



Ampleforth Hospitalité of our Lady of Lourdes

Application Form for Helpers on the 2025 Pilgrimage

Friday 11 July 2025 to Friday 18 July 2025

Applications for the 2025 Pilgrimage are now open. Thank you for your interest in applying. Please read the following guidance notes before completing your application. Further information about serving on the Pilgrimage can be found on the [Pilgrimage website](#)

1. **Application Timetable.** Please send in your application as soon as possible. Applications will be reviewed on 31st March. Applications after this date will be considered **but will incur an additional charge of £35.**
2. **Costs.** The costs for this year's pilgrimage are as follows:
Full Package for applications received by 31st March: £1010.
This includes Pilgrimage costs, flights and transfers, full board accommodation and travel insurance. From April, the Full Package cost increases to £1045.
The pilgrimage flights will be between London Stansted and Lourdes Airport.

Independent Traveller Package for Applications received by 31st March: £760.

This includes Pilgrimage costs and full board accommodation.

From April the Independent Traveller Package cost increases to £795.

Independent Traveller Pilgrims must arrange their own valid travel insurance policy.

Extras

Single room supplement: £310

Extra night supplement: £95

If your application for a place on the Pilgrimage is accepted, you will be sent an Invoice requesting a minimum initial payment and giving the date by which final payment is due. Your place on the Pilgrimage will be confirmed on receipt of the minimum down payment. If you have any queries in relation to travel or accommodation in Lourdes, please contact Mrs. Bregje Dawson:

bd.alh@ampleforthabbey.org.uk

3. **First time pilgrims on the Ampleforth Pilgrimage or those returning after a gap of 10 years or more.** Before applying, please contact our Pilgrimage Director, Hamilton Grantham: hg.alh@ampleforthabbey.org.uk You will also need to provide details of two suitable independent referees. Click [here](#) to learn more about what we mean by a suitable independent referee. Family members may not be referees
4. **Safeguarding.** All helper pilgrims, including members of the clinical team, chaplains and chaperones, must have produced an appropriate DBS certificate in the name of the Ampleforth Hospitalité (or another entity which is part of Ampleforth Abbey Trust) or an acceptable foreign equivalent background check dated after 18 July 2022. A full check is made every 3 years. Alternatively, they must produce an appropriate DBS certificate for us to check under the update service. An appropriate DBS certificate is for an enhanced check, including a check of the barred lists, for both adult and child workforces. If you need a new DBS, please contact Bregje Dawson on bd.alh@ampleforthabbey.org.uk. The pilgrimage safeguarding policy can be seen [here](#). If you have any questions about our safeguarding policy, please contact our Safeguarding Officer, Mateo Domecq: md.alh@ampleforthabbey.org.uk

5. **Commitment required.** Helpers are allocated to different functions on the Pilgrimage and all of these need to be covered for the whole week. You will be asked on the Application Form to commit to serving for the entire week.

For those on the Pilgrimage Flight your service will begin before the Assisted Pilgrims arrive at the airport and end when all the Assisted Pilgrims have left the airport. For Independent Travellers, your service starts at 10am on 11 July and ends after the fourgons have left Saint-Frai and the tidying up is completed (around 12 noon on 18 July).

Priority will be given to those who are able to honour this commitment. If you are unable to serve the whole week because of work or other unavoidable commitments, please contact Hamilton Grantham: hg.alh@ampleforthabbey.org.uk to discuss what options may be available to you. We value the contribution of all but, while wishing to be flexible, the needs of the pilgrimage must come first.

