

Half Term | 2021

FREE

all about family

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**Helping Your
Child Learn
To Read**

Promoting cyber-safety
inform your child
about online safety

Be Wildfire Safe
Help with your
Child's Anxiety

Welcome

Welcome to the latest edition of **All About Family**. We hope you enjoyed the last issue.

During the lockdowns, child anxiety has become a serious problem. I know first-hand, after my child's first day of school, his teacher met me in the playground to tell me that my son had put on his mask during lesson. I asked what was the reason, to which he replied that he was worried. I hadn't even considered how he thought about going back to school. All he has heard for months is how bad things are and how dangerous the virus is. I didn't even think that it may have affected him, and he is only nine. So, we have written an article on child anxiety and what to do and where to go for help and advice. We have editorial on how to control sugar intake with your child, getting family fit, child sexual exploitation and adult education plus our regular articles from the NSPCC, National Fire Chiefs Council and Ofsted.

We aren't just about the serious topics, we have reviewed some new books for you to read to your children. It is so important to read to them at home a book that they want to read, so reading becomes fun! And, during the half term if your child is at a loose-end we have the Kids' Corner with a colouring page and craft page.

New this edition is the Days Out section. Finally, places are beginning to open to families, and so we have created a Days Out page for your area. Once more places are fully open, I am sure we will have more sending in their listings.

Have a great family Half-Term and all that is left for me to say is, hope you enjoy the read.

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Samantha dreams of being an explorer

Families



Children are incredible, with their own individual talents, interests, traits, needs and circumstances.

From single children to sibling groups, they are waiting for safe, loving, stable forever families to help them grow and flourish.

If adoption is a route you've been thinking about then get in touch with our friendly team today - it's easier than you think!



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As the weather is getting warmer and brighter, albeit with a smattering of downpours, it's great to see children back in the classroom, learning and playing with their friends. They have missed out on so much during these past 14 months, so the return to some kind of normality has been very welcome.

Like most parents, we were eager to see children return to school. The pandemic showed the resilience and creativity of schools, but we know that remote education can only do so much and it was incredibly tough on parents juggling work with home schooling. So now that children are back in the classroom, the challenge is finding a balance between helping them regain what they have lost in terms of learning, while also ensuring

they have time to play, do sport and enjoy extra-curricular activities.

It is with this in mind that we have taken a step-by-step approach to resuming inspections. From the beginning of the year, we carried out monitoring inspections to see how

"The pandemic showed the resilience and creativity of schools, but we know that remote education can only do so much and it was incredibly tough on parents juggling work with home schooling..."

schools were doing with their remote education offer. And at the start of May, we began to carry out in-person light touch inspections to provide reassurance about how well children are learning and how schools are keeping them safe. These inspections are not graded, but - where there is strong evidence to suggest a school has significantly improved - we can convert to a full, graded inspection either immediately or later in the term, to ensure the school is recognised for its progress. And, as always, we will inspect any school where

we have cause for concern.

At all times we have made sure our inspections are carried out safely, taking account of the latest public health advice and the specific precautions taken in each school.

In September we will resume our full programme of graded inspections. But, again, we will take account of the pressure of the pandemic - including disruptions in attendance, curriculum adaptations, and restrictions around extra-curricular activities. We are clear that no school will be judged inadequate solely because of the impact of COVID-19.

As we approach summer and the possible further easing of restrictions, I hope you and your children are able to take part in and celebrate the most highly-anticipated event of the school summer calendar - school sports day! It would be wonderful to see children running laps around the school field and enjoying the quintessential egg and spoon race after such a challenging school year. ■

Discover a great read for your child...

The Wizard In My Shed

Simon Farnaby
(author), Claire
Powell (illustrator)
Hachette Children's
Group

OUT
NOW



Reading age: 9+

Merdyn the Wild is from the Dark Ages. He's the world's greatest Warlock (don't call him a wizard), banished to the 21st century for bad behaviour, and he's about to create a whole load of trouble for Rose, aged 12. When Rose bumps into Merdyn and discovers what he is, she quickly realises that he could be just what she needs. What could possibly go wrong...?

Isadora Moon Goes to a Wedding (Hardback)

Harriet
Muncaster
(author,illustrator)
Publisher: Oxford
University Press

OUT
NOW



Reading age: 5+

Isadora is going to be a bridesmaid at her aunt's wedding, and she's SO excited! The dress. The flowers. The cake! But, oh no, where has Baby Honeyblossom gone? Can Isadora make sure there's a happy ending to the big day. . . ?

Fing

David Walliams
(author), Tony Ross
(illustrator)
Publisher:
HarperCollins
Publishers

OUT
NOW



Reading age: 5+

Mr and Mrs Meek will do anything to keep their darling daughter happy, even visit the spooky library vaults to delve into the dusty pages of the mysterious Monsterpedia. Their desperate quest leads to the depths of the jungle where the rarest creatures can be found. But will they ever find a FING? An explosively funny, totally surreal Tall Story about two perfectly nice parents and their unbelievably monstrous daughter from the phenomenal bestselling author David Walliams.

Tom Gates 18: Ten Tremendous Tales (HB) - Tom Gates 18 (Hardback)

Liz Pichon
(author)
Publisher: Scholastic

OUT
NOW



Reading age: 9+

A laugh-out-loud, fully illustrated collection of stories starring Tom Gates and his friends, family and foes! Featuring:

- A delicious chicken pie
- Getting stuck in a lift with Delia
- A teacher swap at school
- Some tiny ants in tiny pants and the adventures of Wafer Boy...

Tom Gates is TREMENDOUS and so are his TALES! Perfect gifts for boys & girls who love to laugh themselves silly

The Exploding Life of Scarlett Fife: Book 1 - Signed Bookplate Edition - The Exploding Life of Scarlett Fife (Paperback)

Maz Evans (author)

Publisher: Hachette Children's Group



Reading age: 5+

Scarlett Fife has BIG FEELINGS. And when she has BIG FEELINGS, they explode out of her like an over-squeezed stress ball. Scarlett's in big trouble after a BIG FEELINGS episode leads to a runaway hamster getting into the vicar's trousers at her aunty's engagement party. If she loses her temper ONE MORE TIME, she's going to miss out on her trip to Mega Awesome Sickly Fun World, the best theme park on the planet. Laugh-out-loud action for every child and parent who has ever lost control of their feelings – this is sparkling, heartwarming and beautifully illustrated throughout by the fantastic Chris Jevons.

The Ickabog (Hardback)

J. K. Rowling (author)

Publisher: Hachette Children's Group



Reading age: 9+

The kingdom of Cornucopia was once the happiest in the world. It had plenty of gold, a king with the finest moustaches you could possibly imagine, and butchers, bakers and cheesemongers whose exquisite foods made a person dance with delight when they ate them. Could a myth unseat a beloved king? Could a myth bring a once happy country to its knees? Could a myth thrust two children into an adventure they didn't ask for and never expected?

Dragon Legend: Exclusive Edition - Dragon Realm 2 (Paperback)

Katie Tsang (author), Kevin Tsang (author)

Publisher: Simon & Schuster Ltd



Reading age: 9+

Billy Chan and his friends are not having a very relaxing summer. Their friend, Dylan, has been kidnapped by the evil Dragon of Death and it's up to them to travel through time, back to the dangerous Dragon Realm, in order to save him. Luckily they have their own dragons on side, but they'll need to collect eight magical pearls if they're to amass enough power to destroy the Dragon of Death and her followers for good. So begins an epic quest that will take them to the depths of the Frozen Wasteland and the imperial palaces of Ancient China. But can good triumph evil...?

The Last Bear: Signed Bookplate Edition (Hardback)

Hannah Gold (author), Levi Pinfold (illustrator)

Publisher: HarperCollins Publishers



Reading age: 9+

There are no polar bears left on Bear Island. At least, that's what April's father tells her when his scientific research takes them to this remote Arctic outpost for six months. But one endless summer night, April meets one. He is starving, lonely and a long way from home. Determined to save him, April begins the most important journey of her life...



