**Manjushri Kadampa Meditation Centre**

Conishead Priory, A5087 Coast Road, Ulverston, Cumbria, LA12 9QQ

Tel: 01229 584029 (Ext 234), Email: visits@manjushri.org, www.manjushri.org

Dear Leader,

***Scouts & Guides Visits to the Buddhist Temple in Ulverston, Cumbria in 2016***

Scouts and Guides groups are very welcome to visit the modern Kadampa Buddhist Temple which is an amazing place that is peaceful and inspiring. They will meet a Buddhist teacher who will share their experience of living a Buddhist way of life. We can explain Buddha’s practical advice on finding peace of mind and happiness, caring for others with compassion and wisdom, and finding solutions to our daily problems. There will be plenty of time for Questions and Answers.

We normally have two visiting times:-

**1.** **Evening Weekday Visits**

Most groups like to come on the evening they normally meet. We can usually take groups on weekday evenings from Monday to Thursday - 1½ hour session between 5.30 and 7pm (the Temple is often in public use from 7.15pm). Sometimes we can manage a later time, please ask.

**2. Daytime Weekday Visits**

From 9.30am to 5pm, Monday to Thursday. Maybe you are able to visit during school holidays.

Please note we are **closed** during our International Buddhist Festivals so please **check the dates in the ‘How to Book in 2016’ section.**

**When you have some preferred dates please email visits@manjushri.org to check if they are free.**

**I hope you will be able to visit us. Please email me if you would like more information or want to come for a preliminary research visit.**

Yours sincerely,

##### *Geoff Roe*

Geoffrey Roe, Visits Manager

Email visits@manjushri.org, Tel 01229 584029 Ext 234

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**Registered Charity No. 1015054, Company Limited by Guarantee No. 2758093 (England)**

A part of the New Kadampa Tradition - International Kadampa Buddhist Union

**Scouts & Guides visits to the Buddhist Temple in Ulverston, Cumbria in 2016**

**Who are we?**

Conishead Priory is home to Manjushri Kadampa Meditation Centre, a thriving Buddhist community and the mother centre of a worldwide network. We have a beautiful Temple open to everyone and provide meditation courses throughout the year.

The **Temple is a special place**. As you can see at www.manjushri.org the Temple is a beautiful and peaceful holy place that contains statues and paintings of Buddhas, Buddha’s scriptures, shrines with offerings, and many Buddhist symbols.

***‘Just looking at the Temple with a happy mind brings inner peace’.***

Venerable Geshe Kelsang Gyatso

**What happens during your visit**

Up to **1½ hours** is spent with a Buddhist teacher. We go straight from the car park to the Temple, the centrepiece of which is a large statue of Buddha Shakyamuni. It is a **calming and inspiring environment**. We can explain Buddha’s life story and the main Buddhist beliefs. We can include a simple relaxing meditation to calm the mind, or develop a mind of wishing others to be happy.

**Weekday Visits**

How to book in 2016

Visits start from **Mon 1 Feb**. Please note we are closed for Education Visits during our Buddhist Festivals and College summer holiday:**-**

**Mon 16 May and restart on Mon 13 June 2016**

**Mon 11 July and restart on Tue 30 August 2016**

We are finding emails quicker and more efficient than phone calls. Please **email** your preferred dates to visits@manjushri.org. We will reply by email to say if the dates are available and suggest alternatives if they are booked.

When we have agreed a provisional date please email, or post the booking form. We will email a confirmation letter.

**Our 2016 charges are: -**

**Age 4 to 11 £2.50 each**

**Age 11 to 18 £3.00 each**

**Adults over 18 £4.00 each**

**No charge for Leaders or parents**

**Please arrange payment with the Visits Manager at the end of your visit.** You can pay by cash or cheque. Cheques should be made payable to **‘Manjushri KMC’.**

**Getting here - LA12 9QQ**.

Two miles south of Ulverston on the A5087 Coast Road - look for Tourist sign. Please park in front of the historic house.

**From the East on the A590**. In Ulverston take second exit at roundabout by Booths Supermarket and pass Shell garage. Take second left onto the A5087 Coast Road signposted Croftlands / Bardsea & ‘Coastal route to Barrow’. We are two miles along on the left hand side.

