

Our summer programme is made possible by public donations and the generosity of our partner activity providers. But special thanks to these organisations –



Tuesday 28 July
2.30pm – 4pm

Street Dance Workshop

Ebenezer Hall Greyfriars Community Centre, 44 Christchurch Rd,
Ringwood BH24 1DW

Fancy learning some cool street dance moves in this fun workshop with our tutor Jazz? No dancing experience required.

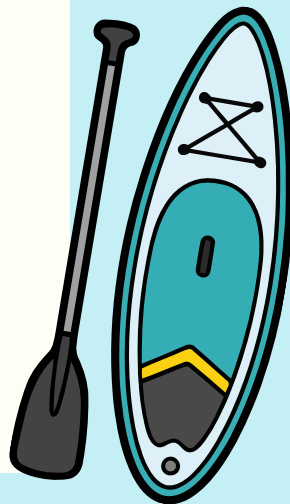


Thursday 30 July
9.30am-12.15pm

Paddleboarding

Spinnaker Club, Ivy Lane,
Ringwood BH24 3LY

YCs age 8+ can come along
and learn how to
paddleboard or brush up your
skills in this session. Medical
forms will be needed.



Thursday 30 July
1.30pm - 4.15pm

Sailing

Spinnaker Club, Ivy Lane,
Ringwood BH24 3LY

YCs age 8+ can come along
and learn how to
sail/improve your skills in this
session. Medical forms will
be needed.

Monday 3 August
11.30am-2.30pm

Family picnic and swimming - Durlston Court School,
Becton Lane, Barton on Sea, BH25 7AQ

Bring the whole family for a picnic pool party in the grounds of Durlston Court School. We will have a life guard on duty but would like adults to go into the pool if Young Carers can't swim well. There will also be games on land so you don't have to swim or go in the pool if you prefer to stay dry!



Tuesday 4 August
9.30am-12.15pm

Sailing

Spinnaker Club, Ivy Lane, Ringwood
BH24 3LY

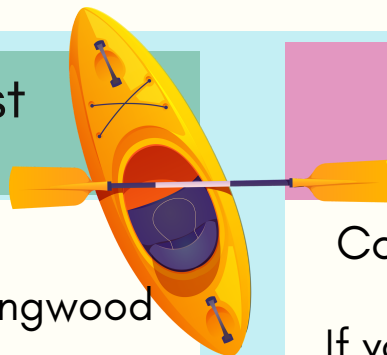
Another chance for YCs age 8+ to come along and learn how to sail at this session. Medical forms will be needed.

Tuesday 4 August
1.30pm-4.15pm

Kayaking

Spinnaker Club, Ivy Lane, Ringwood
BH24 3LY

YCs age 8+ can come along and learn how to kayak at this session. Medical forms will be needed.



Thursday 6 August
10.30am-12pm for ages 7-11
1.30pm-3pm for ages 12+

Cookery session - Let's Cook, Lymington

If you fancy learning how to cook - and maybe even have something tasty to take home with you, these sessions with Chef Sally are for you! Sessions are split into age ranges as shown and all ingredients are provided.

Spaces are very limited though.

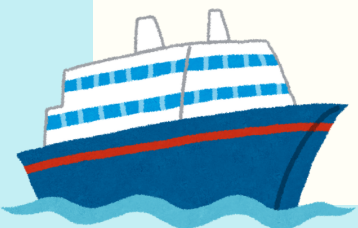


Tuesday 11 August
All day

Isle of Wight trip

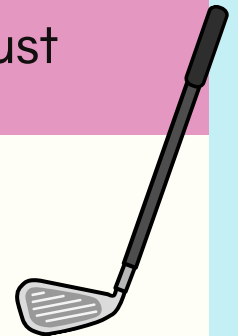
Thanks to CrossCountry and New Forest Community Rail we are going on a day trip to the Isle of Wight. The day would involve a short train journey from Brockenhurst to Lymington Pier, then the ferry to Yarmouth and a visit to the Needles, where we'd go on the chairlift, have a rib boat ride and play crazy golf.

