

# The Catholic Association Pilgrimage to Lourdes – Young Helpers Information

Thank you for expressing an interest in coming on Pilgrimage to Lourdes as a Volunteer Helper. Please ensure you read these guidance notes before completing the form.

## Details

Young Helpers Group - Catholic Association Pilgrimage to Lourdes 23<sup>rd</sup> August to 1<sup>st</sup> September 2018

## Travel

Travel will be by coach from Cambridge, Northampton, Central London or Dover to Lourdes. The coach will leave on Thursday 23<sup>rd</sup> August, arriving in Lourdes on the Friday afternoon. Departure from Lourdes will be on Friday 31<sup>st</sup> August, arriving in the UK on the morning of Saturday 1<sup>st</sup> September .

## Cost

The full fare inclusive of all travel, full board accommodation (shared room) and travel insurance is £542.

Your £100 deposit should be sent with your application no later than 1<sup>st</sup> June. The balance of £442 should arrive no later than 1<sup>st</sup> July. The balance can be paid in instalments prior to this. Payment is preferred by direct transfer to:

BACS - Please include 'CA YOUTH' and the young helper's name in the reference field

Account Name - Catholic Association Main Account      Account number - 00005828

Sort code - 40-52-40

Cheques - Made payable to Catholic Association

## Preparation Day Saturday 23<sup>rd</sup> June , Sacred Heart, Edge Hill, Wimbledon, London

We will hold a Preparation Day in London for all volunteer helpers. This day is essential for new helpers, to learn more about the work and the pilgrimage as a whole, and to meet more experienced volunteers, including some of the organisers. It is also a useful day for experienced helpers. We will complete DBS application forms on this day – More details to follow.

## Notes for filling out the form.

- Please ensure the form is fully completed – your place will not be guaranteed until all information is received.
- To join the Young Helpers Group you have to be at least 16 years of age by the 23<sup>rd</sup> August 2018 and under 25 years of age otherwise we are unable to accept your application.
- Please make sure your email address is clearly written and NOT a school or university one as we will be using this to send information after term has finished.
- It is necessary for us to obtain a personal reference for all new helpers. Please include email details wherever possible as we prefer to use emails for taking references.
- Please let us know of any medical or dietary issues. All information that you give us is kept strictly confidential.
- Please note those under 18 should travel as part of a diocesan, organisations or school group. Those who wish to attend and are not being accompanied by a group leader please contact John – details below
- On return of the form Under 18s will receive a Parental Consent Form
- PLEASE NOTE THAT STANDARD POSTAGE MAY NOT BE SUFFICIENT TO SEND THE FORM.

Please send the form to:

CA Young Helpers, SCYS, St. Vincent's Centre, Castle Road, Whitstable, Kent, CT5 2ED

Contact details:

Tel. 01227 272900

email: [young\\_helpers@catholicassociation.co.uk](mailto:young_helpers@catholicassociation.co.uk)

## Useful information regarding Lourdes and young helpers

Lourdes lies in the foothills of the Pyrenees in South West France. Here Bernadette Soubirous saw apparitions of the Virgin Mary, and this is why Lourdes has grown into a pilgrimage centre. The Catholic Association comprises of a number of Diocese and groups who join together in pilgrimage for one week of the year. Although there is a strong social aspect to the week, please consider that we are there primarily to help others and to enhance our own spiritual experiences.

As a volunteer helper with the “sick” or “disabled”, you will need to understand the terminology of Lourdes. The building where many of them stay is called the Accueil Notre Dame. This is not a hospital, as you would recognise it. The word Accueil roughly translates as Welcome. It is a large, modern building, a cross between a hotel and a hospice. They are referred to Assisted Pilgrims (A.Ps). Assisted Pilgrims may also stay in Hotels.

Volunteer work includes the following categories

Rolling duty - helping people to move from the Accueil or hotels to the events of the pilgrimage (e.g. masses, processions), or to shops, cafes etc. Usually this involves pushing wheelchairs.

Accueil Care duty - assisting the nurses with the care of the guests, e.g. helping them to wash and dress, making beds, and cleaning their rooms.

Other duties – include helping in the Accueil dining room, and the vital job of ensuring a steady supply of tea and coffee from our kitchen (but not cooking, as the food is provided).

HCP – working with the Helpers' Children's Programme. They have a preference for people who have been a CA volunteer at least once before and who have experience of childcare/teaching/youth groups.

Another key role is to spend time with our guests, chatting, socialising, shopping etc.

Male volunteer helpers are called “Brancardiers” meaning “stretcher-bearers”, and wear the official blue pilgrimage polo shirt when on duty, to help identify them as workers in our group. The female volunteers are called “Handmaids”, and are all provided with a uniform (blue dress).

Those 16 year olds joining the pilgrimage and those joining for the first time who indicate a preference, will have limited duties with planned excursions exploring the story behind Lourdes. Most of you will work in teams comprising a mixture of Handmaids and Brancardiers and will participate in a mixture of Accueil Care and Rolling duties, under the supervision of experienced team leaders. Other experienced helpers will be assigned to specific roles for the whole week, where continuity is required.

Those under the age of 21 will be led by a team of volunteer youth workers, Diocesan Youth Ministry team, teachers all staying in the same hotel and will be subject to agreed curfews and drinking rules.

Lourdes is a stimulating experience, where volunteers, like you, work in the service of others and make friends for life. We look forward to receiving your application.

It is essential for the purpose of organising rotas that all volunteers are available in Lourdes for the entire week, from Friday 24th until Friday 31<sup>st</sup> August even where individual travel arrangements are made.



