

STOP PRESS

We have just learnt that more funding has been secured to run the FAST programme in the autumn term in Berkhamsted. Dates and times will be with schools before the end of term.



Newsletter

Summer 2014
Issue 9



Welcome to the ninth edition of the Partnership newsletter. We hope you enjoy the read! This edition is mainly devoted to events happening over the summer vacation - plus a really interesting article on sleep and teenagers - across our Partnership schools in Berkhamsted, Hemel Hempstead and Tring. We really hope you find it of use.

2013/2014 has been a really busy year for all our team and the School Family Workers have covered a great range of cases. They are very experienced at supporting families that may be experiencing difficulties – however short-term – and have built up a wide range of networks.

This year we have also run projects with Citizens Advice Bureau, Mediation Hertfordshire and Children's Centres in our Partnership. These have brought considerable benefits to our families.

We have also been fortunate in securing funding to run the University of Middlesex supported FAST family fun programmes in Berkhamsted, Hemel Hempstead and Tring. Over forty families have 'graduated' from the FAST programme and had great fun on the way. **Enjoy the summer!**

Mike Short - Manager Dacorum Family Services



Adventure Playgrounds The greatest adventure you'll have in the Borough!

There are 4 Adventure Playgrounds within the Hemel Hempstead area located at Adeyfield, Bennetts End, Chaulden and Grovehill. Please note that children are not restricted and can come and go as they wish. Healthy snacks and refreshments are available to buy.

School Holidays -
Mon –Fri 9.30-5.30 pm.
Closed at weekends during the school holidays and weekend before and after the holidays.



Be Active This Holiday



0808 800 2222
www.familylives.org.uk

Family Lives - 0808 800 2222 Samaritans - 08457 90 90 90 Childline - 0800 1111

Keep Active this Summer

Sportspace Fun this Summer

Large Pool Inflatable 8 years +

Ice Adventure

Berkhamsted - Tuesdays, Wednesdays, Thursdays 2pm-3pm

Tring - Mondays, Wednesdays, Fridays 3-4pm

Commando Run

Hemel Hempstead - Wednesdays & Fridays 2.15-3.15 pm

Costs: £3 member/£4.90 non-member

Floata Fun Families

Berkhamsted - Fridays 2-3 pm

Hemel Hempstead - Thursdays 2-3 pm

Cost: £3 member/£4.90 non-member

Scuba - 8-14 years

Beginners, Intermediate and Advanced courses available. See website for more details. Cost: £20 member/£21.90 non-member

Beach Kids—5-7 years

Bouncy Castle, wacky relays, face paints 1-4 pm

Berkhamsted - Tuesdays throughout holidays

Hemel - Wednesdays throughout holidays

Cost: £8 member/£9.90 non-member

Trampoline Workshops 3-12 years Available at Berkhamsted and Hemel Hempstead.

Cost: £6.50 member/£8.40 non-member

Tennis Workshops 5-8 years. Available at Hemel Hempstead. 10-12 pm. Cost: £8.60 member/£10.50 non-member.

Activities and Clubs

Go Fence 8-12 years. Available at Berkhamsted. 1-2 pm. Cost: £6.50 member/£8.40 non-member

Mini Penthalon 8-12 years. Fencing, shooting, running and swimming. 11.30-2pm. Available at Berkhamsted and Hemel Hempstead. Cost: £16 member/£17.90 non-member

Please see website for details of dates and timings

Sportspace in conjunction with Apex

Multi Sports and Dance Camps -

Reception to Year 6. For 5-13 years 10-3 pm. Early drop off and pick up available. Different and exciting sports available, meet new friends. The camp is in the main sports hall but weather permitting may use the astro turf. Bring lunch, suitable clothing, water bottle. Camp runs from 21.7.14 to 29.8.14

Email -

nick.merrett@apexmultisports.co.uk
Phone - 01442 800 242 or 07940 012484

www.apex360.co.uk

CONTACT

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

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

EMERGENCY HELPLINES - see more on back page

Tips for Better Sleep

- Keep lights dim at night to encourage melatonin production.
- Get them out into sunlight in the morning to switch off melatonin, increasing alertness.
- Curb caffeine, advises The Sleep Council. For some people, caffeine can reduce the ability to sleep for up to 10 hours after it's consumed. Try a warm milky drink or herbal tea in the evening.
- Avoid stimulating activities like listening to loud music, playing computer games and watching TV for an hour or more before bed.
- Don't eat too much too late: An overfull stomach will interfere with sleep (but don't go to bed hungry, either!).
- If stress or exam nerves are triggering insomnia, calming foods like warm milk, lettuce or turkey can help.
- Don't try and catch up on sleep at weekends: Late nights and long lie-ins further disrupt the body clock.

Sleep & Teens

Teenagers and their parents have very different body clocks. Teens tend to come alive at night, and want to stay up later, and then struggle to get up in the morning.