HOMEWORK:

Help, Don't Hinder

It's a question that often causes a clash of opinion between parents... Should parents help their child with homework?

Some think that it is important to have an active involvement and others believe that homework should test the ability of the child, not the parent. But, is there a middle ground and how can parents help, rather than hinder, their child in regards to homework?

Helping a child with their homework does not mean you have to complete it for them. Subtle guidance from parents can help with building your child's confidence, help to reinforce what they have learnt at school and can give an insight to the parent as to

what their child is learning about in the classroom.

It is important for parents to provide children with a good 'support' system for completing homework including setting a regular schedule, helping to manage their time and providing an area dedicated to completing homework. Doing this will provide a good foundation for future independent study and skills such as organisation and timekeeping.

Delegate a time frame for homework and prompt your child to start tackling the task by asking questions. Ultimately, it is important

to let your child take the lead but you should give guidance if procrastination kicks in.

Help to point your child in a direction that will lead to understanding. Parents should not complete the child's homework and

then pass it back – homework is used to help reinforce learning in the classroom and by doing this, the child will not learn anything. Homework enables teachers to see

where your child may be falling short in a particular area and it can be extremely detrimental to the child for parents to take full control. ■

It is important for parents to provide children with a good 'support' system



Helping Your Child Learn To Read

Apart from a good bedtime story, what else can you do to make sure your child gets a good head-start, gains confidence and enjoys reading?

Listen to your **child reading.** It's important that you hear and listen to your child reading aloud. Give them support and talk about what is happening regarding the storyline, asking them what they think may happen and who their favourite character is and why. This will help you determine whether your child fully understands what they are reading, and helps you monitor their progression. Reading aloud will help your child build their confidence in their new-found ability. If your child asks for help with a word, tell them what it is right away, so the story is not lost. On the other hand, if your child is determined to pronounce the word, don't

stop them!

If your child substitutes one word for another whilst reading, see if it makes sense/has relevant meaning. For example, if your child uses the word 'cat' instead of 'kitten', the meaning is very similar, and it shows that they have an understanding of the story. If your child uses a word which does not make sense, ask them to read the sentence again, as you do not quite understand what they have just said.

Most of all, your child will need lots of praise and encouragement. The praise and support given as they learn to read, will promote reading and learning to read further. It will help build confidence, which will help

promote a love of books, and helping progress their newly-developed skill.

Tips:

- Set aside time to read together everyday. Be consistent and help promote reading as something positive - reading means bonding time.
- Leave books in your child's room for them to enjoy at their own leisure.
- Read the books your child enjoys, and wants to read.
- After reading the book ask your child to talk about something that happened within the story
- Ask your child what they enjoyed most about the story



Promoting cyber-safety

inform your child about online safety

In a time where our children are adept to a world of technological advances and a large amount of leisure-time is spent in cyberspace, it is hard to keep track of the many threats that are posed online; particularly when the interaction our children have with the online-world is dynamic and ever-changing.

The internet is an entity offering a wealth of knowledge, entertainment and answers to the many obscure questions our children ask. But, children are

more than often oblivious to issues which are faced when interacting online, such as viruses, social networking risks, paedophilia and many other concerning internet safety issues.

It is best to start discussing internet safety with your children sooner, rather than later. At a young age, children still may only be using the internet when in the company of an adult; a great opportunity to highlight that just like in reality, the internet can be a not-so-safe place. Teach your children the rule: 'if you wouldn't do it in real

life, do not do it online.' For example, would you disclose personal information with a complete stranger in the street? Even though communication online seems like a fairly distant medium, the online world, still translates to the real world.

Set up parental control features on computers and other technology which uses the internet. This will allow you to set time limits, prevents your child from searching certain words and block potentially damaging websites.

<https://news.microsoft.com/en-in/features/windows-10-parental-controls-feature/>

<https://support.apple.com/en-gb/guide/mac-help/mchl8490d51e/mac>

<https://support.apple.com/en-gb/HT201304>

<https://support.google.com/googleplay/answer/1075738?hl=en-GB>



If your child is unsure about something odd which they have come across online, or accidentally goes on an inappropriate website, teach them to make you aware of what has happened and inform them that accidents occur and it's not their fault. Remove the website, or source, from your history folders and add the website address to a parental control filter list – have an active involvement in your child's life online. Keep the computer in which they use in a busy area of the house, where you are able to see what they are doing and what sites they frequently use.

Speak to your child

regularly about the danger associated with an active involvement with the internet and remind them of safe online behaviour. Do not accept friendship requests from strangers, never agree to a private chat with people who you don't know and do not post personal details online.

Teach your child that

once something is written, it cannot be removed permanently. Tell your child not to say anything which wouldn't be discussed with yourself and what they could say online, may end up harming themselves, or others. Anything which is posted online should be believed to be permanent – limit the amount of identifying information in which your child discloses such as age, gender and their full name; using a pseudonym is often a sensible idea. Children are often naive of the dangers posed around them, and are more likely to fall prey to dangerous sources and/or people. ■



Be wildfire safe

As we approach the summer months, it is likely the UK will see an increase in wildfires.

Wildfires can devastate habitats, put areas of natural beauty under threat and means public places can be out of bounds for the public.

They can be caused by disposable barbecues, litter such as glass or carelessly discarded cigarettes, taking hold quickly and becoming very dangerous. These put additional pressures on fire and rescue services across the country.

The National Fire Chiefs Council has a campaign urging people to take care and to always act responsibly.

Last year with the hot weather, fire and rescue services reported an increase in the number of

Be wildfire aware this summer...

- 1 NO CAMPFIRES**
- 2 SAFE BBQs IN DESIGNATED AREAS**
- 3 ENSURE CIGARETTES ARE OUT**
- 4 TAKE YOUR LITTER HOME ESPECIALLY GLASS BOTTLES**

CALL 999
IF YOU DISCOVER A FIRE
STAY SAFE, TELL FIRE CONTROL
THE LOCATION, SIZE AND ANY
RELEVANT INFORMATION

#WILDFIREAWARE

NFCC
National Fire
Chiefs Council

fires. One fire alone in West Yorkshire Fire saw more than 100 firefighters tackle fires, destroying more than 500 acres of moorland - equivalent to 200 football pitches.

And it is just over a year since the Wareham Forest fire in Dorset which had a fire front of more than

3 kilometres – again thought to be started by a disposable barbecue. At the height of the response, Dorset & Wiltshire Fire and Rescue Service had 25 fire appliances in attendance, additional 4x4 vehicles and around 150 firefighters at the scene. It also needed to bring in specialist high

1 Monday's wildfire prevention advice...

NO CAMPFIRES

A FIRE IN THE OPEN CAN EASILY GET OUT OF CONTROL.
AVOID CAMPFIRES TO PREVENT DAMAGE TO THE ENVIRONMENT
AND TO ENSURE THE SAFETY OF YOURSELF AND OTHERS.

CALL 999
IF YOU DISCOVER A FIRE
STAY SAFE, TELL FIRE CONTROL
THE LOCATION, SIZE AND ANY
RELEVANT INFORMATION

#WILDFIREAWARE

NFCC
National Fire
Chiefs Council

2 Tuesday's wildfire prevention advice...

ONLY BBQ IN DESIGNATED AREAS

- ✓ NO DISPOSABLE BBQs IN THE COUNTRYSIDE
- ✓ SAFE DISTANCES FROM TREES/SHRUBS
- ✓ KEEP WATER OR SAND NEARBY
- ✓ ON HARD FLAT SURFACES

CALL 999
IF YOU DISCOVER A FIRE
STAY SAFE, TELL FIRE CONTROL
THE LOCATION, SIZE AND ANY
RELEVANT INFORMATION

#WILDFIREAWARE

NFCC
National Fire
Chiefs Council



volume pumps (to draw water from a river) to help fight the fire.

NFCC reiterates time and time again the dangers of barbecues and being careless with rubbish and cigarettes. Unfortunately, this often leads to irreplaceable wildlife and wild areas destroyed this weekend due to irresponsible behaviour.

