

Dacorum



Berkhamsted, Hemel Hempstead & Tring  
Family Services

# Summer Activities Newsletter

Issue 4  
July 2018



*Covering Hemel Hempstead, Berkhamsted & Tring Family Services Areas*

*Free and cheap things to do with the children this summer*

**W**elcome 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 Tuesday 4th September. If you need urgent family support during this time, please see the help-lines at the bottom of the page.



## Hemel Summer Festival - Sat 21st July

Hemel's Summer Festival is back with a weekend of fun at The Marlowes.

Eat, drink and relax on Saturday 21st and Sunday 22nd with

delicious street food traders, artisan market stalls, live music and kid's entertainment from 11am-5pm.

[www.themarlowes.co.uk/events/2018/hemels-summer-festival-is-back](http://www.themarlowes.co.uk/events/2018/hemels-summer-festival-is-back)



## Creation Station Craft Clubs

Every Wednesday during the school holidays free kids craft with Creation Station. Sessions run from 11am-4pm and are free for everyone to enjoy.

Summer Holidays - every Wednesday in August, 1st, 8th, 15th, 22nd & 29th August

[www.themarlowes.co.uk/events/2018/creation-station-craft-clubs/](http://www.themarlowes.co.uk/events/2018/creation-station-craft-clubs/)



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## Ashridge Adventurers

From pond dipping to minibeast hunting and den building, there is always something fun happening at Ashridge for the family to take part in. Sessions are aimed at children aged 4-10 and also include a nature themed craft session in the visitor centre.

The education team will be running twice weekly outdoor activity sessions during the summer holidays. Each week will feature a different activity, and sessions will run on Tuesdays and Thursdays (10:30am-12pm or 1.30 - 3pm). Cost £4

There are limited spaces on these sessions and so families must prebook. To find out more, call 01442 851227.

[www.nationaltrust.org.uk/ashridge-estate/whats-on](http://www.nationaltrust.org.uk/ashridge-estate/whats-on)



## Families First Portal

Families First Portal is a website which can help you find:

- Information, advice and guidance on local and national services for families, parents or carers
- Childcare options and much more
- Many of these services are free for families to access

Visit the website to find out what is available for you and your family

[www.hertfordshire.gov.uk/familiesfirst](http://www.hertfordshire.gov.uk/familiesfirst)



0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

## EMERGENCY HELPLINES

Family Lives - 0808 800 2222 Samaritans - 116 123 Childline - 0800 1111

HCC Children's Services 0300 123 4043

Families First Portal: [www.hertfordshire.gov.uk/familiesfirst](http://www.hertfordshire.gov.uk/familiesfirst)

## Keeping a Routine during the Summer Break

The long summer holiday brings a well-deserved rest, but often children find a break to their routines and being overloaded with lots of events hard to manage. Keeping some structure can often help everyone stay calm – when children know what they are doing - it helps them to manage their emotions better. Here are a few ideas...



- **Have a family holiday planner** on display so everyone can see what is going on each day.
- **Try to stick to normal eating and sleeping patterns** as much as possible. Recommended hours of sleep for children: toddlers - 11 to 14 hours in a 24-hour period; pre-schoolers 10 to 13 hours; school-age kids and preteens 9 to 12 hours per night; and teens 8 to 10 hours. Eating on a regular schedule also helps maintain energy and blood sugar levels.
- **If you have family to stay or go to visit others**, be clear about what the house rules and expected routines are beforehand to avoid any conflict.
- **Plan for screen time!** Kids will assume that because they are on holiday, they can spend all day using electronic devices. Agree with them a maximum amount per day they may spend on screens and also a maximum time per session and give them things to do in between that involve getting outside or doing a job around the house for example.
- **Involve your children in planning** some family activity days. Get them to write down a bucket list of things they would each like to do and then come up with a plan for the holidays.
- **Get outside!** If your children are reluctant, take some inside activities outside to encourage them. Find some local free activities or a park with a paddling pool if it is hot. Take a picnic to keep the cost down.
- **Keep reading books** during the holidays – they can let their teachers know what they have read when they return to school in September. Perhaps the library has a reading scheme?
- **Involve the children in household chores** (to break up screen time perhaps?)
- **Get everyone in the family involved in preparing and cooking family meals.** The youngest can be involved in finding ingredients for you or laying the table and the reluctant cook can help to clear up. If old enough, your children could even be given a budget one night a week and plan, shop, prepare and cook a meal. A great way of keeping them busy and teaching them some life skills.
- **Clear out** bedrooms, cupboards, garages, etc. and have a family car boot sale. The proceeds can be used to pay for a day out, a cinema trip or a meal out together.



