

Sutton Families e-Newsletter

Summer 2015

Sutton Family Information Service

The summer edition will provide you with details of some of the fun and low cost activities taking place over the summer holidays as well as information on summer holiday schemes and the Early Years Pupil Premium.

About Us

We provide free information, advice and guidance on childcare, early education, activities and services for children and young people aged 0-19 years (or 25 if the young person has an additional need) and their families in the London Borough of Sutton.

We hold the only childcare database in the borough which contains comprehensive information about Ofsted-registered childcare (the Family Service Directory). By searching the directory, you can locate registered childminders, day nurseries, preschools, breakfast clubs, after school clubs and holiday schemes in your area. You can also find local leisure activities and other types of family support.

Our service is open Monday to Friday 9am to 5pm and you can contact us via:

Telephone: 020 8770 6000

Email: familyinfo@sutton.gov.uk

Online: www.sutton.gov.uk/familyinfo

Alternatively, you can come and meet one of our Outreach Advisors out in the community. For more information about where we are this summer please see the article on page four.



Summer Holiday Childcare

If you still need to find childcare for all or part of the Summer holidays then it might not be too late!

Sutton Family Information Service can provide you with a personalised list of the Ofsted registered Holiday Clubs and Childminders offering childcare in your area.



Depending on your circumstances, there may also be financial help available to meet the costs of using registered childcare.

Using a registered childcare provider means that your child/ren can meet new friends and have fun taking part in stimulating, planned activities. Holiday clubs and childminders organise trips to local places as well as having a wide range of planned activities suitable for all ages. Many can offer you the flexibility to pick and choose the hours you need.

To receive a list of the registered childcare providers in your area or for advice on help with meeting the costs of childcare, please call us on 020 8770 6000 or email familyinfo@sutton.gov.uk



If your child will be starting school in September and you need childcare before and/or after school, we can help with this too. Just contact us with the name of your child's school and we will send you a list of the Ofsted registered childcare providers who offer before and after school childcare for children attending that particular school.

Contact Us

Telephone: 020 8770 6000

Email: familyinfo@sutton.gov.uk

Online: www.sutton.gov.uk/familyinfo

Early Years Pupil Premium - Is your child aged 3-4?

Your childcare provider may be entitled to funding to support their learning

From April 2015, nurseries, schools, childminders and other childcare providers are able to claim additional government funding of up to £300 a year through the Early Years Pupil Premium. The funding is to support the development, learning and care of your three or four year old child based on eligible criteria.

The funding is used by the childcare provider as they think best to support your child in the following areas:

- Personal, social and emotional development
- Communication and language
- Physical development
- Literacy
- Mathematics
- Understanding the world
- Expressive arts and design



On receiving the funding early years providers can choose how they wish to spend it but will need to demonstrate to Ofsted how the funding is being used effectively.

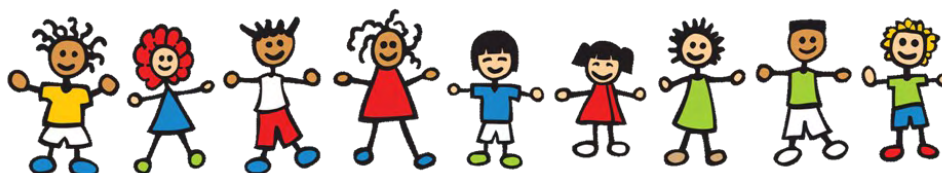
The funding is available for any hours up to a maximum of 15 hours per week in accordance with the free entitlement to early education for all three and four year olds.

To see if your child meets the eligibility criteria and to find out more please visit the website www.sutton.gov.uk/EYPP

Application forms are available from:

- Your childcare provider
- Your local children's centre
- You can download and print the application form from the website above.

For further information please visit the website or contact the Family Information Service on 020 8770 6000 or familyinfo@sutton.gov.uk



Family Information Outreach - where are we this summer?

At the Sutton Family Information Service, we regularly take our service out into the community to give more people access to our information and advice. We can provide you with information on activities, childcare, schools, support services plus much more.



