



Newsletter for Hart  
Families: Summer 2018

Summer Holiday Ideas  
and other news

Everyone Active Leisure Centres

**EVERYONE**  
**LOVES**  
**SOMETHING**  
**NEW!**

**MULTI ACTIVITY DAY CAMP**  
AT FROGMORE LEISURE CENTRE

**Tuesday 24th July - Friday 31st August 2018**  
Running throughout the Summer Holidays for 5 - 12 yrs

Our new multi activity camps will provide a safe and fun environment for children to enjoy a range of sports and activities.  
Introductory prices and early bird discounts available.

Speak to a member of the team in centre for more information and to book your child's place. Alternatively please call us on 01252 873454 or visit [www.everyoneactive.com](http://www.everyoneactive.com)

The poster features a photograph of several children of diverse backgrounds smiling and playing with a colorful ball. The text is overlaid on the image in white and red boxes. The bottom section of the poster has a red background with white text.



in partnership with  
**everyone**  
ACTIVE



# Hockey **Summer Camps**

**at Hart Leisure Centre**

**One-day camps, £30.00**

Monday 20th August, 10am - 3pm and Friday 31st August, 10am - 3pm

**at Hart Leisure Centre**

**Three-day camp, £75.00**

Monday 23rd - Wednesday 25th July, 10am - 3pm

**at Frogmore Leisure Centre**

**One-day camp, £25.00**

Wednesday 8th August, 10am - 3pm

**Alex Danson Hockey Academy T-shirt included!**

Please contact Sarah Beattie at [sarahbeattie@everyoneactive.com](mailto:sarahbeattie@everyoneactive.com)  
for more information or call **01442 952480** to book.

**Limited  
spaces  
available**

Book early to avoid  
disappointment

### **Mavericks Netball Camps at Hart Leisure Centre:**

Dates: 6<sup>th</sup> August (1 day) 24<sup>th</sup> August (1 day)

£30 per person

Everyone Active has teamed up with top Vitality Netball Superleague club, benecos Mavericks, with the aim of getting more girls and women participating in physical activity.

Benecos Mavericks Netball Camps are a great opportunity for young netballers to improve skills, learn to develop netball the benecosMavericks way, make new friends and have fun. Camps range for children aged between 9 – 13.

Booking is essential. To book visit [www.everyoneactive.com/mavericks/mavericks-holiday-netball-camps/](http://www.everyoneactive.com/mavericks/mavericks-holiday-netball-camps/) or call 03330 050134.

### **Gymnastics Courses (Ages 5+)**

Gymnastics courses are for 5+ years and is a great way for children to increase agility, flexibility, balance and co-ordination, while having fun and interacting with other children. Gymnasts will take part in floor, beams, bars and trampettes. Work towards our badge scheme under the guidance of one of our fully-qualified coaches. Various days and times. Booking essential. For information [www.everyoneactive.com/centre/hart-leisure-centre/](http://www.everyoneactive.com/centre/hart-leisure-centre/) or call 0333 005 0134.

### **Trampolining Courses (Ages 5+)**

An introduction to trampolining in a fun environment for 5+ years. With us, you can work towards attaining badges approved by British Gymnastics under the guidance of our qualified coaches. Parents must stay and spot around the trampoline for the sessions. Booking essential. For information [www.everyoneactive.com/centre/hart-leisure-centre/](http://www.everyoneactive.com/centre/hart-leisure-centre/) or call 0333 005 0134.

**Swimming Lessons at Hart Leisure Centre throughout the summer holiday** including week long courses. For information call 0333 005 0134.



### **Hart countryside events**

**Pond Dipping and Bug Hunting** at Fleet pond - Friday 3rd August 10am-12 noon and Monday 20th August 10am-12 noon  
£4.00 per child

**Bushcraft** at Fleet Pond - Saturday 4th August 10am-12 noon  
£5.00 per person

**Butterfly walk** at Bramshot Farm Country Park - Friday 24th August 2pm-4pm  
£4.00 per person

**Bat Walks** (£4.00 per person)  
Bramshot Farm Country Park – Friday 24th August 8pm-9.30pm  
Fleet Pond - Friday 31st August 7.30pm-9pm  
Odiham Common - Friday 14th September 7.30pm-9pm

**Halloween Walk** Fleet Pond - Monday 29th October  
4.30pm-6pm £5.00 per child

Booking is essential. To book a place on any of our activities or to gain further details visit [www.hart.gov.uk/guided-walks](http://www.hart.gov.uk/guided-walks), email [countryside@hart.gov.uk](mailto:countryside@hart.gov.uk) or phone 01252 774468. All activities should be booked at least two weeks prior to the day.