As well as offering guidance and advice, NFCC is now working with the Coop who has added clear warnings to disposable barbecues about how to use them and dispose of them, in a bid to prevent fires.

While most people enjoy instant barbecues with no issues, the worrying upward trend in wildfires caused by these devices cannot be ignored and we need to act.

While all fire and rescue services and NFCC want people to go out and enjoy the countryside – especially

SIMPLE ADVICE INCLUDES:

- Do not discard cigarettes or matches whilst walking or driving through moorland or the countryside
- Do not have BBQs in unauthorised areas and make sure it's cold before disposing of the contents
- Do not start campfires in the countryside
- Do not discard rubbish - litter such as reflective cans and glass can start fires
- If you live close to woodland or moorland do not burn off garden rubbish during hot weather
- Report any evidence of illegal firesetting activity

If you discover a wildfire...

- 1 KEEP A SAFE DISTANCE**
- 2 CALL 999 FIRE SERVICE PLEASE**
- 3 GIVE US INFORMATION ABOUT THE FIRE**
TELL FIRE CONTROL THE LOCATION, SIZE AND ANY RELEVANT INFORMATION.

COVID-19 INFO: KEEP AT LEAST 2 METRES AWAY FROM THE EMERGENCY SERVICES ON ARRIVAL.

NFCC
National Fire
Chiefs Council

#WILDFIREAWARE

after national lockdowns, we want people to do so responsibly, meaning more

people can continue to enjoy our beautiful countryside for years to come. ■

3 Wednesday's wildfire prevention advice...

ENSURE CIGARETTES ARE OUT

- ✓ DON'T THROW CIGARETTES ON DOCKING/SHRUBS/GRASS
- ✓ NEVER THROW THEM FROM A MOVING CAR
- ✓ ALWAYS ENSURE THEY ARE FULLY OUT

CALL 999
IF YOU DISCOVER A FIRE, STAY SAFE, TELL FIRE CONTROL THE LOCATION, SIZE AND ANY RELEVANT INFORMATION.

#WILDFIREAWARE

NFCC
National Fire
Chiefs Council

4 Thursday's wildfire prevention advice...

TAKE YOUR LITTER HOME

SUNLIGHT SHINING THROUGH GLASS CAN START A FIRE. TAKE BOTTLES AND OTHER LITTER HOME OR USE A WASTE/RECYCLING BIN.

CALL 999
IF YOU DISCOVER A FIRE, STAY SAFE, TELL FIRE CONTROL THE LOCATION, SIZE AND ANY RELEVANT INFORMATION.

#WILDFIREAWARE

NFCC
National Fire
Chiefs Council

Child Sexual Exploitation



What is it?

Child sexual Exploitation (often shortened to CSE) is taking advantage of children for sexual purposes.

One form of CSE is 'grooming'. It is different from other forms of sexual abuse because the abuser develops a relationship with their victim so that they are unaware that they are being abused. This pretend show of feelings and affection is what allows the abuser(s) to commit their crime. They try to create a situation in which the child

owes them. This could be for expensive gifts they have given or favours they have done for them.

16 and 17 year olds can be affected even though they are legally old enough to consent to sex. If they have been tricked into doing so by someone seeking to abuse them a crime has been committed. It is also a crime for someone to arrange to meet a child to have sex with them even if the act doesn't take place.

There are a number of

ways in which an individual or group may try to exploit a child for sexual purposes:

- By getting them drunk or high at a party
- By pretending to be their boyfriend/ girlfriend
- As part of a gang
- Online

Why are children/young adults vulnerable

Children and young people often do not realise that they are being taken advantage of. When they are being groomed they see the relationship that they are

in as a healthy relationship. If someone shows a child affection and showers them with gifts they are unlikely to want to look for the potential negatives in this.

For those who are abused by individuals that they are not in a relationship with the shame of what has happened to them prevents them from speaking out. Children can be abused by other children as well as those who are older than themselves.

The majority of victims are girls aged 13-15yrs old but that doesn't mean that boys cannot be affected, or those that are older or younger.

Why is it difficult for parents to deal with?

Abusers trick their victims in order to abuse them. They convince them that parents, the police and social services are the enemy and only by staying with them can they be safe. By doing this they are able to continue with the abuse and play children off against their parents. This means that all young people are potentially vulnerable and no child should be overlooked, regardless of their background.

What to look out for

If you know some of the signs of Child Sexual Exploitation you are much better placed to do



"The majority of victims are girls aged 13-15yrs old but that doesn't mean that boys cannot be affected, or those that are older or younger...."

something about it. The following could be signs a child is being abused:

- Significant changes in behavior
- Being in a relationship with someone much older than themselves
- Going missing from home or school
- Having expensive items that you haven't bought for your child
- Unusual behavior that is very secretive (more than normal for a teenager)
- Unusual phone calls or social media messages

What to do if you feel a child/young adult is in danger

The first thing you should do is speak to your child or get someone your child trusts to speak to them. Your

immediate priority should be their safety and well-being.

Though your child may have been convinced that you, the police and social services are against them you may still need their help to protect them. If CSE has taken place it should be reported to the police because it is a criminal offence and abusers should be punished for their crimes.

Parents Against Child Sexual Exploitation (PACE) is a charity that supports children and parents affected by CSE. They offer a confidential help and advice line; you can call Pace on 0113 240 5226. ■

Andrew Gregory

Director of Research and Training at Victvs Ltd.
www.victvs.co.uk



they faced months trapped in abusive households. Our children have had to face time away from their usual loving extended family, their friends, supportive networks and, sadly, even faced bereavement due to Covid-19. Mental health has remained the top reason young people have got in touch with Childline, and latest data has revealed that there have been 73,088 counselling sessions about mental or emotional health alone since April last year.

Talk has now turned to recovery and work on understanding the true impact the pandemic has had on our children is ongoing. But what we do know is that encouraging play will be so important for rebuilding our children's mental wellbeing. Ahead of the NSPCC's Childhood Day on June 11th, we are asking the UK to come together to play, raise money and help keep children safe. There are lots of ideas for you and your family to play together whilst raising vital funds for our work on the NSPCC website. Why not battle your way through your children's favourite online games, head to your local park or gather in the back garden for a play day party.



Play, such a simple word but an essential part of our child's development. From the moment they are born, play, even in its simplest form such as pulling silly faces with an infant, helps build baby's brain. As they grow play can help build their confidence, their creativity and even emotional resilience. Research has shown that play is essential for improving and maintaining our children's physical and mental health. Over the past year the pandemic has turned so many children's lives upside down, for too many children

"NSPCC's Childhood Day on June 11th, we are asking the UK to come together to play, raise money and help keep children safe...."



Childhood Day this year falls on a Friday so if you are stuck at work, why not challenge your colleagues to a friendly 5-a-side or for a bit of nostalgia bring in your favourite board games from home.

However you choose to participate, your support is very much appreciated. With your help and donations, we can be here for children when they need us. To help

ensure that our children are not the generation defined by the pandemic but are the generation who went onto thrive despite it. It doesn't matter how you play this Childhood Day, it just matters that you play your part. To find out more about Childhood Day and get your free fundraising pack with lots of play ideas visit: nspcc.org.uk/childhood-day ■

- On average, a child contacts Childline every 25 seconds.
- Almost three quarters of our counselling sessions with young people now take place online.
- Online counselling sessions take more than twice as long as counselling sessions on the phone
- It costs £4 for one of our trained volunteer counsellors to answer a child's call for help to Childline
- £27 could pay for a Childline supervisor for one hour, supporting our volunteer counsellors.
- £190 could pay for one Childline supervisor shift, supporting our volunteer counsellors.
- £1,250 could pay to run Childline for an average of one hour.
- £1,600 could pay to recruit, train and support a new Childline volunteer.
- £30,000 could pay to run Childline for one day.
- £42,000 could pay for a Childline supervisor for a year, supporting our volunteer counsellors.





Positives of Sport in Children

As we are all aware, exercise offers an abundant amount of physical benefits.

Having an active lifestyle can reduce the risks of major illness, control weight and promote the health of your heart and bones.