6. **Helping on the Pilgrimage.** There are a number of different ways in which pilgrims serve in Lourdes. You will be asked in the Application Form in which of the categories below you are best placed to serve. If you are unsure about this or have any questions or concerns, please contact Nik Birkett: nb.alh@ampleforthabbey.org.uk before applying. Many Pilgrims will be asked to undertake one or more specific roles, which it is hoped they will accept.
- a. **Helper** - Your role will be to help and support our Assisted Pilgrims, this may include providing personal care, cleaning and sanitising, helping in in the Dining Room, and out and about in Lourdes. This work can be physically demanding, as it may involve helping those with limited mobility by, for example, pushing a wheelchair or helping someone get up from a bed or chair, or in the toilet or shower.
 - b. **Light Worker** – Taking part in a full programme of assistance and longer days may not be suitable for all pilgrims. The role of the Light Worker is adapted to suit individual needs if mobility, age, or other reasons mean that your Pilgrimage is more focussed on prayer, accompaniment and friendship with your fellow pilgrims. Light Workers are members of a group, which will include other light workers as well as all other groups from the Pilgrimage. Light workers offer what they can, joining liturgies, talks and social events, and may receive support to participate as fully as they wish. You will only be asked to do as much as you can safely and comfortably manage.
 - c. **Doctor or Nurse** – Registered Doctors, Nurses and Allied Health Professionals are invited to join our clinical team, providing additional care to the Assisted Pilgrims.
 - d. **Chaplains** – Priests, deacons, religious and lay chaplains are invited to support all our Pilgrims.
 - e. **Designated Carer** – You will be coming on the Pilgrimage specifically to accompany a named Assisted Pilgrim.
7. **Allocation of places on the Pilgrimage.** We need to achieve a balance between young helpers, experienced helpers, clinical team, chaplains, and those who help in other ways. Please be aware that, in offering places, we will keep this balance in mind. Regrettably this may mean that from time to time we need to refuse an application simply because the allocation of places to that group has already been filled.
8. **Training.** All pilgrims who help on the Pilgrimage will be required to complete appropriate training and will not be able to participate unless this has been completed. Click [here](#) to see what training you will need and when and where it can be accessed.

9. **Medical Information.** We have a responsibility to ensure that we keep all Helpers safe, you must let Bruce (Chief Doctor) bcb.alh@ampleforthabbey.org.uk or Jenny (Chief Nurse) jm.alh@ampleforthabbey.org.uk know if you have any health conditions/allergies which may impact on your enjoyment or safety during the Pilgrimage. Similarly, if your GP (or another physician) has expressed concern about your ability to travel, please let Bruce or Jenny know.

Please give details on your application form if you have any mobility issues (e.g. you are unable to walk 100m unaided onto the plane, you need a wheelchair at Stansted Airport, or you would like the use of a voiture from Saint-Frai for processions or a wheelchair at your hotel) or if you have any medical dietary requirements. If you have any questions about this, please contact the travel coordinator, Bregje Dawson (bd.alh@ampleforthabbey.org.uk).

If any of the above apply to you, please answer Yes to the question “Do you meet any of the criteria in the Medical information section of the Application Notes”

10. **Financial Assistance.** We are aware that some pilgrims would be unable to join the pilgrimage without financial assistance. If you need financial assistance to fund your pilgrimage to Lourdes, there are bursaries available for which you may qualify. Please go to [Financial Assistance](#) for further information. **Note that that the closing date for Ampleforth bursaries is 31st March.**
11. **Statement of Commitment and Safeguarding Summary.** Before completing the Application Form, please ensure that you have read and agreed the [Statement of Commitment and Code of Conduct](#) and the [Safeguarding Summary](#). These should be printed off and signed and kept by you for your own records.
12. **Telephone Numbers.** When completing the applications form, you will be asked for contact telephone numbers. In the Home Telephone Number, please enter the telephone number that you would prefer the pilgrimage to use (mobile or landline). If it is not always possible to contact you on this number, please consider adding an alternative telephone number which can be used.
13. **Other Documents.** You will need to have the following documents in order to complete the form:
- Passport. On the day you travel, you'll need your passport to:
 - be valid until at least 19 October 2025
 - be less than 10 years old (even if it has 6 months or more left) – issued after 19 July 2015
 - Enhanced DBS certificate (Adults and Children) or equivalent (see paragraph 4 above)
 - GHIC (details on how to apply for a GHIC can be found at <https://www.gov.uk/global-health-insurance-card>) - if you have an EHIC with an expiry date after 20 July 2025, you can use that.
 - Contact details of your GP (Primary Care Physician)
14. **Planned Communications Timetable.**
- Confirmation of Application – on receipt of Application.
 - Acceptance on Pilgrimage – from 2nd April.
 - Invoices sent – mid May.
 - Flight details sent (where appropriate) – 3 weeks before the pilgrimage.
 - Final Instructions sent - end of June.

If you were on the pilgrimage previously, the system can pre-populate many of your details if you are able to enter your email address (as used on the previous application) and the Applicant ID from a previous application (which can be found in the confirmation email that you received that year – subject “Enquiry Confirmation for Enquiry from Ampleforth Hospitalite of Our Lady of Lourdes”).



Ampleforth Hospitalité of Our Lady of Lourdes

Travel Organiser
Finkley House
Finkley
Nr. Andover
SP11 6AE

Reservations: 01264 339644

Email: bregjedawson@yahoo.co.uk
<http://lourdes.ampleforth.org.uk/>

Applicant ID :

Applicant Email :

Please check that the details entered are still current.