The **Gordon Brown Education Centre in Rotherwick** has a full programme of activity days over the summer holidays from 24<sup>th</sup> July to 31st August. Each day is themed and include the following

Survival Day	Construction Kings
Archery and Assault Courses	High Ropes and Laser Combat
Animal Day	Crazy Inventors
WWII Evacuees	Summer Art Day
Master Chef	Gladiator School
Nature Detectives	Commando Day
Fairy Day	Mad Scientist Day
Movie Makers	... and many more

For information and to book visit [thegordonbrowncentre.org.uk](http://thegordonbrowncentre.org.uk)  
**01256 762824**

## Libraries



# SUMMER READING CHALLENGE 2018

**14 July – 16 September**

Dennis, Gnasher and friends invite you to join this year's challenge, aptly named "Mischief Makers". We challenge you to keep reading, make some mischief and collect a brand new set of stinky stickers!

**Register FREE at your local library from Saturday 14 July**

[www.hants.gov.uk/librariesandarchives/library/summerreadingchallenge](http://www.hants.gov.uk/librariesandarchives/library/summerreadingchallenge)

**FREE Drama Workshop – African Jungle at Fleet Library Wednesday 25 July**

**10.00 – 10.30 & 10.45 – 11.15**

**Ages 5 - 7**

Story-telling, role-play, rhyme, song, and movement to take the children on a wild adventure through the African Jungle. The workshops will perfectly compliment books such as 'The Jungle Book', 'Rumble In The Jungle', 'Walking Through The Jungle' and 'Monkey Puzzle'. Advanced booking necessary.

## Motley Zoo at Fleet Library

Thursday 26 July

3.15pm

£4

Ages 4+

ZooLab return for more animal handling, story telling and role play.

This year's ZooLab creatures are up to all sorts of mischief and pranks. Advanced booking necessary.

## Motley Zoo at Yateley Library

Thursday 26 July

1.30pm

£4

Ages 4+

ZooLab return for more animal handling, story telling and role play.

This year's ZooLab creatures are up to all sorts of mischief and pranks. Advanced booking necessary.

To book an activity visit our online shop [www.hants.gov.uk/shop](http://www.hants.gov.uk/shop).

## Regular Children's Drop-in Activities – no need to book

**Children's Story Time for Under 5's** – at Fleet Library every Monday from 2pm and at Yateley Library every Tuesday from 10.30am

**Baby Bounce and Rhyme Time for Under 2's** – at Fleet Library every Thursday 9.45-1.10 am, 10.30-10.55am, 11.15-11.40am; at Yateley Library every Friday 10.15am

Our Learning in Libraries courses will be taking a break over the summer. In the meantime we will be preparing for the new term. Keep an eye on our Facebook page or visit our online shop [www.hants.gov.uk/shop](http://www.hants.gov.uk/shop) to see what's new for September.

# Challengers

Challengers are running a range of play/youth schemes for children with disabilities over the summer holidays, which are open to children who are living in Hart District.

Schemes are available in Basingstoke, Farnham and other areas of Hampshire and Surrey. For information and to register and book, visit <https://disability-challengers.org/what-we-do/>



## Summer Scam

Returning from Thursday 12<sup>th</sup> July until 30<sup>th</sup> August, Summer Scam is a fun way to spend a Thursday evening during the summer. So if you or your children are 13+, why don't you come along to The Views Park in Fleet for some outdoor fun! We have lots of games, an inflatable and even a BBQ! Thank you to Fleet Lions for their continued support of our summer projects with a massive donation of £4,600.

## Out Reach Youth Club

Also returning this year is our Out Reach Youth Club on a Monday evening from the 16<sup>th</sup> July to the 20<sup>th</sup> August. The Youth Club is for children aged between 7 and 14 years old and is held at Lea Green, Larmer Close in Fleet. Starting at 6:30pm until 8pm, the children will have lots of fun playing lots of games and we also have an inflatable. Thank you to Fleet Lions for their continued support of our summer projects with a massive donation of £4,600.

More information at [www.fleetphoenix.co.uk/whats-on.php](http://www.fleetphoenix.co.uk/whats-on.php)



## Summer activities

Runway's End Outdoor Centre offers a range of activities in a tranquil woodland setting in North Hampshire, near Farnborough.

This summer we are opening up our programme of outdoor and indoor activities to families. You will have the option to join in the fun with your children; alternatively they can take part on their own. If children are taking part without an adult, lunch time supervision will be included. All we ask is that you advise us in advance and children bring a packed lunch. You are however welcome to stay and have a picnic.

Our fun activities can be enjoyed by all ages from 6 and upwards, 8 and upwards for watersports.

If you would like to try something exciting and exhilarating this summer, why not give climbing or canoeing a go.

Cost: £12.00 per person per 1.5 hour activity. Lunch is not provided. A packed lunch or picnic will be required.