Happy holidays!

## Activities for Young People with SEND

Please find below a link to a brochure of activities for Young People with SEND. The brochure includes short breaks, and activities including sports, arts, music, social/youth clubs etc. It can be accessed via the Local Offer website:

<https://www.hertfordshire.gov.uk/microsites/local-offer/things-to-do/things-to-do.aspx>



## What's going on this summer? - Free & Fun things to do

# Pop ups in the park are back

There will be a whole bunch of fun activities coming to a park near you this summer as our Pop up events return with free inflatable fun for all. These events are suitable for all ages to make sure you grab a picnic and come and enjoy some of our borough's beautiful green spaces.

Pop ups are on from  
11am to 2pm in:

### Hemel Hempstead

Wednesday 30 May  
Randalls Park, Allendale

Friday 27 July  
Durrants Park, Apsley

Wednesday 22 August  
Coronation fields, Bennetts End  
(behind community centre)

Friday 24 August  
Northridge Park, Warners End  
(behind Stoneycroft shops)

### Kings Langley

Wednesday 8 August  
The Nap

### Berkhamsted

Friday 10 August  
Canal Fields

### Wilstone

Wednesday 15 August  
Tring Road, by village hall

### Tring

Friday 17 August  
Pond Close

### Playdays

Our National Playdays will also be back the first week of August at our Adventure Playgrounds. Come and join in the fun from 11am to 4pm on:

Tuesday 31 July,  
Chaulden Adventure Playground

Wednesday 1 August,  
Grovehill Adventure Playground

Thursday 2 August,  
Adeyfield Adventure Playground



### Lark in the Park

Join us for a Lark in the Park on Friday 29 August in Gadebridge Park from 11am - 4pm. There will be an inflatable obstacle course, go karts and more. It's taking place right next to the new splash park so you'll also be able to enjoy the water and the new play area too.

Visit  
[www.dacorum.gov.uk/events](http://www.dacorum.gov.uk/events)  
for more information

# Adventure Awaits

Come along to our  
Adventure Playgrounds this  
summer for plenty of fun.

Our National Playdays will also be back at the beginning of the summer holidays. Come and join in the fun from 11am to 4pm on:

Tuesday 31 July  
Chaulden Adventure Playground

Wednesday 1 August  
Grovehill Adventure Playground

Thursday 2 August  
Adeyfield Adventure Playground

At our Playdays we will have free inflatable fun, stalls and barbecues. So come along for a great family day out. You'll also be able to use all the great facilities such as wooden climbing frames, zip wires and skate ramps.

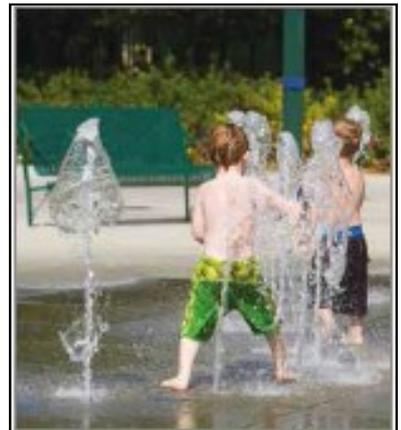
### School Holiday Opening Times

During the summer holidays the Adventure Playgrounds will be open Monday to Friday from 9.30am to 5.30pm. The Playgrounds are closed at weekends during the school holidays, and will also be closed the weekend before and the weekend after the holidays.

### Looking for a place to party?

Our Adventure Playgrounds are available to hire for parties when they are not open to the public. For more information and to book please contact the playground you want to hire. Contact information is available on our website.

For more information visit  
[www.dacorum.gov.uk/  
adventureplaygrounds](http://www.dacorum.gov.uk/adventureplaygrounds)



### Gadebridge Splash Park

Open May - September  
10am - 6pm

A brand new splash park has opened in Gadebridge Park this summer. The perfect place to cool off on a hot summer's day.