Week One: 20th—24th July 2015

Wednesday 22 nd July	Baby Clinic at Jubilee Health Centre, Wallington	9:30am-11:30am
Thursday 23 rd July	Drop-in at Civic Offices, Sutton	2:00pm-5:00pm
Friday 24 th July	Sticky Fingers Craft at Sutton Central Children's Library	10:00am-11:30am

Week Two: 27th –31st July 2015

Monday 27 th July	Drop-in at Civic Offices, Sutton	9:00am-12:00midday
Tuesday 28 th July	Disabled Children's Services Play and Stay at Tweeddale Primary School	1:30pm-3:30pm
Thursday 30 th July	Drop-in at Civic Offices, Sutton	2:00pm-5:00pm

Week Three: 3rd-7th August 2015

Monday 3 rd August	Storytime at Collingwood Park Sutton (near the swings)	10:30am-11:00am
Tuesday 4 th August	Bubble Fun in Manor Park Sutton (near the cafe)	12:30pm-2:00pm
Wednesday 5 th August	Play and Stay at Maple Lodge, The Hamptons, Worcester Park	1:30pm-2:45pm

Week Four: 10th-14th August 2015

Monday 10 th August	Teddy Bears Picnic, Cheam Park (near the swings)	11:30am-12:30pm
Wednesday 12 th August	Teddy Bears Picnic, St Helier Open Space (next to the skate ramp)	1:00pm-2:00pm
Thursday 13 th August	Drop-in at Civic Offices, Sutton	2:00pm-5:00pm

Week Five: 17th –21st August 2015

Monday 17 th August	Drop-in at Civic Offices, Sutton	9:00am-12:00midday
Tuesday 18 th August	Outdoor Play and Stay at Benhill Estate Sutton	1:30pm-2:30pm
Tuesday 18 th August	Drop-in at Job Centre Plus, Sutton	9:30am- 12:00midday

Week Six: 24th– 28th August 2015

Monday 24 th August	Storytime in Manor Park Sutton (near the cafe)	10:30am-11:00am
Tuesday 25 th August	Mum's and Babes at Muschamp Children's Centre	1:30pm-2:30pm
Thursday 27 th August	Water Play at Beddington Park Children's Centre	2:00pm-3:00pm

Summer Holiday Activities

Sure Start Children's Centres

These centres bring together a wide range of free services for children from birth to five years and their families.

The centres make it easier for children and their families to access services closer to where they live.

Every children's centre is different but they will all aim to provide activities locally.

To find out where your local centre is and what activities they are running over the summer holidays please visit

www.sutton.gov.uk/childrenscentres



London Borough of Sutton Libraries

There are nine libraries across the London Borough of Sutton with nearly all of them offering fun and exciting activities for children and young people this summer. Activities include the Record Breakers Summer Reading Challenge 2015, Creative Construction Challenge, Build the Longest Caterpillar as well as Film Days, Writing Clubs and Storytime. To find out what is happening in your local library this summer visit:

https://www.sutton.gov.uk/info/200168/libraries_and_culture/1277/children_and_young_peoples_library_services/8

More activities and staying safe this summer...

As the summer holidays draw nearer the Sutton Family Information Service may have more information on activities and events taking place this summer so please do contact us for more details.

Please note the activities included in this newsletter and sent out via FIS are for information purposes only and may be subject to change. It is the responsibility of the parent/carers or young person to ensure that the activity, session or event is still taking place, safe, appropriate and that the staff are suitably trained and DBS checked.



Summer Holiday Activities - Honeywood Museum

 HONEYWOOD MUSEUM

Sand Sea and Sausages

FREE Summer Holiday Activities at Honeywood Museum
Weds 22nd July - Sunday 30th August
 During normal opening hours



Seaside themed fun, crafts, puzzles and trails.
 Make sandcastle and mermaid pictures, fish mask and much, much, more
 Follow the Mr Punch sausage trail around the house
 No booking required
 All children must be accompanied by a responsible adult
 Entrance and activities are FREE
 but donations are extremely welcome

Honeywood Walk, Carshalton SM5 3NX 020 8770 4297
 email: honeywoodmuseum@sutton.gov.uk www.friendsofhoneywood.co.uk
 Open: **Wed - Fri 11am - 5 pm Sat & Sun 10am - 5 pm**
ADMISSION FREE

 LOTTERY FUNDED  SUTTON HERITAGE 

Mini Honeywood Explorers

HONEYWOOD MUSEUM

Thursday 6 August 2-4pm
 The Light house Keeper's Lunch



Thursday 27 August 2-4pm
 Digging up the Past



New led sessions aimed at children aged 6-10 years
 Each history discovery session will have lots of exciting, fun, hands on activities including crafts and stories
Must be pre-booked
 All children must be accompanied by a responsible adult
Free
 Donations welcomed

Honeywood Walk, Carshalton SM5 3NX 020 8770 4297
 email: honeywoodmuseum@sutton.gov.uk www.friendsofhoneywood.co.uk
 Open: **Wed - Fri 11am - 5 pm Sat & Sun 10am - 5 pm** **ADMISSION FREE**

 LOTTERY FUNDED  HONEYWOOD MUSEUM  SUTTON HERITAGE 

Also running at Whitehall in Cheam...