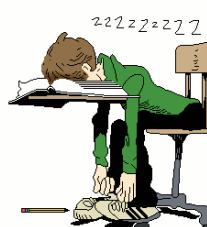
socialising late.

Artificial light also disrupts sleep patterns, explains Dr Paul Gringras, director of the Evelina Paediatric Sleep Disorder Service at Guy's and St Thomas' Hospital in London. Normally, when light dims in the evening, we produce melatonin which tells our bodies it's time to sleep. But bright room lighting, TVs, consoles and computers can all emit enough light to stop the natural production of melatonin, tricking our bodies into staying awake.

Teenagers need to be aware of the significance of persistently having difficulty getting to sleep, of waking a lot in the night and having difficulty getting up in the morning. This is especially worrying if they are tired or falling asleep during the day, feel irritable or depressed and have mood swings, as well as difficulty concentrating, remembering things or making decisions properly.

Teenagers need extra sleep to help them change into adults. The time shift could also be explained by simple social issues like young people trying to stay up later than their parents or

Top tips for parents



Lack of sleep has a major impact on concentration. Too much junk-food diet, too little exercise, smoking and alcohol will only make sleep more difficult so try and encourage a healthy lifestyle.

Tips for helping your teenager get up on time

"Remember, there's a biochemical reason why teenagers are more wakeful at night and sleepy in the mornings," explains Suzie Hayman, agony aunt and Relate counsellor. "Don't tell them off. They can't help it!"

Help your teenager to take responsibility for getting up in the mornings. Let them set their own sleep schedule, around their school or college timetable, so that they get enough quality sleep. Say something like, "I'll give you an alarm call then one follow-up call. Then, it's up to you. If you end up with detention or, even worse, failing your exams, it's your responsibility."

Finally, remember, sleep isn't the only way to get rest. Suggest lying down to read a book if your teenager says they can't get to sleep.

Content taken from Family Lives
www.familylives.org.uk

Arsenal Soccer School

Sportspace

Longdean 11th, 12th and 13th August and 18th, 19th and 20th August.

Sportspace

Berkhamsted 4th, 5th & 6th August.



The soccer schools will be looking to give local youngsters aged 5-13 the chance to learn to **Play the Arsenal Way**, with the courses developed based on the techniques used by Arsenal manager Arsène Wenger to nurture young talent at the Arsenal academy.

Each day will run from 10am to 3pm with player's taking part in Warm Ups, Reaction Games, Skills and Technique

Have fun with the kids this Summer

training, Fun Games, and Matches and Tournaments. All players who attend the full course will also receive a personal player's report card, an Arsenal Soccer Schools gift and a medal. There will also be lots of other prizes including trophies for fair play, tournament winners and of course, the coveted Player of the Week trophy!

To book your place on the upcoming course contact:

Visit www.playthearsenalway.com or call the hotline on 01442 938 475

Cost: 1 day £20/2 days £38/3 days £52



What's On?

DON'T MISS OUT GET OUT!

Coaching me.com at Longdean Sportspace 5-15 years

21st / 22nd / 23rd / 24th/ 25th/ 28th / 29th / 30th /
31st July

1st /4th /5th /6th /7th /8th /11th /12th /13th /14th
15th Aug 18th/ 19th/ 20th / 21st / 22nd / 26th/ 27th /
28th / 29th Aug

8:30am - 5pm – 5 – 15 yrs

Doors open at 8:20 for registration £20 per day - Sibling
rate £18

9am - 4pm – 5 – 15yrs

Doors open at 8:50 for registration £15 per day - Sibling
rate £13

9am - 1pm Doors open at 8:50 for registration - 4 - 7yrs
£7

Please note pay on day rate is £25 for 8:30-5pm / £18
for 9am-4pm

**PLEASE PROVIDE LUNCH, DRINKS, SNACKS, SPARE
CLOTHES FOR YOUR CHILDREN**

BOOK NOW and pay in advance for the summer (21st
July - 29th Aug) 4 days get 1 day FREE must be booked
in advance (30th June full days only) Email coaching-
me.com@gmail.com or text / call our NEW number
07572 650576 Payment available by cash, cheque or bank
transfer

Follow the Maleficent forest trail at Ashridge www.nationaltrust.org.uk

To celebrate the launch of Disney's new Maleficent film
and some of the filming taking place at the Ashridge
Estate we are proud to present the Maleficent enchanted
forest trail.

Visit the Ashridge Visitor Centre anytime from 24th May
- 31st August to collect your trail map. Follow the trail,
answer the questions and return to collect your reward.
Wellies recommended 10-4 pm Cost £1 per trail

More Information: Ashridge Estate Visitor Centre,
01442 851227, Email: ashridge@nationaltrust.org.uk



What's On?