Please also check that Web-Fill has not automatically entered incorrect information.

When completing the application form, please ensure that you check each page carefully before pressing “Next” – previous pages can be reviewed using the “Previous” button if necessary. Also, pressing “Return to Home” will take you out of the application form and back to the pilgrimage website without submitting the application.

Disclaimer

If you have selected a flight package in your application form, the following disclaimer will apply: The Committee of the Ampleforth Hospitalité of our Lady of Lourdes (ALHC) assists Pilgrims with their travel arrangements by introducing them to the Pilgrimage tour operator Tangney Tours. Your application, should it be accepted by the ALHC, will be subject to the terms and conditions of Tangney Tours which will be made available on the back of your invoice, once you have been accepted on the Pilgrimage. These booking conditions are provided in accordance with the ATOL regulations and the ATOL guarantee secures all aspects of the Pilgrim’s travel and accommodation arrangements. The Committee shall not be responsible for any act, error or omission of Tangney Tours, including the bankruptcy, administration or liquidation of them or any other third party, which may result in loss or damage howsoever arising of whatever nature.

If you are travelling to Lourdes independently, and have only requested the reservation of accommodation with the provision of meals, the following disclaimer will apply:

The Committee of the Ampleforth Hospitalité of our Lady of Lourdes assists Pilgrims with their accommodation arrangements whilst in Lourdes and has accepted the booking conditions of the hotel(s) used for the 2024 pilgrimage. These booking conditions are available on request from the hotel(s) in question. The Committee shall not be responsible for any act, error or omission, including the bankruptcy, administration or liquidation of any third party, which may result in loss or damage howsoever arising of whatever nature.

If you are now ready to apply,

[Click here to go to the Application Form](#)

Statement of Commitment and Code of Conduct

"Jesus said "You must Love the lord your God with all your heart, with all your soul, and with all your mind." This is the greatest and first commandment. The second resembles it: "You must love your neighbour as yourself." On these two commandments hang the whole Law, and the Prophets also."

We come to Lourdes to try to love our neighbours as ourselves.

"This then is the good zeal which all must foster with fervent love. They should each try to be the first to show respect to one another, supporting with the greatest patience one another's weaknesses of body or behaviour, and earnestly competing in obedience to one another. No one should pursue what they judge better for themselves, but what they judge better for someone else... Let them prefer nothing whatever to Christ, and may he bring us all together to everlasting life" Rule of St Benedict, c.72

STATEMENT OF COMMITMENT

Everyone has their own reasons for going on Pilgrimage to Lourdes and individual wishes and preferences are respected. However, whilst no one should feel compelled to do more than they are capable of, the Pilgrimage does have a code with which pilgrims are expected to comply. There are good reasons for this:-

- We make our Pilgrimage to Lourdes in response to Our Lady's invitation. We are made aware there of her love and her wish that we should be drawn closer to her Son. We are conscious of her request that we should do penance and pray for sinners. No member of the Pilgrimage should prejudice the spiritual benefit that others are searching for.
- We enable the Assisted Pilgrims to go to Lourdes and care for them there, both physically and by praying with them. There will be many other fellow pilgrims whom we can help in a variety of ways. For the week of Pilgrimage, we try to put the interests of others before our own.
- Lourdes is administered by the Sanctuary authorities, as well as the Hospitalité Nôtre Dame de Lourdes, under the Bishop of Tarbes and Lourdes, and we go there at their invitation. Any behaviour that falls short of the standard they expect is likely to lead to that invitation being withdrawn. It is the duty of those entrusted with the running of the Ampleforth Pilgrimage to take whatever action they consider necessary to ensure that the correct standard is maintained.
- The Pilgrimage is under an obligation to comply with certain policies, including Health and Safety and the Safeguarding Policy. The Policies, the Code of Conduct and the Dress Code, have been prepared by the Ampleforth Lourdes Hospitalité Committee ("ALHC") and will be enforced to protect the good name of Ampleforth and to ensure the safety and enjoyment of everyone on our Pilgrimage.

CODE OF CONDUCT

All Pilgrims are required to abide by the following Code of Conduct:

General Comments:

- All should be aware of their own behaviour and how it impacts on others. We recognise that personalities and characters are all different, but the expectation is that the way that we approach the Pilgrimage must always be acceptable to others through applying principles such as:
 - All should treat each other with respect and courtesy at all times.
 - Conduct must uphold the good reputation of the Pilgrimage.
 - The Pilgrimage will not condone or tolerate unacceptable behaviour, including any form of bullying and harassment. If proven, such behaviour may result in disciplinary action being taken.
 - Should any Pilgrim experience what they feel is unacceptable behaviour, they should report it to one of the Pilgrimage Officers.

