



Covering Hemel Hempstead, Berkhamsted, Tring and Link Family Services Areas
Free and cheap things to do with the children this summer

Welcome to the Summer Activities Newsletter for the Dacorum Family Services Partnership. This edition is devoted to events happening over the summer holidays - we hope you find it useful. As your School Family Workers work term-time only, they will be unavailable during the school holidays, returning to work on Monday 5th September. If you need urgent family support during this time, please see the helplines at the bottom of the page.



The Boxmoor Trust - Summer Family Activity Days: Thursday 28th July and Thursday 11th August, 10.00am-12 noon.

Trails, activities and crafts for children and their families. **"Tree-mendous Trees and Powerful Plants" on 28th July; "Birds, Bees and Butterflies" on 11th August.** There is limited car parking at the Old Barn; spaces here are for the less mobile and families with very young children. Please note that children must be supervised by an adult at all times. There is a suggested donation of £2.50 per child. No need to book, just drop in. www.boxmoortrust.org.uk

Frogmore Paper Mill - Family Fun 25th July - 31st August 2016

Drop-in Crafting Sessions - no need to book 14.00 - 16.00 Monday to Thursday. Suitable for 5+. All children must be accompanied, £3 per child.

Friday Family Fun - booking essential. 13.00- 16.00 Come along on Fridays throughout the summer and join one of our tutored sessions. Each Friday will offer a different themed event including paper crafting projects. Themes will include: Mad Hatters Tea Party, Build a Blimp, Rockets and Robots, Gnomes and Fairies.

Suitable for 5+. All children to be accompanied, £5 per participant. For further information about the Visitor Centre please call 01442 234600, or e-mail:

visitors@thepapertrail.org.uk
www.thepapertrail.org.uk



Get fit and active together in a fun, friendly environment

Woodhall Farm Community Centre Saturdays @ 10-11:30am

Adeyfield Community Centre Thursdays @ 5-6pm

With new and exciting sports and activities every week for the whole family to enjoy at just £3 a session.



Email getsetgo@dacorum.gov.uk to find out more

Follow us on @getsetgodacorum

Like our Facebook page Get set go Dacorum

Kidspace Holiday Activities at Sportspace, Little Hay Golf Complex and XC 01442 507100

www.sportspace.co.uk www.thexc.co.uk

There are lots of fun activities running at Sportspace throughout Dacorum during the summer holidays - please either ring for more details or visit the sportspace website.

Summer Holiday Activity dates are 25th July-2nd September 2016



Ashridge Holiday Club

This summer holiday club has lots to offer with pond-dipping, den building etc. Price: £5.00 per child. Wednesdays through the summer holidays 11.00-15.00. To book call 01442 851227. Held at the Ashridge Estate Visitor Centre. Wear clothes ready for adventure and mud!



www.nationaltrust.org.uk/ashridge-estate/whats-on-

For Teens

ChannelMOGO is a portal for young people, aged 13-19 (up to 25 with a learning difficulty and/or disability) who live or go to school in Hertfordshire. ChannelMOGO brings together lots of services and useful websites for young people in Hertfordshire.

www.channelmogo.org/about.aspx

Channel MOGO

For Young People In Hertfordshire

Powered by



Online emotional support for children and young people

Anyone aged 10 to 25 can sign up anonymously and have an online chat with a fully trained therapist. Counsellors can help with things like stress, family problems, eating disorders, loneliness, bullying, anxiety and depression. Kooth's counsellors are available until 10pm, 365 days a year.



www.kooth.com

Dacorum Family Services

Berkhamsted Family Services
Hemel Hempstead Family Services
Link Family Services
Tring Family Services

c/o Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER.

Tel: 01442 401222



Sapphire Gymnastics - Holiday classes

Fun, structured, gymnastics holiday classes, available at both sites in Hemel

Hempstead. Children are put into age appropriate groups, shown how to use the equipment, whilst concentrating on the fundamentals. These include balance, jumping, swinging and rotation. *You can choose the gymnastics only option 10.30am-12pm @ £6.50 or 10.30am-2.00pm gymnastics then arts/crafts (packed lunch required) @ £13.50.* For more information or book call 01442 230077 or visit www.sapphiregymnastics.co.uk



Learn to play the Arsenal Way! Summer courses available at Berkhamsted

Sportspace and Longdean Sportspace, Hemel Hempstead 10.00-3.00 pm for 5-11 year

Cost: £25 - 1 day/£45 - 2 days/£60 - 3 days.

Various dates available throughout the summer holidays. Email: soccerschools@arsenal.co.uk

www.playthearsenalway.com

The Big Friendly Read -

visit your local library for this year's Summer Reading Challenge. Free activity open

to children of all ages. The challenge is to read 6 books over the summer holidays and medals and certificates will be awarded to children who finish their 6 books. Pop into your local library or visit www.hertsdirect.org/libraries to find out more.



Tring Natural History Museum -

Lots of free and cheap nature inspired events for families at Tring

Natural History Museum, From den building, big bug hunts, making animal pendants and lots more! www.nhm.ac.uk/visit/tring.html

Newly launched website for families - find out what's going on in your local area.



www.familiesonline.co.uk/local/west-hertfordshire/whats-on

Disclaimer: The information provided in this newsletter is for general guidance only. Dacorum Family Services (DFS) does not endorse or recommend any of the organisations, services or information listed in this booklet. While DFS aims to provide accurate and up to date information we cannot guarantee at any time that all the information is up to date and accurate.