appropriate care and first-response in any situation.

At the time of booking, you or your child should have notified us of any medical or dietary requirements they may have. If you are in any doubt as to whether we have been informed, please contact us using the details on the last page

## **ACCESSIBILITY AND SPECIAL NEEDS**

The Centre has been designed to incorporate access to visitors with impaired mobility with most accommodation and meeting rooms at ground floor level. The Centre also offers bedrooms equipped with wet room style en-suite shower rooms using Pressalit Care System's track with support arms and shower chair. Please let us know if your child has any special needs we should be aware about.

## **CHILD PROTECTION**

Placing your child or youth group member in our care takes a lot of trust and we don't take it lightly. As such, we ensure that our Safeguarding policies and procedures are regularly reviewed and maintained. We are committed to following "Safe from harm" principles and other government guidance on child protection. Our staff are screened by the Disclosure and Barring Service (DBS) before being recruited to serve at PHAT Camps.

# WHAT TO BRING

Here's a suggested list of things your child might want to bring along:

- Clothes** - Bring enough to last the entire event. (Clothing should be appropriate; try not to bring short shorts or skirts, skin tight clothing, or low cut tops).
- Footwear** - Comfortable shoes and/or trainers for games and activities.
- Wash Bag** - With toothbrush, toothpaste, flannel, comb/brush, shower stuff, etc. (Roll-on deodorants only, no sprays).
- Nightwear/PJ's**
- Bath Towel**
- Torch/Flashlight**
- Sports kit** - maybe for some football, ultimate frisbee, basketball...
- Insect Repellent** - We might be doing some outdoor activities and don't want you eaten alive.
- Sun Protection** - Lip salve, sun block, sun hat, etc... just in case...
- Plastic Bags** - For any dirty clothes
- Bible** - Bring a pen and notepad also.
- Pocket Change**  
There's a tuck shop with snacks and of course pot noodles in the evenings!
- Any **Medication** you might need.

A few hints when packing:

- ✓ All bedding will be provided by Whitemoor Lakes
- ✓ Check the weather before coming - might need a jumper if the evenings are cool.
- ✓ Try not to bring anything expensive that might get lost or broken (like laptops, iPads, electronic games, etc).
- ✓ If you're travelling by train, pack light. You don't want to lug around a heavy suitcase all the way there.
- ✓ Make sure you have a name tag on every suitcase or bag. You don't want anyone taking your bag home by mistake!

# GETTING IN CONTACT

## CONTACTING US BEFORE THE EVENT

If you need any more information or have any queries you want to ask us, we'd be more than happy to hear from you:

**Post:**           **PHAT Camp 2023**  
2 Padstow Avenue  
Milton Keynes  
MK6 2ES

**Tel:**             01908 234 100

**Email:**         [cocmphatcamp@gmail.com](mailto:cocmphatcamp@gmail.com)  
[englishministries@cocm.org.uk](mailto:englishministries@cocm.org.uk)

**Website:**     www.phat-camp.co.uk  
www.cocm.org.uk

## CONTACTING US DURING THE EVENT

In case of emergencies or if you need to reach us urgently during PHAT Camp, you may call or text us at **07561 009348**.