

Introduction:

Craigmillar Adventure Project (Capro) was set up in 1992 as a recognised Scottish Charity and is a registered Company Limited by Guarantee, sponsored by the City of Edinburgh Council. Capro holds a current AALA Licence and is an Edinburgh Approved Provider. Capro provides a city wide service.



Capro have comprehensive public liability insurance.



Capro offers various challenging outdoor educational experiences to stimulate learning and development. We offer tailor made activity programmes to suit the needs of each group that we work with and are generally focused to meet objectives within the scope of personal and social skills development and accreditation as well as for recreation and fun, encouraging active and healthy lifestyles.

Services:

- Personal & social development programmes
- Accredited Courses
- Teambuilding courses
- Outdoor activity skills development
- Residential experience
- Duke of Edinburgh Award
- John Muir Award (Conservation)
- Youth Achievement Award
- Out of school hours learning
- Holiday Provision
- Peer Mentoring
- Volunteering Opportunities
- Work Placements
- 1:1 Work



Personal development and social inclusion:

The aims and objectives of these courses, whether they are for a single outing or multi session package, are tailored to the group's requirements; this type of course is very popular and works well with a wide variety of group types.

Activities we can offer:

- Rock Climbing
- Abseiling
- Gorge Walking
- Raft Building
- X-Sail Blokating
- Hill Walking
- Rock Climbing
- Mountain Biking
- Orienteering
- Canoeing
- Kayaking
- Sea Kayaking
- Sailing
- Archery
- Problem solving activities
- Team Building activities
- Beach discovery trip
- Challenge events



John Muir Trust Award:

Capro can offer a conservation based course that results in the individuals achieving a John Muir Trust Award certificate. This would require the group doing several sessions and completing specific aims and tasks to match the criteria of their award.



Staff Team Building:

Capro works with staff teams to enhance their abilities to work effectively with each other.

Out of School Hours:

Capro can offer evening outdoor activities, a wider range can be offered during BST, there are indoor options for poor weather and dark nights.



Outdoor activity skills development:

This type of activity is aimed more at long term programmes. To develop the required skills for certification the group will usually have to take part in a minimum of 6 sessions, the last of which would be an assessment.



Duke of Edinburgh Award: For ages 14yrs and over.

Capro can facilitate a group through all of the DOE modules from start to finish; bear in mind this is a substantial undertaking and takes a minimum of 1 year to complete.

Youth Challenge 11-14yrs Youth Achievement Awards 15yrs and above:

The Youth Challenges and the Youth Achievement Awards are an activity-based approach to peer education. The Awards are designed to help develop more effective participative practice by encouraging young people to progressively take more responsibility in selecting, planning and leading activities that are based on their interests.



Residential Experience:

Capro are able to organise a variety of residential possibilities from one or more nights stay. Courses can include a wide variety of activities and can include any variation of aims and outcomes. A residential stay can be organised relatively locally or as far away as the highlands. This could be a wild camping experience.