Contact us to discuss your requirements. Email [rwe@hants.gov.uk](mailto:rwe@hants.gov.uk) Phone 01252 344421

### “Fun with Friends”

#### Activities for All to Boost Confidence

Free Taster Activities at Runway's End, including:

- Archery
- Climbing
- Shooting
- Sensory Cave

FREE  
TASTER DAY  
26th September 2018

Book your place now – email [tania.peckham@hants.gov.uk](mailto:tania.peckham@hants.gov.uk)

For information about other activities in the Rushmoor area visit  
[www.rushmoorschoolsplus.org/home/](http://www.rushmoorschoolsplus.org/home/)



## Train Like A Jedi

Taking inspiration from everyone's favourite *Star Wars*<sup>TM</sup> characters, Rey and Luke, it's time to get your kids moving as they learn to master the ways of the Jedi with these fun, play along videos. Check back for new games every week throughout the summer at [www.nhs.uk/change4life/activities/train-like-a-jedi](http://www.nhs.uk/change4life/activities/train-like-a-jedi)

## Other news



## NEW Get Together



Do you care for a child or young person with special educational needs and or disabilities? Why not join our brand NEW friendly group for a coffee and a chat?

We are launching a new Hart & Rushmoor Get Together on Monday 16 July 2018 10am – 12 noon at The Oak Rooms, Farnborough Grange Nursery/Infant Community School, Moor Road, Farnborough, GU14 8HW.

No need to book, just come along and make a difference!

Get Togethers will be held once per month during term time only. For information call 01962 853153 or email [marybaldwin@hpcn.org.uk](mailto:marybaldwin@hpcn.org.uk).

## Futures in Mind Get Together

A friendly Get Together for parents and carers of children and young people who are attending or waiting to attend Child & Adolescent Mental Health Services (CAMHS) Therapeutic Support.

Next Get Together Thursday 12<sup>th</sup> July 10am – 12 noon, CAMHS, Aldershot Centre for Health, Hospital Hill, GU11 1AY. For information email [marybaldwin@hpcn.org.uk](mailto:marybaldwin@hpcn.org.uk).





Hampshire Child and Adolescent  
Mental Health Services

# P.A.C.E

## PARENTS AND CARERS EVENTS

Challenging behaviour      Eating difficulties

To increase confidence, knowledge in managing potential concerns

Suitable for professionals working with young people

### PLUS MUCH MORE

Crisis and self harm

Free event

Anxiety management

Specialist information stands open between 11am-6pm

**Thursday 27 September 2018 - Open from 11am-7pm**  
 Rushmoor Borough Council Building, Farnborough Road,  
 Farnborough, Hampshire, GU14 7JU  
 Stay as long as you like but booking is essential for workshops  
 Book at [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)



Service provided by Sussex Partnership NHS Foundation Trust

Information stands and workshops to help families to better understand the needs and difficulties that young people can face, and how to manage potential issues or concerns they may have about their young person. Workshops include:

- Managing challenging behaviour
- Supporting a child with substance misuse
- Supporting a child with eating difficulties
- Boosting body image and self-esteem
- Managing anxiety
- Supporting a child in crisis
- Supporting a child with sexual health and relationships
- Supporting a child through transition
- Supporting a child who is being bullied
- Talking to a child about gender identity and sexuality

Workshops can be booked in advance and are free of charge

<https://hampshirecamhs.nhs.uk/events/p-a-c-e-september/>



## The Base Youth Centre, Hook



The Base provides support and social interaction to the local community, with a wide range of activities on offer. We have 200 sessional members and 80 course members attending our different programmes each week, ranging from Year 3 to Year 11.

At The Base, we focus on enhancing the wellbeing of young people in Hook and surrounding areas, running fitness and circuits classes, dodgeball and teen yoga, as well as developing practical life skills with our babysitting, self-defence and cookery sessions. We have a dedicated team working with teens offering external outings to places such as Basingstoke Go Karts and Hollywood Bowl.

The Base is run by a fantastically dedicated and enthusiastic team, including

Sandra, Sue, Pru and Dan, as well as a large, diverse voluntary team (around 8 adult leaders and 20 teenage volunteers), under the governance of a voluntary management committee.

As a non-profit organisation, The Base Youth Centre depends largely on funding and donations to continue our extensive work with young people. Any donations have a huge impact, and not just monetarily, enhancing the lives of many. Donations are very gratefully received, and enable us to fill gaps in services and resources to meet our teens' needs.

The Base Youth Centre also offers work experience placements. We encourage and welcome those with additional needs. Contact us to find out more.

We are always on the lookout for volunteers for our youth sessions. Please get in touch if you think you can help, even if it's just once or twice a term!

Tel: **01256 761897**

Email: **Sandra Tidy, [manager@thebaseyouthcentre.co.uk](mailto:manager@thebaseyouthcentre.co.uk)**

Address: **Ravenscroft, Hook, RG27 9NN**

Facebook: **@thebaseyouthcentrehook**

Twitter: **@baseyouthhook**

Instagram: **@baseyouthhook**



The Hart Local Children's Partnership is made up of people working in schools, health services, the district and county councils, and community organisations. More information from Hart Voluntary Action [info@hartvolaction.org.uk](mailto:info@hartvolaction.org.uk)