YC's age 12+



Wednesday 12 August
6pm onwards

New Forest Adventure Golf
- Lymington SO41 5SD



Fancy joining us for an evening game of crazy golf? Well thanks to the lovely people at Lymington Golf Centre, the whole family can come and join in the fun. There's plenty of parking too.

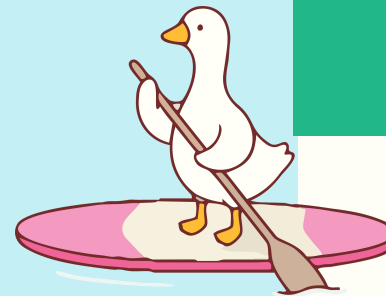
Start times will be staggered to avoid too much waiting around so you will be given a time slot nearer the day.

Thursday 13 August
9.30am-12.15pm

Kayaking

at Spinnaker Club, Ivy Lane,
Ringwood BH24 3LY

Another chance for YCs age 8+ to
come along and learn how to kayak
or brush up your skills in this session.
Medical forms will be needed.



Thursday 13 August
1.30pm- 4.15pm

Paddleboarding

at Spinnaker Club, Ivy Lane,
Ringwood BH24 3LY

Another chance for YCs age
8+ to come along and either
learn either how to
paddleboard or improve
your SUP skills. Medical
forms will be needed.

Tuesday 18 August
10.30am-4.30pm

Young Carers
Celebration Event

at St Swithun's School,
Alresford Rd, Winchester
SO21 1HA

Join other Young Carers from Hampshire at this special all day event. With lots of activities lined up including arts and crafts, circus skills, a climbing wall, science stand, disco and crazy golf - it will be a fun action-packed day!

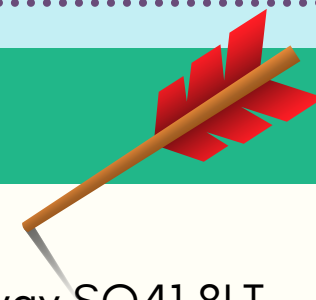


Wednesday 19 August
time TBC

Archery

with the Sway Bowmen, N Common Lane, Sway SO41 8LT

The Sway Bowmen have very kindly invited us to have a go at archery at their Club. Suitable for beginners and those wanting to improve their skills as coaches will be available. All ages welcome and families can stay to watch



Thursday 20 August
9.30am-12.15pm

Windsurfing

at Spinnaker Club, Ivy Lane, Ringwood BH24 3LY

YCs age 8+ can come along and learn how to windsurf at this session. Medical forms will be needed.



Tuesday 25 August
10am – 1pm

Junior Ranger Forest Activity
with picnic

Whitefield Moor, Brockenhurst

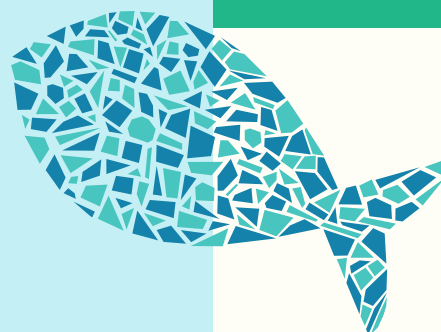
Come along and join us and
a Park Ranger to discover
more about the Forest and
its wildlife. This activity is for
ages 9+ And don't forget
your picnic!!



Thursday 27 August
time TBC

Mosaic art session

We're working with
archaeologist Helen again for
another hands-on historical art
session. We're just finalising the
details for this session so watch
this space for details.



Notes

Spaces on all activities are limited and we will be sharing them out as fairly as we can. When you contact us to book you will be registering your interest and we will confirm spaces as soon as we can.

If you're not sure how to contact us, you can just reply to the newsletter – otherwise email, call or text us using the contact details below.

Some activities are just for Young Carers – and some we will try and fit family members in if we have space –but YCs are our priority and we hope you understand this.

We may add additional activities – details of these will be shared in the weekly email newsletters.

Contact details –

Marie – 07922 594 335 or marie.shotbolt@cfirst.org.uk

Sue – 07980 623447 or youngcarers@cfirst.org.uk

Ness – 07745 101495 or vanessa.brindley@cfirst.org.uk