Whatever age you are, there is scientific evidence to show that exercise helps everyone lead a healthier and even happier life.

Exercise may seem to just have its positive physical benefits but exercise and leading an active daily life is one of the most effective ways to promote good mental health and mental development.

In regards to our children, keeping active through play or sport promotes the same mental benefits found in adults. Exercise is known to improve the moods of children, improve confidence and improve sleeping habits and patterns – All factors of which translate into social, educational and behavioural means.

Exercise is known to relieve tension and stress and promote all-round mental and physical well-being. Keeping active is a great medium and outlet for relieving stresses and anxiety and can focus challenging behaviour into something

highly constructive, with positive outcomes such as heightened confidence and determination.

Exercise releases endorphins – our body's natural pain remedy and 'happy chemical'. When released, endorphins make us feel better, improve our moods, increase pleasure and minimize pain; it has also been found that those who lead active lifestyles are 30% less likely to suffer from depression!

From competing in sport and leading an active lifestyle, children are more likely to develop a healthy self-perception and body image and have more confidence. Emotionally,

exercise is an amazing tool allowing children to push themselves, have determination and attain a sense of achievement and self-confidence; all of which translate to life in important aspects.

Regular exercise has also been related to the production of cells within the brain responsible for learning and memory. Being active also increases blood flow to the brain, delivering oxygen and glucose which are vital ingredients in promoting mental function and alertness.

Getting your child involved in sport and promoting an active lifestyle is a great way of making a conscious effort to support your child's development. Find a fun activity for your child to get involved in and be a good role model. Get the entire family involved in

physical activity and reap the various benefits together. Not only will it promote physical and mental development, it is a great way to spend quality time together. Cycle,

take walks, have a kick-about in the park, or even walk to school instead of driving. Small changes make a big difference!

Getting your child involved



"Getting your child involved in sport and promoting an active lifestyle is a great way of making a conscious effort to support your child's development..."



in a team-sport or group-sport allows them to socialise amongst other children and develops new relationships whilst also promoting social skills and co-operation. These factors can help with emotional and behavioural development, as team-sport allows quality, constructive time spent

building relationships with individuals who have a shared interest.

Parents and teachers can take cue regarding the cognitive benefits of exercise, encouraging children to be more active and engage in sports and play, in and out of the curriculum. ■



The Sweet Stuff - Limiting Your Child's Sugar Intake

Following the news of numerous family-branded products we often deem as being 'healthy' forced to include labels advising 'occasional' consumption (in line with a five-year global health initiative) due to the amount of sugar they contain, can we actually ensure that the 'healthy' foods in

which we consume and are marketed as such, are actually doing us any good?

We are told on a frequent basis that high-sugar diets are unhealthy and an excessive consumption of sugar can lead to obesity, diabetes, tooth decay, hyperactivity and sleep problems. But, how can we avoid the sugar which has been added to our food

unknowingly and how can we curb over-excessive sugar consumption in our children's diets?

● Check labels

Children aged 4 to 6 should have less than 19g of sugar a day and children aged 7 to 10 years old should have no more than 24g. Check the labels on the food which you intend to provide for your children and ensure that they consume less than the amounts stated throughout the day. Make sure you apply this rule to savoury items, especially pasta sauces, curry sauces and stir-fry sauces

as they often contain large amounts of sugar. Make sure to look beyond the usual suspects.

● Natural sweeteners

Rather than sweetening cereal, desserts, etc. with sugar or artificial sweeteners, use fruit or honey as a natural alternative. By using fruit you will include extra nutrients such as fibre, various vitamins and minerals too, rather than the mere empty calories sugar provides. Using fruit can also look much more appealing and broaden your child's curiosity for healthy foods.

● Rewards

It's often common for parents to offer sugary foods as a 'treat'. Promoting this behaviour in early life can cause children to associate high-sugar foods with emotions, causing them to over-eat or eat foods when not hungry. When sugary foods are used as a reward, this may lead to children developing a preference over healthy foods offering nutritional value. An alternative reward could be a physical activity which your child enjoys, a trip to the park or extra play-time.

● Drinks

Sweet drinks can often be a main cause of excessive

"Rather than sweetening cereal, desserts, etc. with sugar or artificial sweeteners, use fruit or honey as a natural alternative..."



sugar consumption, especially fizzy drinks and fruit juices. Keep it simple and opt for water or milk. Often, hunger can be misread and often be thirst. Keep hydrated throughout the day.

Remember the simplest rule of all – if you or your children do not have access to high-sugar foods, you won't eat them! Make a point

of avoiding the middle-aisles of supermarkets (where high sugar food often resides) and do not be tempted by impulse buys. Be sugar smart and ensure that your child is eating under their recommended daily intake, become more label vigilant and make sure your child has a healthy emotional connection with sugar. ■



Helping with your Child's Anxiety



"The past year has really highlighted the extraordinary levels of stress many children have to face. Whether this is from school work and homework deadlines, making big decisions about the future, or dealing with the uncertainties put in their path by the pandemic...."

After what we have all been through in the past year, it is a good opportunity to reflect on our stress levels, what causes us stress, and how we can improve the way we manage our relationship with stress.

For parents and carers, or for those of us who have children in our lives, this may also be a good opportunity to think about how we help children and young people understand how to deal with stress in a healthy and productive way, and how to find help when they are feeling overwhelmed.

The past year has really highlighted the extraordinary

levels of stress many children have to face. Whether this is from school work and homework deadlines, making big decisions about the future, or dealing with the uncertainties put in their path by the pandemic. Covid has also meant many children will have been missing loved ones and even, sadly, dealing with bereavement.

With all this on top of the continual changes in restrictions, being cut off from their usual support networks, it isn't surprising that many young people are struggling to cope with their stress levels.

There are two ways to help children reduce their

stress levels. The first is to create new ways of dealing with stress in the long-term, learning ways to manage these feelings in a healthy way and taking action to prevent stress building up in the first place.

This could mean encouraging children to write down or draw how they feel, to get creative about expressing their feelings and to work through them with a bit more clarity. It could mean taking up news sports or exercises, or focussing on creating a healthy diet, to help the body deal better with stress from the outset.

We know practicing mindfulness is a great way

of preventing stress from mounting up – and doing this as a family can help the way we communicate our feelings and open up more opportunities for children to talk about how they're feeling before their stress reaches worrying levels.

The NSPCC have developed a new pack of resources, called *A Little Bit of Peace and Quiet: a mindfulness guide for parents and little ones*. This offers lots of practical suggestions for the whole family on how to practice mindfulness, a booklet on how to practice mindful parenting, and games that can help reduce our stress levels and find new ways to approach how we deal with negative feelings.

The pack is available from the NSPCC online shop among lots of other resources to help families develop ways to deal with negative emotions and stress in a healthier way, including journals, books about soothing worried minds, and guides for a healthy, active lifestyle.

The second way to deal with stress is to bring down those stress levels when they feel like they're overwhelming, and when things start feeling a little out of control.



This can mean taking a breath, or finding a quiet space, or making a plan of action to address some of the causes of stress and finding out whether any positive changes can be made.