The Summer Reading

Challenge is a free activity organised by The Reading Agency which takes place every year during the summer holidays in libraries across the country. The 2014 Summer Reading Challenge is called **Mythical Maze**. It starts on Sat 12 July and runs until Sat 6 September and you can collect a free starter's pack from any Herts library. Children of all ages are welcome to take part.

www.mythical-maze.org.uk



Play In A Week - Week long drama workshop

Calling all Superheroes, or wanna be Superheroes. Join us for an action packed week of fun, interactive drama games and activities as we work together to create a heroic tale about some Superheroes who set off on a quest and maybe even face some Super Villains!

Led by two experienced drama tutors this promises to be an adventurous week finishing with a heroic performance on The Old Town Hall theatre stage for family and friends on Friday afternoon. **Open to children aged 7-12 years.**
Monday 11 – Friday 15 August, 10am-4pm

Cost: £110, £60 for additional siblings

Book tickets: 01442 228091 oldtownhall.co.uk

T H E
O L D
T O W N
H A L L

Facebook: The OldTownHallArts

Twitter: @theoldtownhall

Summer Science Holiday Camps by

Mad Science Looking for something 'out-of-this-world' for your children this summer? Inspire your children about the world around them and they will get to see Science come to life before their very eyes...

Mad Science camps are a blast! They will give your children some extraordinary experiences and take them on a whirlwind tour of the wonderful world of Science. Perfect for your aspiring Mad Scientists this Holiday!

Date – 11th – 15th August 2014

Venue – Goldfield Infant and Nursery School, Goldfield Road, Tring, HP23 4EE

By phone - 01727 824700

By email - supersian@madscienceeast.co.uk

Costs: £160 per child/week (5 days)) £35 per child/day

Holiday Courses



Come and join the fun at our holiday courses this summer! Football, Street Dance and Mini Olympics in Tring & Berkhamsted. Cost: £15 one day £26 two days

SCHOOL	DATES	SPORT
Dundale	24th & 25 th July	Football
Dundale	24 th & 25 th July	Street Dance
Grove	19th to 21st Aug	Mini Olympics
Victoria	4th to 6th Aug	Cheerleading
Victoria	4th to 6th Aug	Football

www.gameonsportscoaching.co.uk 01923 218124

Mad Hatters Tea Party



Story telling, things to make and games with one of our popular tutors.
1-4 pm £8 per family Booking essential 01442 234600
www.thepapertrail.org.uk

Summer Holiday Camps

Adventure & Sport Camps available at Hobbs Hill Wood Primary School and The Thomas Coram School. See website for more details: www.sports-xtra.com
Costs from £20 per day



There is lots going on at the **Children's Centres**

during the summer holidays for 0-5's. Visit

www.hertsdirect.org/servicesedlearn/css/childrenscentres/



01442 265410
Bennetts End &
Leverstock Green



01442 426922
Tring



01442 385152
Berkhamsted

Help and Advice Lines

We know that for some families school holidays can be a difficult time. If you are in need of some extra help and support please contact the following:

NSPCC - 0808 800 500 Help for children and young people and help for adults concerned about a child

NHS Direct 0845 4647

National Debt Line - 0808 808 4000 Free phone advice on financial problems

SANE - 0845 767 8000 Mental Health Support and Advice www.sane.org.uk

The Salvation Army - 01442 253607

Relate - 0300 100 1234 Relationship advice and counselling www.relate.org.uk

Young Minds - 0808 802 5544 (parent helpline) Young people's mental health and wellbeing

ADD-vance - 01727 833963 Understanding ASD/ADHD www.add-vance.org.uk

DENS Hemel - 01442 262274 Night Shelter

Families Need Fathers - 0300 0300 363

Herts Mental Health Helpline - 01438 843322

Your local Children's Centre www.hertschildrenscentres.org.uk/find/dacorum.html

Free School Meals - 0300 123 4048



Contact us

Term time only



Your local School Family Workers are:
Berkhamsted Family Services

Lisa MacGovern
Tel: 0778011 4079
lisamacgovern@hobbshillwood.herts.sch.uk

Covering Schools in Bennett's End, Leverstock Green, Corner Hall, Flamstead and Gaddesden Row, Tring and

surrounding villages and Berkhamsted and surrounding villages

Hemel Hempstead Family Services

Vicky McKirgan Tel: 07780111862
vmckirgan@hobbshillwood.herts.sch.uk
Vicky Greig Tel: 07780115136
vicky.greig@hobbshillwood.herts.sch.uk

Tring Family Services

Sam Lindars
Tel: 07598 329823
s.lindars@hobbshillwood.herts.sch.uk

Dacorum Family Services

Berkhamsted Family Services

Hemel Hempstead Family Service

Tring Family Services

c/o Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER. Tel: 01442 401222

Family Services Manager: Mike Short

mshort@hobbshillwood.herts.sch.uk M:07780008651

Administrator: jan.nethercot@hobbshillwood.herts.sch.uk

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