SO THAT WE CAN ALLOCATE A UNIFORM PLEASE CONFIRM

POLO SHIRT SIZE (S/M/L/XL etc)		FEMALE DRESS SIZE (8/10/12 etc)		I HAVE MY OWN CA UNIFORM	
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FEMALES PLEASE GIVE HEIGHT IF SHORTER THAN 1.57M OR TALLER THAN 1.68M	
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CURRENT EDUCATION/OCCUPATION	

EXPERIENCE OF WORKING WITH SICK OR DISABLED PEOPLE	

IF YOU HAVE BEEN TO LOURDES WITH THE CATHOLIC ASSOCIATION BEFORE, PLEASE CONFIRM WHETHER YOU ARE HAPPY TO

WORK A NIGHT DUTY		BE A TEAM LEADER/DEPUTY		WORK IN THE PISCINES		WORK IN THE HCP GROUP	
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IF THIS IS YOUR FIRST PILGRIMAGE WITH THE CATHOLIC ASSOCIATION

WOULD YOU PREFER TO HAVE LIMITED DUTIES WITH PLANNED EXCURSIONS EXPLORING THE STORY BEHIND LOURDES? (limited places for over 16s for this option)	YES	NO
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WHAT ARE YOUR EXPECTATIONS OF THE PILGRIMAGE? WHAT PERSONAL STRENGTHS DO YOU HAVE TO OFFER?	

**MUSIC:** The music group play at all Catholic Association Services during the week.

IF YOU WOULD LIKE TO BE INVOLVED WITH THE MUSIC GROUP PLEASE STATE

INSTRUMENT		STANDARD	
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**IF THIS IS YOUR FIRST PILGRIMAGE WITH THE CATHOLIC ASSOCIATION**

PLEASE PROVIDE DETAILS OF A REFEREE. THIS SHOULD IDEALLY BE YOUR PARISH PRIEST/CHAPLIAN, YOUR DIOCESAN YOUTH WORKER OR AN ESTABLISHED CATHOLIC ASSOCIATION VOLUNTEER

NAME			
ADDRESS			
EMAIL			
PHONE NUMBER			
HOW LONG HAVE YOU KNOWN THE REFEREE?			
IN WHAT CONTEXT?			

**ALL YOUNG HELPERS**

PLEASE GIVE NAMES OF THOSE THAT YOU WOULD LIKE TO SHARE A ROOM WITH. WE WILL TRY OUR BEST TO PUT YOU WITH SOME OF THESE BUT CAN NOT GUARANTEE. Note: If under 18 you can only share with someone of the same age


Please note that this booking will be managed by Tangney Tours and operated under their standard conditions which can be found at <http://tinyurl.com/aulu7tc>. Details of included travel insurance can also be found at <http://tinyurl.com/bboenqu>.

PLEASE SELECT YOUR COACH PICK UP POINT (These may change subject to demand)

Cambridge	
Northampton	
Central London	
Dover	

IF YOU HAVE SPECIFIC TRAVEL REQUIREMENTS DUE TO A PRE-ORGANISED EVENT OR A MEDICAL CONDITION, PLEASE GIVE DETAILS BELOW.

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**PLEASE SIGN BELOW TO CONFIRM**

That all the details given on this form are correct on the date given below.

That you will provide your Head of Service within the Catholic Association with any further relevant information, and notify them of any changes prior to the departure of the pilgrimage.

That you accept TANGNEY TOURS terms and conditions - <http://tinyurl.com/aulu7tc>.

**AND THAT YOU WILL KEEP TO THE CODE OF CONDUCT**

**You must**

- É Operate within the Pilgrimage's principles and guidance and any particular procedures of the CA
- É Treat everyone equally and with respect.
- É Engage and interact appropriately with all pilgrims.
- É Challenge unacceptable behavior and provide an example of good conduct you wish to follow - an environment which allows bullying, peer pressure, inappropriate language, shouting or any form of discrimination is unacceptable.
- É Respect the dignity of each individual and their right to personal privacy.
- É Recognise that particular care is required in moments when you are discussing sensitive issues with others e.g. Maintain appropriate boundaries.
- É Observe the French legal age limits with regards to alcohol consumption.
- É Avoid situations that compromise your behavior and relationship with other pilgrims

**You must not**

- É Engage in any inappropriate behaviour with other pilgrims - physical, verbal and sexual.

We feel strongly about these issues.

If you do not adhere to these conditions, an early return to the UK may be organised for you and you will be invoiced by Tangney Tours. In addition, if you received funding from your parish, they will be informed that you have not behaved appropriately and you may be expected to repay their funding.

YOUNG HELPERS NAME IN CAPITALS	YOUNG HELPERS SIGNATURE
PARENT/GUARDIAN NAME IN CAPITALS (WHERE YOUNG HELPER IS UNDER 18)	PARENT/GUARDIAN SIGNATURE (WHERE YOUNG HELPER IS UNDER 18)
VOLUNTEERS AGE ON 23/8/2018	DATE OF SIGNATURES

**MEDICAL INFORMATION FOR YOUNG HELPERS**

THIS WILL BE SENT TO THE PILGRIMAGE'S CHIEF DOCTOR – DR NUALA MELLOWS

YOUR FULL NAME	
DATE OF BIRTH	

Please ensure that you have an EHIC (European Health Insurance Card) for travel in Europe. EHIC is free and can be obtained from [www.ehic.org.uk](http://www.ehic.org.uk)

EHIC Expiry Date							

**YOUR DOCTOR'S DETAILS**

NAME			
ADDRESS			
		POST CODE	
PHONE NUMBER			

PLEASE STATE ANY MEDICAL CONDITIONS YOU HAVE	MEDICATION AND DOSE TAKEN

PLEASE STATE ANY ALLERGIES OR DIETARY REQUIREMENTS YOU HAVE