Innerwick Residential Centre

Facilities & Information for visiting staff

East Lothian Council Outdoor Learning Service
INNERWICK RESIDENTIAL CENTRE

The Centre was established in the old school, Innerwick, to promote interest in the countryside and outdoor activities. The Centre has undergone full refurbishment, including a new dining room, fully equipped kitchen, upgraded dormitories, showers and bathroom facilities. The Centre can accommodate 36 and has full disabled access.

The area contains an enormous wealth of opportunity for outdoor study and activity - the Lammermuir foothills and glens, old woodland, glacial terraces, farming on the famous red soils of Dunbar, and the coast with its exciting succession of small sandy bays, rocky foreshore and precipitous headlands, fossils, marine life and seabirds. For the historian there are Iron Age forts, medieval castles, battlefields and the ancient 'post road' following the coast through Berwickshire. The Royal Burgh of Dunbar is some 3 miles distant and Haddington 17 miles. Innerwick Parish stretches from the boat-shore at Thornton Lock 14 miles into the hills. To bring history and geology up to date there is the Oxwellmains Cement Works and its unique 'moving' quarry and cyclical restoration, and Torness Nuclear Power Station.

There is a sheltered, sandy beach for sea kayaking at White Sands, rocks for sea angling at Barns Ness, rock climbing at Traprain law, the Lammermuirs for walking, orienteering or cross-country skiing. There is good potential for cycling both on and off the road.

Innerwick Centre is available to all approved establishments and has been found particularly suitable for primary school groups and an ideal base for residential modules, art, history, geography fieldwork, etc.

Enquiries from groups out with East Lothian are welcomed.

- Innerwick is a quiet village, and visitors to the Centre should bear this in mind when planning their day and especially their evening activities.
- As a self-catering Centre, visitors are asked to be almost entirely self-contained.
- It may be possible to book specialist assistance for courses. Contact East Lothian Outdoor Learning Service for details. The service covers a range of outdoor and adventurous activities as well as assistance for fieldwork (www.edubuzz.org/ouitdoorlearning).
This booklet contains information about the facilities at Innerwick, planning your programme and care of the Centre. All group leaders are asked to make themselves familiar with the particular needs of the unstaffed facility at Innerwick and for those who haven’t been before, a preliminary visit is strongly recommended.

Information About the Centre

1. **Enquiries**

   Enquiries should be made to:

   East Lothian Council Outdoor Learning Service  
   Musselburgh Racecourse Complex  
   Balcarres Road  
   Goose Green  
   Musselburgh  
   EH21 7SR

   Tel   0131 653 5217  
   Email innerwick@elcschool.org.uk  
   Web  www.edubuzz.org/ouitdoorlearning

2. **Address**

   Innerwick Residential Centre  
   Innerwick  
   DUNBAR  
   East Lothian  
   EH42 1SE

   There is a coin telephone in the Centre -   01368 840319

   Mobile phone reception is variable.
4 Care of the Centre

Members of the outgoing party are responsible for cleaning and tidying the Centre and environs.

Mrs. Hogg, 16 Kirkbrae, Innerwick, 01368 840376, is responsible for checking groups in and out of the Centre and for final cleanliness and maintenance.

Any damage/loss must be reported to Mrs. Hogg. In the case of malicious damage or vandalism, the party will be held responsible and will be charged for repairs.

NO PETS ALLOWED. NO SMOKING is allowed in the building.
5  Facilities

The kitchen is fully equipped with storage space, heavy-duty cooker/oven, fridge, freezer, washing machine, toasters, microwave, dishwasher, and supplies of crockery and cutlery. Washing up liquid and dish towels are not provided. Cleaning materials, vacuum cleaner, carpet sweeper and brushes are provided.

Central heating is by electric storage heaters. It is vital that these are not used as seats or dryers as serious damage can be caused, and the centre's heating may be cut off.

6  Bedding

Please note that groups will be expected to provide their own bedding and no pillows are provided.

7  Safety

Separate cover for activities that may carry a degree of risk should be sought by completing the Council's appropriate safety forms. Groups from outwith East Lothian should follow their own Local Authority or National guidelines.

8  Doctor

The nearest surgeries are at The Medical Centre, Queens Road, Dunbar.

01368 861435  01368 863226  01368 861401

NHS 24  111

9  Equipment

Waterproofs, wellingtons, day sacks etc are available from the Outdoor Learning Service. Please contact to check availability, arrange collection & return.

There is a small stock of useful reference books including natural history field guides and guides to local places of interest.

There is a stock of field study equipment which is held by the Outdoor Learning Service to which enquiries should be directed. Please book equipment required well in advance.
Information for Party Leaders - Use of Premises

**On Arrival:** The Caretaker will explain -

1. All electrical appliances (including main switches).
2. All heating and drying arrangements.
3. The various keys for doors and cupboards.
4. Refuse disposal.
5. Use of available equipment.
7. Use of the Centre grounds as appropriate.
8. Arrangements before departure.
9. Emergency procedures, including emergency exits and fire fighting equipment, and position of first aid box.
10. No Smoking is allowed within the building, under the East Lothian Council's policy.
11. Cleaning requirements upon group departure

**During Your Stay**

1. Please treat all the equipment in the Centre with due respect.
2. Use the bins supplied for refuse. Do not burn or bury rubbish in the grounds.
3. Please try to avoid the wearing of heavy outdoor footwear in the Centre.
4. Lock doors and windows and check all electrical switches, removing plugs where practicable, etc, when the Centre is left unattended.
5 Contact the Caretaker or Outdoor Learning Service as appropriate, in the event of difficulty.

6 Take all possible precautions to prevent fire, e.g.
   a) Do not allow anything to be placed on or near heaters.
   b) Do not allow temporary electrical connections to be made.
   c) Do not use plug in air fresheners.
   d) The likes of phone & lap top chargers must not be left unattended.

It is important that the last member of staff, or group leader, retiring each evening carries out a full check on the premises.

Remember that in the event of a fire the first duty is to ensure the safety of personnel, and evacuate the building.

Before You Leave

1 The Centre should be left clean and tidy. All floors should be left as clean as possible.

2 Clean wash basins, showers, sinks, toilets, etc.

3 Clean kitchen, including cooker(s) and refrigerator(s) thoroughly.

4 Empty all waste paper bins, kitchen bins, etc into large bins provided.

5 Ensure that all electrical appliances and heaters are switched off and plugs removed unless instructed otherwise by the caretaker.

6 Ensure that all equipment is clean and tidy and in its correct place - use checklists as appropriate.

7 Take away all perishable food unless the Caretaker agrees to it being left in the Centre.

8 Notify the Caretaker of any loss, damage or suggestions for improvements.
Programme

The Centre has no resident staff, thus parties must be self-catering and self-programming. Specialist equipment may be available if booked well in advance. The Outdoor Learning team will always be glad to assist with programme planning. Contact the East Lothian Outdoor Learning Service for advice.

Ideally all groups must be carefully supervised and never left to their own devices. Try to ensure that groups are quiet when in the village and are courteous in their dealings with locals as we rely on their continued cooperation. Groups should not be allowed to wander around the village unescorted in the evenings.

The planning of evening activities, in particular, requires some thought. Students might be encouraged to bring with them suitable indoor games for use when weather conditions or darkness make activities away from the Centre impossible.

Enjoy your visit.