Thursday 23rd July: Paper Bunting Workshop - 2-4pm.

Thursday 30th July: Make Your Own Magnetic Fishpond Game Workshop - 2-4pm.

Thursday 6th August: Tudor Masks and Tudor Roses Workshop - 2-4pm.

Thursday 13th August: What's In Your Garden Crafternoon - 2-4pm.

Thursday 20th August: Make Your Own Sword and Shield Crafternoon - 2-4pm.

Thursday 27th August: Ice Lolly Crafternoon - 2-4pm.

All of the summer craft afternoons are suitable for children aged 4+ Tickets cost £3 per child and advanced booking is essential. For more information please contact them on 020 8770 5670.

 HONEYWOOD MUSEUM

Monster Mayhem

Sunday 19th July 2-5pm

An afternoon of crafts puzzles and trails on the theme of mythical monsters, from werewolves to dragons




No booking required
 All children must be accompanied by a responsible adult
FREE
 Donations welcomed

Honeywood Walk, Carshalton SM5 3NX 020 8770 4297
 email: honeywoodmuseum@sutton.gov.uk www.friendsofhoneywood.co.uk
 Open: **Wed - Fri 11am - 5 pm Sat & Sun 10am - 5 pm** **ADMISSION FREE**

 LOTTERY FUNDED  SUTTON HERITAGE 

Summer 2015 Nature Activities at Sutton Ecology Centre



Summer Garden Party—Saturday 11 July, 11am-4pm

Come to Sutton Ecology Centre for a relaxing afternoon with home-made refreshments. Nature Discovery Backpacks, stalls, tombola and gifts. Booking is not required, just turn up and explore!

Cost: FREE. £10 returnable deposit for backpack hire.



Eco Experts Club - Become a Stag Beetle Expert

Monday 10 August, 10am-12.30pm

Search for stag beetles, make a stag beetle house and learn all about these majestic endangered beetles.

Suitable for: children 7yrs+, younger siblings welcome.

Cost: £5 per child. Booking essential.

Visit suttonnature.wordpress.com/events to book.

Wild Story Time: The Gruffalo

Tuesday 11 August, 10.30am-12noon

Who is the scariest creature in our woods? Join us for story time, and lots of wild gruffalo fun!

Suitable for: children 3yrs+, younger siblings welcome.

Cost: £3.50 per child. Booking essential.

Visit suttonnature.wordpress.com/events to book

Reptile Open Day

Tuesday 18 August, 11am-2pm

Come along and meet some reptiles, follow a reptile trail through the grounds and join in with reptile related craft.

Suitable for: families.

Cost: £3 per child, no need to book, just turn up any time.



The Very Curious Caterpillar

Monday 24 August, 10.30am-12noon

Join the Curious Caterpillar and his friends as they go on a flower adventure in the Ecology Centre grounds.

Suitable for: children 3yrs+, younger siblings welcome.

Cost: £3.50 per child, booking essential.

Visit suttonnature.wordpress.com/events to book.

Minibeast Adventures @ Sutton Ecology Centre

Tuesday 25 August, 10am-2pm

Drop in pond dipping, minibeast hunting and adventures in Sutton Ecology Centre.

Suitable for: families.

Cost: £3 per child, no need to book, just turn up any time.



**Children must be
accompanied by an adult.**

**For enquiries please ring
0208 770 5820, or email
biodiversity@sutton.gov.uk**



Summer Holiday Activities - The Sports Village



SUMMER ACTIVITIES 2015



20th July – 28th August 2015
www.thesportsvillage.org.uk

Tennis & Multi-Sports 5 to 12 years

This will include tennis in the morning followed by various sports in the afternoons such as, hockey, circuits, basketball, football, cricket, and softball.
 Children can book on for the mornings, afternoons, or the whole day.