Childline's Calm Zone also has a great array of resources to help reduce stress in a practical way. With breathing exercises, yoga videos, online games, videos with guidance on how to cope, and a whole section on activities and tools to cope with stress, this is a fantastic resource for any child or young person who

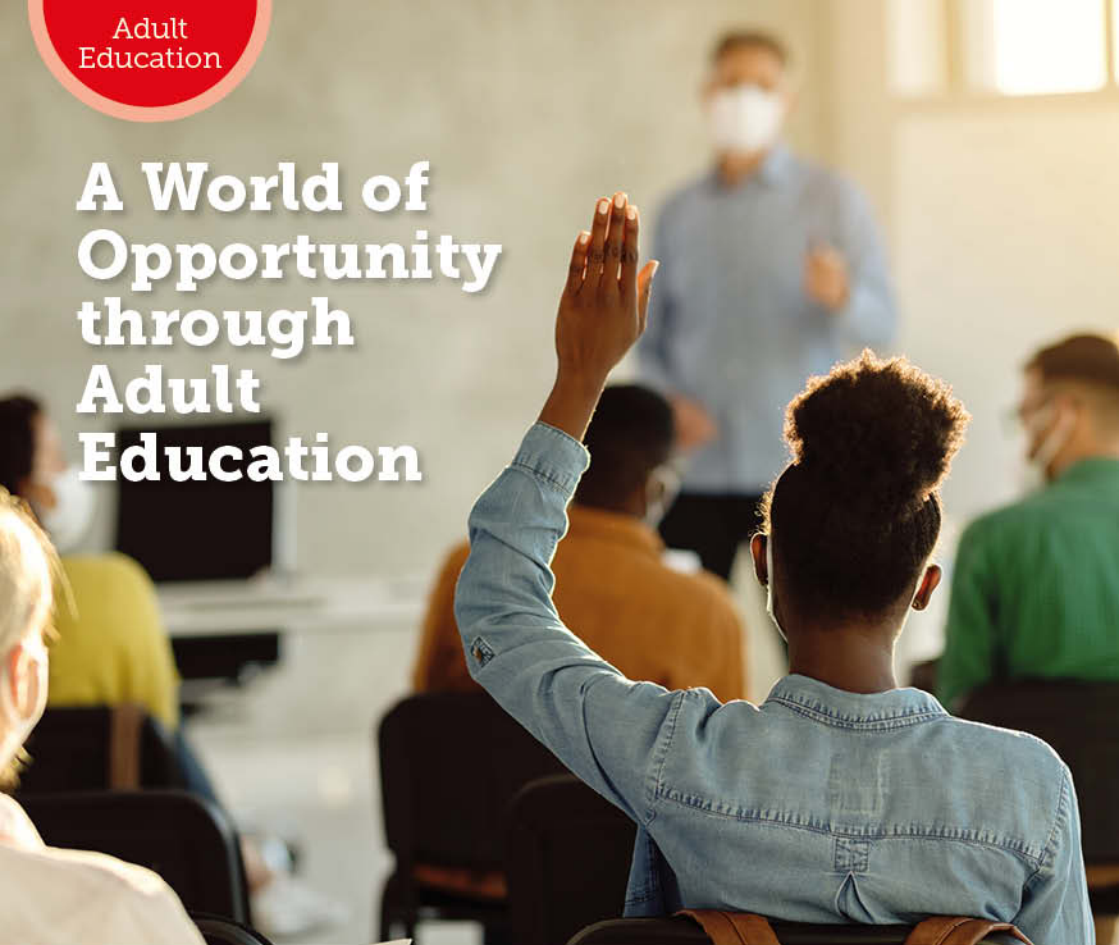
feels like things are getting a bit much.

And of course if any child is struggling with stress, they can always contact Childline on 0800 11 11 or childline.org.uk for confidential support, 365 days a year. ■



**Written by NSPCC
Local Campaigns Manager,
Mubashar Khaliq**

A World of Opportunity through Adult Education



Improved prospects, learning new skills and enhanced self-confidence are a few of the many benefits experienced by 'mature' students.

A survey conducted by the Workers' Educational Association found that adult education can help to benefit local communities and boost confidence in regards to finding employment.

Research has shown that amongst the typical

benefits associated with adult education, continuing learning later in life can be extremely advantageous in regards to health. It has been speculated that adult learning can help sharpen cognitive function and delay declines in mental acuity (often associated with ageing).

When it comes to education, there are no age or time restrictions - the old saying 'there is no time like the present' rings true. If you

have been contemplating boosting your knowledge to help further your career, gain long-term employment or even for fun, there are a wide range of pathways available across the region offering a selection of courses,

designed for a variety of subjects and vocations.

When juggling various components of a hectic lifestyle, it is easy to dismiss the thought of continuing education. An



assumption which many make is that adult education courses require a lot of time (which many do not have to spare). Educational institutions recognise this, and there is an ever-growing number of adult education programmes specifically designed to cater for busy adults. If you have been previously interested in returning to education but have had other commitments, it may be worthwhile researching what programmes are running in your local area and how often they run.

Whether your goals are personal or professional, adult education can help open the doors to success. ■

"If you have been contemplating boosting your knowledge to help further your career, gain long-term employment or even for fun, there are a wide range of pathways available across the region..."



Summer Sun Catchers

Follow these simple instructions to make a beautiful summer sun catcher using fresh flowers and leaves that you find in nature. You can make lots of different patterns using different plants and flowers. They look amazing on any window or door where the sun shines through.

By Lauren and Aqlia

What you'll need:

- Card
- Clear plastic
- Scissors
- Pen
- Big bowl or plate
- Small bowl or plate
- Sticky tape
- Fresh flowers & leaves



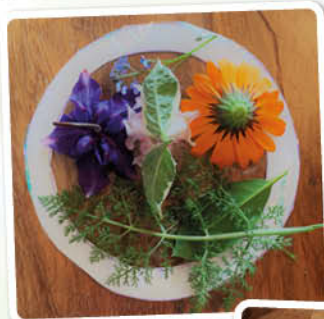
Step 1: Take the large bowl or plate and draw around it on your piece of card. Then take the smaller bowl or plate and place it inside of the large circle you have just made, use this to draw a second circle.



Step 2: Fold and pinch the middle of the circle, then cut out the inner circle using your scissors. You should be left with a ring shape.



Step 3: Take your clear piece of plastic and draw a circle using the large bowl or plate. Cut this out, and stick it to the back of your card ring using sticky tape.



Step 4: Arrange your flowers and leaves to cover the clear plastic using as many different colours and shapes as you can.

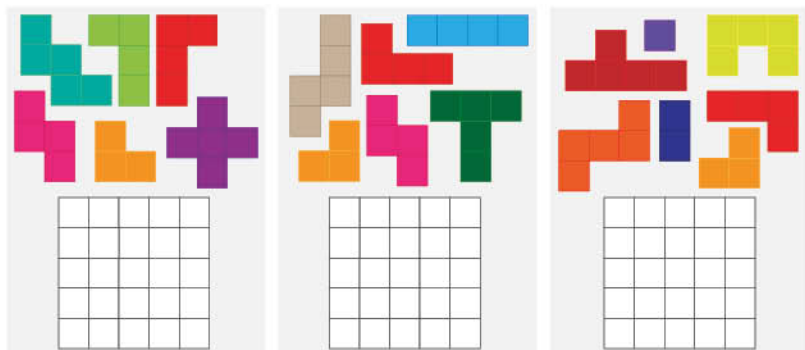
Step 5: Now cover the flowers with strips of sticky tape, to secure them to your sun catcher. Once all of the flowers are covered and stuck down, you can trim any excess tape from the edge of your sun catch.



Step 6: You can display your sun catcher in your window and watch the beautiful colours shine through.

For more fun crafts follow Aqlia on  @aquilaexplores

Complete the square with the colour blocks



Colouring book



Answer



London

Times and events
may vary, please
check with venue
for confirmation

MAY - JUNE

WAKEHURST

Selsfield Rd, Haywards Heath
Marking Mental Health Awareness
Week this May half-term,
Wakehurst invites families to get
outside together and experience
a jam-packed programme of
interactive workshops and
feel-good fun, all set in
the natural surrounds of its
spectacular wild botanic garden.

WINDSOR CASTLE

29 May - 5 June

This half-term, come along and
get creative at the Castle. Design
your own hat, fit for a queen. Use
some beautiful images of our
Queen wearing exquisite hats as
your inspiration and craft your
designs.

THE BIG DINOSAUR DAY OUT

29 May - 6 June

Lee Valley Animal Adventure Park
Stubbins Hall Ln, Waltham Abbey
This May half-term come visit our
Big Dinosaur Day Out event and
enjoy a wild day out with the kids.

MAY HALF TERM ADVENTURES

- TREE TRUMPS

29 May - 6 June

10:00am - 17:00pm

National Trust - Claremont
Landscape Garden
Portsmouth Rd, Esher

Pick up a Tree Trumps sheet from
the kiosk and find all our tree
trump boards around the garden
to fill in your cards so you can
play Tree Trumps!