Safeguarding:

- The Pilgrimage is committed to safeguarding and promoting the welfare of vulnerable adults, of children and young people and expects all Pilgrims to share this commitment. All Pilgrims should behave in a way that keeps vulnerable adults and children safe and free from harm, or risk of harm. All concerns should be raised immediately with the Pilgrimage Safeguarding Officer and will be dealt with promptly, in line with the Safeguarding Policy.

Alcohol

- We are committed to providing a safe, healthy and productive environment for all Pilgrims. This includes ensuring that all are fit to carry out their designated tasks safely and effectively. Absence from or incapacity/poor performance in our care for the Assisted Pilgrims due to the taking of alcohol will be treated as a serious breach of this Code of Conduct.
- Our social activities together are a strong and lively feature of our Pilgrimage. All pilgrims are asked to remember to drink in moderation, since alcohol can inhibit good judgement and lead to inappropriate behaviour.
- Many people today choose not to drink alcohol, for a variety of good reasons. No one should ever feel under any pressure to drink alcohol, nor be put under pressure by another member of the Pilgrimage. Alcohol-free beverages will always be available at Pilgrimage events.

Equal Treatment

- We are committed to equal treatment for all, regardless of age, sex, sexuality, race, caste, disability, religion or belief. We will keep a record of discriminatory incidents.
- We aim to create a friendly and caring environment in which every individual is valued. We endeavour to contribute positively towards the autonomy, self-esteem and safety of all our Pilgrims – both Assisted Pilgrims and Helpers alike.

Bullying and Harassment

- Bullying, harassment or any form of discrimination will not be tolerated. We ask each Pilgrim to treat everyone fairly and with consideration, with the same standard of consideration they would expect for themselves. Any kind of bullying, including cyber bullying, is unacceptable. The Pilgrimage will keep a record of any incidents of bullying or harassment which are reported.

Use of Language

- All Pilgrims should ensure that their language is appropriate at all times. In particular, pilgrims should:
 - avoid the use of vulgar, offensive and foul language;
 - avoid words or expressions of a sexual nature;
 - not use any language which may be considered to go against the Pilgrimage's commitment to Equal Treatment for all (see above) and the AAT Equal Opportunities policy;
 - not use language that promotes extreme political ideas or that promotes any form of radicalisation;
 - avoid any words or actions that are over-familiar;
 - not swear, blaspheme or use any sort of offensive language;
 - understand that the use of sarcasm or derogatory words should be avoided, and that negative comments about others must also be avoided;
 - take great care if engaging in "banter", especially with younger helpers, however well-intended

Personal Space

- All Pilgrims should respect the 'personal space' of others. This includes:
 - Ensuring that Assisted Pilgrims' privacy is respected when giving personal care e.g.
 - Knocking before entering bedrooms
 - Explaining what you are about to do before you do it, especially when touching Assisted Pilgrims for personal care or for other reasons
 - Ensuring that privacy is respected during showering/washing/toileting
 - Not doing tasks which the Assisted Pilgrim can do for themselves
 - The 'personal space' of others should also be respected in social situations – no pilgrim, especially younger helpers, should be made to feel uncomfortable by others getting 'too close' – no matter what the intention.

Breaches of this Code of Conduct

- Breaches of this Code of Conduct will be recorded and dealt with according to the Pilgrimage Complaints Policy, a link to which can be found [here](#) unless they fall under the Safeguarding Policy

We therefore require you, as an Ampleforth Pilgrim to Lourdes, to sign that you accept the Code of Conduct which confirms your understanding of the Statement of Commitment and your willingness to respect and comply with its intentions in spirit and in practice.

- I will accept the authority of those appointed to positions of responsibility by the ALHC and will be honest and open in my dealings with them
- I agree to abide by advice from the UK Government, French Government, the Sanctuary authorities and the ALHC with respect to infection control
- I agree to take part with the Assisted Pilgrims in all the main pilgrimage ceremonies
- I will attend all meetings at which my presence is required
- I will put the interests of others and particularly the Assisted Pilgrims, before my own and not, by act or omission, diminish their Pilgrimage experience.
- I accept responsibility for the security of my own belongings and valuables
- I will ensure that any private information that I receive as part of my role as a helper is kept confidential.
- I will behave in such a way as to uphold the good name of the Ampleforth Pilgrimage
- I will accept and comply with the Policies, codes of practice and dress laid down by the ALHC. (A copy of these policies will be available in hardcopy from the Chief Lady Helper's office in the St Frai Assisted Pilgrim Accueil in Lourdes.)
- I will ensure that I report or highlight any breaches of policy, near misses or accidents during the pilgrimage to the ALHC in order to ensure the welfare of my fellow pilgrims and the Ampleforth Pilgrimage.