[www.dacorum.gov.uk/splash](http://www.dacorum.gov.uk/splash)

Free

The  
Box Moor  
Trust



## Summer Holiday Activities at the Old Barn

From powerful plants, animal tracking, bugs, bees and butterflies - free drop in sessions and bookable sessions. Most activities available for children aged 2 years +. Please check website for more details.

[www.boxmoortrust.org.uk/](http://www.boxmoortrust.org.uk/)



## A place for people of all abilities and disabilities

Thomley is a place to play, have fun, socialise and learn to live. Thomley welcomes disabled people of all ages from babies to adults, and their families, carers or friends. Thomley supports people at any stage of their diagnostic journey, whatever their additional needs. Thomley offers regular days for disabled and non-disabled visitors. They also open for preschool children, adults, schools, respite groups and the wider community when any family can join to enjoy their facilities.

Tel/Fax: 01844 338380 (Buckinghamshire) <https://thomley.org.uk/>



## Summer Reading Challenge 2018

THE READING AGENCY AND LIBRARIES PRESENT

**MISCHIEF MAKERS**  
SUMMER READING CHALLENGE 2018



Illustration: ©DC Thomson Ltd (2018) for the Reading Agency

The Summer Reading Challenge takes place every year during the summer holidays. You can sign up at your local library from July 14th, then read six library books of your choice to complete the Challenge. There are exclusive rewards to collect along the way, and it's FREE to take part! The Summer Reading Challenge is the perfect way to share books together and spark a lifelong love of reading for pleasure. <https://summerreadingchallenge.org.uk/>

### Sapphire Gymnastics - Holiday classes



**FLIP INTO SUMMER AND  
READY...STEADY... CAMP!!**

Summer is now among us and when school is out - the camps are in!

At Sapphire Gymnastics we have something for everyone during the holidays.

With a complete cocktail mix of:

- \* PAY AND PLAY SESSIONS
- \* GENERAL GYMNASTICS CAMPS
- \* CARTWHEEL/HANDSTAND WORKSHOPS (*mark road only*)
- \* BACK FLIP/FRONT FLIP WORKSHOPS (*mark road only*)
- \* ARTS AND CRAFTS/LUNCH OPTIONS
- \* NON-MEMBERS WELCOME
- \* 4 YEARS +

Gymnastics only option 10.30am-12pm @ £8.00 or 10.30am-2.00pm gymnastics then arts/crafts (packed lunch required) @ £14.00. For more information or book call 01442 230077 or visit [www.sapphiregymnastics.co.uk](http://www.sapphiregymnastics.co.uk)

## Dacorum Family Services

**Berkhamsted Family Services**  
**Hemel Hempstead Family Services**  
**Tring Family Services**

c/o Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER.  
Tel: 01442 401222 (option 5)



**Term Time Only**

## Support & Advice

**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](http://www.kooth.com)



### XC Centre

01442 952333

[www.thexc.co.uk](http://www.thexc.co.uk)

There are lots of fun activities running at the XC Centre during the summer holidays from the skate park, climbing and bouldering, high ropes. There is also the "One Stop Shop" offering help and advice on education, training, apprenticeships and work, health, drugs and alcohol, money matters, housing and much more. To book an appointment with a Youth Connexions Personal Adviser or Education and Training Adviser please call 01442 454934.

The XC Music and Media Studio is a professional-standard music recording studio with live rooms and the latest film-making and editing equipment. You can do four-week courses in: Music making and/or recording, Film making, DJing.

### For Teens

Channel MOGO 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. Channel-MOGO brings together lots of services and useful websites for young people in Hertfordshire. [www.mogolistsings.org/](http://www.mogolistsings.org/)

**MOGO listings**

Powered by



Find out what's going on in your local area. Fun things to see and do with your family.

[www.familiesonline.co.uk/local/west-hertfordshire/whats-on](http://www.familiesonline.co.uk/local/west-hertfordshire/whats-on)

<https://raring2go.co.uk/hemel-hempstead>

**Families**

**Raring 2 go!**

**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.