SUMMER HALF-TERM IN PERSON COOKING CLASSES

1 June - 3 June

Smart Raspberry Cookery School,
Epping & Woodford
Hands up who wants to join my
Summer Half-Term Cooking
Classes? The Summer 2021
Cooking Classes are now open
for bookings! Your kids will cook
up some sweet and savoury
treats, (and get a side order of
confidence and fun!)
- all kicking off 1 June.

May half term: Roam free!

29 May - 6 June,

10:00am - 17:00pm

EDIBLE PLANT TRAIL - CHILDREN'S HALF-TERM ACTIVITY

1 June

13:00am - 17:00pm

South London Botanical Institute
323 Norwood Rd, London
There are edible plants all around
us - we just have to notice them.
Come and explore the SLBI
garden, follow our Edible Plants
Trail and see if you can crack the
clues. How do the plants grow?
Do they have a smell? Which
parts can we eat?

CHILDREN'S SEWING BEE HOLIDAY CLUB

1 June

10:00am - 12:30pm

Sewisfaction

Unit 1, Holme Grange Craft Village,
Heathlands Rd, Wokingham
Ideal for kids who want to learn
to sew or already love sewing,
we'll be making a different
project each session, so children

are welcome for one session
or multiple.

AUTISM FAMILY & FRIENDS HALF TERM CLUB

3 June

10:00am - 15:00pm

Roots & Shoots

Walnut Tree Walk, London

All parents and carers will need
to wear facemasks and children
to come with appropriate clothes
and footwear.

PLEASE BRING A PICNIC

14:00pm - 15.15pm - LIVE Circus
"Laugh N Play" Show UK Tour
Activities may vary for each
session

- Exploring Nature and Wildlife
- Arts & Crafts
- Mobile Phone Photography
- Drumming Session
- Bespoke arts and crafts bag
giveaway

TWO DAY STOP MOTION ANIMATION COURSE - HALF TERM

3 June - 4 June

10:00am - 14:30pm

Quaker Meeting House

114 Rainsford Rd, Chelmsford

Stop-Motion Animation

Workshop 8-12 year-olds

- create your own short animated
film, make friends and have fun!



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South East

MAY - JUNE

FAMILY FUN IN THE PARK

Chichester Festival Theatre,
Oaklands Park, Chichester,
West Sussex, PO19 6AP

A celebratory weekend of open air entertainment in Oaklands Park with socially distanced picnic plots for families. Suitable for ages 4+.

ELMER AND FRIENDS: THE COLOURFUL WORLD OF DAVID MCKEE AT THE RIVER & ROWING MUSEUM

20 May - 21 June

10:00am - 15:00pm

Mill Meadow, Henley on Thames, Oxfordshire, RG9 1BF
Don't miss the perfect nostalgic and celebratory exhibition! This exciting exhibition from Seven Stories, The National Centre for Children's Books, will take you on a journey into the colourful imagination of David McKee, creator of classic books and characters including Elmer the Patchwork Elephant, Mr Benn and Not, Now Bernard.

MAY HALF-TERM AT DRUSILLAS

28 May - 6 June

10:00am - 18:00pm

Drusillas Park, Alfriston, East Sussex, East Sussex, BN26 5QS
The perfect place to take the little ones this May half-term! Get nose-to-nose with over 100 amazing animals, go WILD in epic adventure play areas and soar to the skies on the rides! All the rides are outside and the whole Park is 90% outdoors so you can enjoy a safe day out with your family!

You need to book tickets online in advance to guarantee entry:
<https://www.drusillas.co.uk/buy-online-tickets>

TEDDY BEAR EXPRESS TRAIN RIDE

Every Saturday & Sunday
until 30 May 10am

Mole Valley
Denbies Wine Estate, London Rd, Dorking, Surrey, RH5 6AA
Bring your Teddy Bear and join us for an extra special ride on the Teddy Bear Express train.
£8.95 per child (under 12 months free of charge) £6.95 Adults

GARDEN WILDLIFE WEEK

29 May - 6 June

Leeds Castle, Broomfield Road, Maidstone, Kent, ME17 1PL
Get your magnifying glasses and green fingers ready for fun filled outdoor garden themed activities in celebration of National Garden Wildlife Week.

MAY HALF TERM ART ADVENTURER CHILDREN'S TRAIL AT PETWORTH

29 May - 6 June

10:00am - 16:00pm

Petworth House and Park, Petworth, West Sussex, GU28 9LR
Discover the Pleasure Garden at Petworth in the footsteps of famous artists that have explored before you on this adventure for all the family. Follow the map to seek out the large picture frames located across the historic grounds, and have fun drawing everything from landscapes to portraits and nature, including flowers and trees.

MAY HALF TERM AT FISHERS ADVENTURE FARM PARK

29 May - 6 June

10:00am - 17:00pm

Fishers Adventure Farm Park, Newpound Lane, Wisborough Green, West Sussex, RH14 0EG
Are you ready for a May half term of good old fun on the farm? Fishers Adventure Farm Park got lots of family fun in store for you this May half term! They are so excited to welcome you back and offer you a safe, clean and happy environment for a fun filled day and escape from the norm! Booking online is essential.

ONCE UPON A UNICORN

29 May - 6 June

10:00am - 17:00pm

Fairytale Farm, Southcombe, Chipping Norton, Oxfordshire, OX7 5QH
Fairytale Farm will open for May Half Term with its ever popular 'Once upon a Unicorn' event. At this week-long event visitors can experience the magical powers of this mythical creature. The event will run every day from Saturday 29th May to Sunday 6th June.

RED RIDING HOOD SUMMER PANTO

4 - 5 June, 11:00am - 12:30pm

Eastbourne
Type: Childrens Events
1 Grove Road, Eastbourne, East Sussex, BN21 4TL
Join Little Red Riding Hood as she tries to get to Granny's cottage to give her some goodies before the Big Bad Wolf gets his greedy paws on them!

Never miss an event, no matter where you are in the UK
this Summer.. we've got you covered!

South West

MAY - JUNE

EAST SOMERSET RAILWAY

Cranmore Station, Cranmore, Shepton Mallet, Somerset and Bristol, BA4 4QP, England
Enjoy East Somerset Railway's 5 mile round journey through the rolling Mendip countryside. Adults from £10.00, Kids from £8.00, Family from £28.00

HALF TERM: PIRATES WEEK

Shire Hall Historic Courthouse Museum, High West Street, DORCHESTER, Dorset, DT1 1UY
Join us at Shire Hall this May Half-Term for a week packed full of swash-bucklin' fun! Kids dressed as pirates go free! Treasure Hunt! Parrot Spotting! Create your own wanted poster! You can also book to have breakfast with a Pirate!

HALF TERM: THE EDEN PROJECT

Bodelva, St Austell, Cornwall, PL24 2SG
Music in the Med:
Timings: 30-minute sessions at 11:00am, 12:00pm, 1.30pm,

2.30pm and 3.30pm each day
An orchestra of musicians will be playing daily in four socially-distanced stations in the Mediterranean Biome. They'll be putting on a medley of uplifting tunes, featuring everything from classical to contemporary.

THE DONKEY SANCTUARY

Slade House Farm, Sidmouth, Devon, EX10 0NU
This free-to-visit, award-winning attraction has something special to offer, whether you're looking for quality time with the kids, or somewhere calming to kick back with coffee and cake.

WWT SLIMBRIDGE

WWT, Slimbridge, Glos. GL2 7BT
Discover a safe haven of wide open spaces bursting with wetland nature. Fill your lungs with fresh air, stretch your legs and get ready to explore this extraordinary wetland paradise, whatever the weather!

SALISBURY MUSEUM

The King's House, 65 The Close, Salisbury, Wiltshire, SP1 2EN
Salisbury Museum is situated

in the medieval King's House, within the glorious setting of the Cathedral Close. The museum has fantastic collections, events and exhibitions year round. A new world-class gallery of archaeology houses one of Europe's most extensive collections of Stonehenge and prehistoric artefacts.