I have read and understand this Statement of Commitment and Code of Conduct and will comply with it.

Signed:

Name:

Date:

Safeguarding Summary

Ampleforth Lourdes Pilgrimage: Safeguarding summary

'You must love your neighbour as yourself' Mt 22:39

Everyone should be treated with dignity and respect.

We all have to keep ourselves and each other safe throughout the pilgrimage. That includes, but is not limited to, preventing abuse of any sort.

The Pilgrimage has a variety of policies and procedures to help ensure our safety – for example Safeguarding, Health and Safety, Missing persons, Complaints and Whistleblowing, and Data protection. The policies and procedures are all kept in the pilgrimage office on our floor of the St Frai.

Training, the Good practice guidelines, the Statement of commitment, Lanyards and badges, Chaperones, Group leaders, Daily group meetings, *Responsables*, Personal care buddies and the Clinical team all help us look after one another.

Sorting out concerns or allegations can be difficult, upsetting and disruptive for all concerned, but this should never be a reason to avoid reporting a concern. If you follow the key points below, this will help to ensure everyone is looked after and any matters requiring intervention can be dealt with appropriately.

A few key points:

1. Avoid situations where you are alone with an Assisted Pilgrim. There should always be two helper pilgrims with red or green lanyards present when personal care is given.
2. Always listen to Assisted Pilgrims to understand their needs and be responsive to their reactions.
3. If in doubt seek help and guidance.
4. Ensure that immediate safety needs are met. This may mean summoning help from others, such as the police.
5. If you witness abuse or behaviour that raises a safeguarding concern, or someone tells you about it, you must report it to the Pilgrimage safeguarding officer or assistant safeguarding officer and, if what you have learnt relates in any way to a person under 18, their chaperone as soon as possible.
6. If someone tells you about something that might be abuse, you should listen and record what you are told. Don't judge or ask leading questions, but keep an open mind. Don't promise to keep it secret. The pop up has some useful pointers. Tell the Pilgrimage safeguarding officer as soon as possible.
7. If in any doubt about the well-being of another pilgrim, or a possible safeguarding issue, there are many who can help including the Clinical team, your group leaders, the *responsables*, senior members of the pilgrimage, the safeguarding officer and assistant, and the chaperones. Doing nothing is not an option.
8. Always wear your lanyard and name badge.

Contact phone numbers (consider using WhatsApp when phoning to avoid Roaming Charges)

Pilgrimage Safeguarding officer (Mateo Domecq) +32 493 33 54 90

French Police emergency 112

Non urgent police enquiries 05 62 94 66 66

I have read and understand this Safeguarding summary and will comply with it.

Name (Please print)

Signed

Dated

Lourdes Training 2025

It is particularly important that we are all aware of how to keep each other safe and healthy. **Pilgrims are required to complete training in advance of coming to Lourdes, it is mandatory that you complete any training required of you before 1 July 2025.**

For most pilgrims who will be providing care, assistance or leadership (Chaplains, Helpers, Nurses, Doctors, Chaperones, Light Workers etc) this will consist of an online briefing session which will last approximately 1 hour and an online course on providing care, which is delivered by the British Lourdes Medical Association and can be done in your own time. We will let you know if you are required to complete this full course but please assume you will be.

You must also attend one of the online briefings.

Carers travelling with an Assisted Pilgrim are also asked to join one of our briefings so they are aware of how we will be keeping each other safe but they are not required to complete the full course in addition to this.

For the majority of pilgrims who are required to complete the online care course and the online briefing, please note that you will not be able to undertake specific roles if you do not complete the mandatory training before the deadline of 1 July 2025.

There is a dedicated training programme for pupils of Ampleforth College coming on the School Trip and helpers aged under 18 joining us from the USA. This will be delivered when you arrive in Lourdes as well as any preparation sessions which may be organised at school.

Failure to complete training could result in your place on the Pilgrimage being revoked. Additional sessions cannot be provided.

The options offered on the application form are – please choose the one that is appropriate:

1. I am under 18
2. I am an Assisted Pilgrim
3. I will complete the on-line training