**From the west on the A590 via Lindal-in-Furness** Follow A590 for Ulverston. When you come to dual carriageway going through Ulverston town centre go straight on at first crossroads with traffic lights. Take next right at crossroads with traffic lights into Victoria Road by Abbeyfield House and the Library. Continue under **Railway Bridge (16’ clearance)** and turn right at T junction onto A5087 Coast Road. After one mile look for brown and white tourist sign.

**From Barrow** Take A5087 Coast Road out of Barrow. After passing signs for Bardsea on your left look for golden Temple across the field on your right, and for brown and white tourist sign at entrance.



**RISK ASSESSMENT FOR EDUCATION VISITS AT MANJUSHRI KMC**

**CONISHEAD PRIORY, ULVERSTON, CUMBRIA, LA12 9QQ**

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| --- | --- | --- | --- |
| *Activity* | *Hazard* | *Level of risk* | *Action by visiting staff* |
| Arriving on foot | It is dangerous for pedestrians to cross the A5087 Coast Road to enter the main entrance to Conishead Priory by the tourist sign. Vehicles travel fast around the bend from Bardsea and a fatal accident has occurred. | High | If you are being dropped off by public bus at the main entrance on Coast Road please take great care crossing the road. If you are walking from Ulverston please take the first entrance road on the left by North Lodge house and come along the tarmac estate road through the woods. |
| Walking on entrance roads, in car parks and around College gardens. | Vehicular traffic on estate roads and in car park. Traffic calming bumps have been installed on the main drive. | Medium | Warn group about traffic before getting off transport, and to be careful in car park. Increased staff awareness & supervision. |
| Building Work including access towers, scaffolding, vehicles and machinery. | Medium | Barriers and cones around potential hazards. Leaders informed of any special hazards by Buddhist Guide at beginning of visit and risk personally assessed by group leader. Choose alternative route, keep clear of hazard. |
| Walking inside College and Temple | Slippery floors after cleaning | Low | Warn group not to run. |
| Two or three steps at entrances and in hallway. Ramps for wheelchairs. | Low | Warn group to watch where they are walking. |
| Doors with automatic closers (fire doors) | Low | Warn group to be careful going through large and heavy doors. |
| Walking in Woods | One steep incline path into to woods by Reception entrance of historic house, otherwise level paths. | Low | Warn group of steep incline and ask them to keep to main paths. Don’t use steep white stone steps. Don’t swing on branches of trees. |
| Fallen trees and branches will be cordoned off with red and white warning tape. | Medium | Warn group to take care when diverting off path to go round fallen tree or branch. |
| Lake and streams | Medium | Warn group to keep to path and away from water. Visit can avoid lake area if necessary. |
| Farm animals in adjacent fields - mainly sheep, cows and horses. Domestic dogs on lead or off lead. | Low | Warn group not to approach animals and keep back from fences. |
| Tunnel under concrete estate road between Art Studio and lake. | High | Do not enter tunnel from either entrance. Tunnel may collapse due to heavy vehicle on concrete estate road above. |
| Walking on Beach | Pebble beach slopes down to sands and mudflatsWARNING When you visit the beach on Morecambe Bay do NOT walk out onto the sands or mudflats. Due to fast tides, quicksand, and deep channels lives have been lost. In emergency phone 999 or 112 and ask for Coastguard. | High | Warn group NOT to go near water, sands or mudflats, to stay close to Leaders. Ensure close supervision. |
| Food | Allergies. Sweets, drinks and crisps etc. available in College shop. | Low | Remind students about food allergies. Supervise shop access. |

Wheelchair access. There are ramps to the Temple and main historic building.

**In the event of minor injury** - First Aid Kits located in Reception and the Temple. **In the event of more serious injury or illness** - A 999 call gets a 10 minute response from the Ambulance station 1½ miles away in Ulverston. The Accident and Emergency Department at Furness General Hospital in Barrow, LA14 4LF, is 10 miles / 20 minutes away via the fast A590 trunk road. Tel 01229 870870.

*Risk Assessment prepared by Geoffrey Roe, Visits Manager, Manjushri KMC. 1 March 2016*