BRISTOL AQUARIUM

Anchor Road, Harbourside, BS1 5TT
Discover the wonders of the deep in the heart of the city. More than 40 naturally-themed displays are home to thousands of amazing aquatic creatures including tropical sharks, rays, seahorses, piranhas and so much more.

BATH CITY FARM

Farm Club, Kelston View, Bath, BA2 1NW
Get outdoors, get covered in mud, get crafting and make lots of new friends. Due to the popularity of the club sessions must be booked in advanced.



Bath City Farm



Pirates Week

East



MAY - JUNE

KIDS RULE! AT HALF TERM - WREST PARK

29 May - 6 June

Silsoe, Bedfordshire
MK45 4HR

Kids rule at Wrest Park this May half term! Join us in the grounds to watch performances, listen to storytellers and spend time as a family in the great outdoors.

FAMILY NERF BATTLE @ SPLATOON

Splatoon Paintball & Airsoft.
Dollymans Farm, Doublegate Lane,
Rawreth, Wickford
Games of Foam Present - NERF
Battles @ Splatoon FUN for the
whole family! Come fling some
foam at an insane urban based
environment!

SLIME WORKSHOP

Bob Carter Leisure Centre Trust
11 School Rd, Drayton, Norwich
Slime workshops that are great
fun for children aged 4 years and
above. Our slime workshops are
the perfect solution.

CAMBRIDGE SCIENCE CENTRE MAY HALF TERM EVENTS AND WORKSHOPS

44 Clifton Road, Cambridge,
Cambridgeshire CB1 7ED
Destination Space - 29 May
Same but Different - 30 May
Sailing Science - 31 May
Sonic Science - 1 June
Recycle for Life - 2 June
Eye on Evolution - 3 June
It's a Hard Rock Life - 4 June
Sates of Matter - 5 June
Exploring Biodiversity - 6 June
Suitable for children aged 7 to 11
years, accompanied by an adult.
There are several sessions each
day and places must be book in
advance.

HALF-TERM FAMILY WOODLAND ADVENTURE

1 June, 11:00am -13:00pm
Great Waldingfield Church of
England Voluntary Controlled
Primary School
Folly Rd, Great Waldingfield,
Sudbury
Fun for the whole family: Explore
the woodland , build dens, pond
dip, cook over a fire, nature crafts,
mud kitchen, tool use, bug hunt,
play games, plus lots more!

HALF-TERM DIESEL DAYS

2 June, 10:00am - 17:00pm

East Anglian Railway Museum
Station Rd, Wakes Colne,
Colchester

We are pleased to run 3 'Diesel
Days' during this half term – the
first kid's holiday we have been
able to open since Christmas!

TWO DAY STOP MOTION ANIMATION COURSE

3 June - 4 June

10:00am - 14:30pm

Quaker Meeting House
114 Rainsford Rd, Chelmsford
Stop-Motion Animation Workshop
8-12 year-olds create your own
short animated film, make friends
and have fun!

North WEST

MAY - JUNE

ROMAN DAY

Chester Racecourse

The Racecourse, Chester

29 May, 11:30am - 18:00pm

We are delighted to be welcoming spectators back to Roman Day on Saturday 29 May - the first fixture this year with a racing crowd.

FOREST SCHOOL HOLIDAY CLUB PRESTWICH

Kids adVentures Forest School

1 Radford St, Salford

June Forest School Holiday Club

5-11 years based at our Forest

School in Prestwich/Salford

MAY HALF TERM AT TRAFFORD

Trafford Watersports Centre

Rifle Rd, Sale

Are your children always

complaining they are bored in the school holidays? Do you want to get them from in front of the TV and exploring the great outdoors?

Look no further we have you covered. From kayaking to bushcraft we have a wealth of activities.

HALF TERM XPLORER CHALLENGE AT BROCKHOLES

29 May

Brockholes

Preston New Rd, Samesbury,

Preston

Explore Brockholes, find the markers, complete the challenge and have fun together! Brought to you in partnership with British Orienteering, Xplorer is the perfect outdoor activity to get the whole

family outside in the fresh air together! There are certificates for those completing the challenge along with a sweet treat!

WWT MARTIN MERE

Fish Lane, Burscough,

Lancashire, L40 0TA

We're delighted we can now welcome you back. Every person who is coming to visit will need to pre-book, including those who visit for free such as members, children under four and carers. We can't wait to welcome you back.

JODRELL BANK HALF-TERM: SPACE CRAFT ACTIVITIES!

29 May - 6 June 2021

Drop by our new giant tipi and have a go at some family craft activities this half term. In this activity you can find out more about some of these objects and set your creativity to work by making your very own space craft to take home.

MOORLAND ADVENTURE MAY HALF-TERM KIDS ACTIVITY CLUB

From 1st June

Tegg's Nose Country Park

Buxton Old Rd, Macclesfield

A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Based at Tegg's Nose Country Park, each day focuses on different activities and it will give you a taste of adventure! Suitable for anyone between the ages of 8 and 16. Booking and payment in advance is essential.

ADVENTURE DAYS - 2021

Crosby Lakeside Adventure Centre
Crosby Coastal Park, Cambridge Rd, Waterloo, Liverpool

Try out taster sessions of our most exciting activities during these days you will get to experience a range of new and exhilarating activities with sports which could include, for ages 8 years and older:

» Sailing» Archery» Climbing» Windsurfing» Bellboating» Kayaking» Stand-Up Paddle Boarding» Problem Solving» Orienteering» Canoeing» Raft Building» Soft Fencing

These days happen Monday to Friday during the school holidays. Tate Liverpool

MERSEYSIDE'S NHS STAFF, ART FROM TATE'S COLLECTION AND LIVERPOOL BIENNIAL

Royal Albert Dock Liverpool

Liverpool L3 4BB

Enjoy incredible paintings by Aliza Nisenbaum, celebrating Merseyside's NHS staff on our ground floor.

Free with ticket

- Timed tickets must be booked online before visiting
- All visitors, including Members, need to book a ticket



West Midlands



RAF Museum



Half term family fun:
paint your own pottery

MAY - JUNE

RAF MUSEUM

Reopened 17 May

Cosford, SHIFNAL,
Shropshire, TF11 8UP

It's time to get #BackToMuseums and the RAF Museum Cosford's new outdoor airfield-inspired playground, along with huge hangars packed full of aircraft its the perfect place to 'jet off' to.

WESTON PARK

30 - 31 May

Weston's Spring Fling!

Weston Park - Shropshire

Weston-under-Lizard,

near Shifnal, Shropshire, TF11 8LE

Live music, street food village, crafts, picnics, adventure play and more! Enjoy a family day out at Weston Park in the West Midlands.

TRENTHAM MONKEY FOREST

Trentham Estate South Entrance, Stone Road, Trentham, Stoke On Trent, Staffordshire, ST4 8AY
Trentham Monkey Forest is home to 140 free roaming Barbary macaques. The monkeys live in freedom within a beautiful Staffordshire woodland, with no cages or bars. Visitors can walk

the 3/4 of a mile woodland path and see the monkeys living as they would in the wild. You will be mesmerised as you watch the monkeys playing on the ground.

KIDS RULE! AT HALF TERM - KENILWORTH CASTLE

Castle Green, Kenilworth CV8 1NG

Kids rule at Kenilworth Castle this May half term! Join us in the grounds of the castle to watch performances, listen to storytellers and spend time as a family in the great outdoors.

HALF TERM FAMILY FUN: PAINT YOUR OWN POTTERY

29 May - 6 June

Severn Street, Worcester, WR1 2ND
Museum of Royal Worcester

TELFORD ICE RINK

St Quentin Gate, T
own Centre, Telford, Shropshire,
TF3 4JQ, England

If you're looking for good family fun, comfortable surroundings and a metaphorically warm welcome, then why not take a trip to Telford Ice Rink. **Open daily**, the Ice Rink has plenty of car parking spaces and great transport links as well as offering a jammed packed schedule of sessions to cater for everyone.

ROCK CLIMBING AND ABSEILING COURSE

Grinshill

Grinshill

Shrewsbury

Shropshire

SY4

This half term we're running exciting events for years 5 & 6 children.

MAY HALF TERM AT THE BRITISH MOTOR MUSEUM

It's all about the E-type

British Motor Museum,

Banbury Road, Gaydon,

Warwickshire, CV35 0BJ

Join the British Motor Museum

this May half-term as it celebrates

the 60th Birthday of the 'Most

Beautiful Car in the World!'

- the Jaguar E-type.

GANDEYS CIRCUS - UNBELIEVABLE TOUR!

Merry Hill

The Merry Hill Centre, BRIERLEY

HILL, West Midlands, DY5 1QX

Europe's largest touring Big Top

Circus - your circus - is back! And

it comes to Merry Hill Shopping

Centre at Brierley Hill with the

sensational Unbelievable Tour!

Never miss an event, no matter where you are in the UK
this Summer.. we've got you covered!

East Midlands



JUNE

HALF-TERM FAMILY DETECTIVE TRAIL AT SHERWOOD FOREST

29 May - 6 June

11:00am - 15:00pm

Sherwood Forest Visitor Centre
Sherwood Forest,
Edwinstowe, Mansfield
Pick up your nature detective kit and trail sheet from the visitor centre and head out on a safari!

WHEELY FUN WHEELS' BIKEABILITY COURSES

During summer half term

(31 May - 4 June)

Wheely Fun Wheels are offering a series of Level 2 and Level 3 Bikeability courses, all taking place at Queen's Park in Chesterfield. Bikeability is England's premier cycling programme based around gaining practical skills and understanding how to cycle on today's roads.

POP UP PLAY VILLAGE IN HUGGLESCOTE AT HALF TERM

3 June, 12:30pm-13:45pm

Hugglescote Community Centre
Grange Rd, Hugglescote, Coalville
We are so excited that Superheroes are coming to Pop Up Play Village during Half Term! Come dressed as your favourite superhero

WE'RE GOING ON A DRAGON HUNT

4 June, 10:00am - 10:45pm

Whirlow Hall Farm Trust
Whirlow Ln, Sheffield
Pyjama drama is back at Whirlow Hall Farm!!! Over half term!! A 45 minute session full of imagination, pretending and child led drama

CHATSWORTH HOUSE

Chatsworth, Bakewell,
Derbyshire, DE45 1PP
'Life Stories', a new exhibition that shares stories about the fascinating lives of people associated with Chatsworth through the placement of nine paired portraits and objects. The house completes a phased reopening at Chatsworth with the garden, farmyard and adventure playground already open to visitors.

LAMB FEEDING EXPERIENCE

Chatsworth, Bakewell,
Derbyshire, DE45 1PP
Help bottle feed lambs in the farmyard with a member of our team - this is a great chance for you to get up close with our lambs while the farmyard is closed between sessions.

This experience includes access to the farmyard and playground on the day and a complimentary bag of animal feed for the rest of our farmyard friends.

1:00pm: Bottle feeding experience
1.30pm: Explore the farmyard and play in the adventure playground at your leisure

THE BIG BUBBLEMAN! AT MATLOCK FARM PARK

4 June, 11:00am - 16:00pm

Jaggers Lane, Darley Moor,
Matlock, Derbyshire, DE4 5LH
The Big Bubbleman, his bubble mill, wands and special potions make the most AMAZING bubbles! Whether it's monster bubbles the size of a CAR, or swirling clouds of smaller bubbles being chased by happy children, this is pure joy!



Yorkshire & Humberside

MAY - JUNE

KIDS RULE! AT HALF TERM - BRODSWORTH HALL

29 May - 6 June

Brodsworth Hall and Gardens
B6422, Brodsworth

Step back in time this May Half term as we bring history to life at Brodsworth Hall. Join us for a week of exciting family events and experience history first hand.

MAY HALF TERM AT UNDERBANK

Underbank Activity Centre
Oaks Ln, Stocksbridge, Sheffield
Come and Make Memories in the Great outdoors!

Are your children always complaining they are bored in the school holidays? Do you want to get them from in front of the TV and exploring the great outdoors? Look no further we have you covered. From kayaking to bushcraft we have a wealth of activities. All participants must be booked onto a full week and we will be having groups no bigger than 7 children per staff member.

WHAT THE LADYBIRD HEARD INSPIRED FAMILY CLASS

2 June, 09:45am - 10:45am

St John's Parish Church
Hallcliffe, Baildon, Shipley
We are so excited to finally be back to classes and what better way to celebrate than with a Family half term holiday class inspired by the wonderful What the Ladybird Heard theme.

WILD PLAY DAYS (FOR 8-13 YRS)

TCV Skelton Grange
Skelton Grange Environment Centre, Skelton Grange Rd, Leeds
Wide games, shelter building, fire lighting, campfire cooking, field games, hammock making, wild food walks, woodwork crafts, string making, bows and arrows, stalking and tracking, pyro-carving, and charcoal making. The cost per child is £30 (+ VAT and Eventbrite booking fee) and includes a day of outdoor games and bushcraft activities led by experienced leaders.

HALF-TERM FAMILY DETECTIVE TRAIL AT SHERWOOD FOREST

29 May - 6 June 2021

Daily from 11:00am - 15:00pm

Sherwood Forest Visitor Centre
Sherwood Forest,
Edwinstowe, Mansfield
Pick up your nature detective kit and trail sheet from the visitor centre and head out on a safari!

MOORLAND ADVENTURE MAY HALF-TERM KIDS ACTIVITY CLUB

1 June - 4 June

08:30am - 17:00pm
Tegg's Nose Country Park
Buxton Old Rd, Macclesfield
A great way to experience some varied exciting activities in the countryside with local experts Moorland Adventure! Based at Tegg's Nose Country Park.

WE'RE GOING ON A DRAGON HUNT

4 June, 10:00am - 10:45am

Whirlow Hall Farm Trust
Whirlow Lane, Sheffield
Pyjama drama is back at Whirlow Hall Farm!!! Over half term!!
A 45 minute session full of imagination, pretending and child led drama.



Trail at Sherwood Forest



Brodsworth Hall kids rule!

North East

MAY - JUNE

KIDS RULE! AT HALF TERM - CHESTERS ROMAN FORT

29 May - 6 June

Chesters Roman Fort and Museum - Hadrian's Wall
B6318, Chollerford, Hexham
Step back in time this May Half term as we bring history to life at Chesters Roman fort. Join us for a week of exciting family events and experience history first hand.

MAY HALF TERM TEDDY BEAR'S PICNIC TRAIL

29 May - 6 June

Raby Estates
3 Office Square, Staindrop, Darlington
This May Half Term families can explore a brand new Teddy Bear's Picnic themed trail in the grounds

of Raby Castle. The trail is included with general admission.

TOY CRAFTS

1 June, 10:30am - 11:00am

Discovery Museum
Blandford Square,
Newcastle upon Tyne
Families get a bag full of five challenging and quirky crafts from an acrobatic bunny to a marble roller. £5.50pp. Booking essential

FAMILY STEM WORKSHOP - THE PLAY CAFE, FULWELL

1 June, 14:30pm

The Play Café Sunderland
Unit 1, 9&10, Station Road,
Fulwell, Sunderland
This half term we are welcoming the entire family to join in with our STEM workshop. Fun, messy and hands on STEM activities for children from age 2-12 and of course their adult!

MAY HALF TERM - KIDS CERAMICS

1 June, 10:00am - 11:30am

Nightingale's Niceties Ltd
1 Cheapside, Spennymoor
This workshop is designed for children aged 6 and over. Each child will have the opportunity to paint and decorate a free-standing ceramic animal and a fridge magnet.

HALF TERM SCIENCE WORKSHOP - WASHINGTON

3 June 15:30pm

It's A Small World Washington
12 Donkin Rd, Armstrong, Washington
This half term we are welcoming our Science Buddies to Washington to join in with our Science Workshop. Join us for fun experiments and hands-on activities for children from age 4-12!

May half term: Kids Ceramics



**Thank You for
Reading**

**NEXT EDITION OUT
12 July 2021**



all about family