Time Table	
9am – 12.30pm	Tennis
12.30 – 1.30pm	Supervised Lunch
1.30 – 5pm	Multi-sports
8.30 – 9am	Drop off
5 – 5.30pm	Pick up

Dates
 20th – 24th July, 27th – 31st July,
 3rd – 7th August, 10th – 14th Aug,
 17th – 21st Aug

Price
£21 per day, half day
 (9am – 12.30pm or 1.30 – 5pm)
£33 full day (9-5pm)
£149 for week (for full day camps only)

Club Tennis 10 to 16 years

The Academy will provide a fun environment for these players to start developing the basic skills of the game.

Through a games-based approach, players will learn to compete very quickly whilst having lots of fun. There will also be a fitness session available should your child like to do that bit extra to improve their fitness on the court.

Time Table	
10am – 12pm	Tennis
12 – 1pm	Lunch
1 – 2pm	Fitness
2 – 4pm	Tennis

Dates
 20th – 24th July, 27th – 31st July,
 3rd – 7th August, 10th – 14th Aug,
 17th – 21st Aug

Price
£21 per day, half day
 (10am – 12pm or 1pm – 3pm)
£35 full day exc. fitness (9-5pm)
£40 full day inc. fitness (9-5pm)

Teddy Tennis 3 to 4 years

Teddy Tennis is an interactive way of teaching children to play tennis. It works by combining music, pictures, and Teddy Bear stories into an adventure that your child will love. They learn ball, racket, and movement skills and have fun while they do it.

Dates
 20th – 24th July, 27th – 31st July,
 3rd – 7th August, 10th – 14th Aug,
 17th – 21st Aug

Times 9 – 9.45am
Price
£9 per session



NEW Summer Dance Camp 5 to 12 years

Sutton Dance Academy presents... a week with Matilda! Swap the usual school routine for a classroom of a different kind and join us for a summer experience of song and dance Matilda Style! Come and learn new choreography and songs from the hit musical with experienced and dedicated teachers keen to give you a summer of fun! Daily sessions take place from 9am to 12.30pm and will culminate in a sharing for friends and family at the end of the week.

Dates & time
 9 – 12.30pm
 Monday – Friday
Introductory price
 £100 for the week



Dance Academy 5 to 12 years

Dancers get their toes wriggling and bottoms wriggling throughout the summer! This is a great opportunity for children to dance their way through the holidays – staying fit and healthy the fun way!

Street Dance: This class features fresh, cool dance moves performed to modern music.

Kids Dance Fitness: Come and dance your way through the holidays with our fun and creative Dance Fitness sessions – the perfect way to start the day... the fun and funky way!

Dates
 20th – 24th July, 27th – 31st July,
 17th – 21st Aug

Price £6 per class

Time Table

	Age 5-7	Age 8-12
Monday	10am	Kids Dance Fitness
Tuesday	10am	Street Dance
Wednesday	10am	Street Dance
Thursday	10am	Street Dance
Friday	10am	Kids Dance Fitness

Gymnastics 5 to 14 years

A general gymnastic sessions for beginners and intermediate level gymnasts which will include an introduction to the core skills and use of all the gymnastics equipment including air track, bars, beams, and vault.



Dates Mon, Tues, Thurs – 20th, 21st, 23rd, 27th, 28th, 30th July, 17th, 18th, 20th, 24th, 25th, 27th August

Times 1pm – 4pm

Price
£20 (members of SGA)
£23 per day (non members)



NEW Football Camp 5 to 12 years

Each day will consist of different skills and techniques such as:

Monday: Dribbling and Ball Skills
Tuesday: Passing
Wednesday: Goalkeeping
Thursday: Shooting
Friday: Mini tournament day
Dates Monday 17th – 21st August
Price £149 for the week



The Sports Village
 Rose Hill Park, Rose Hill,
 Sutton SM1 3HH
Call 020 8641 6611
Email sts@thesportsvillage.org.uk



www.thesportsvillage.org.uk

Summer Holiday Activities - Crystal Palace FC Foundation

Crystal Palace Football Club Foundation – Summer Holiday Activities and Courses

In partnership with Sutton Council, CPFC Foundation are promoting a new programme of healthy living, open to primary school children in Sutton. The aim is to stay active, get fit and eat well! All courses are FREE and designed specifically for families that want to get active.

Venue: Carshalton Boys College, Muschamp Road (AstroTurf entrance – course takes place in the sports hall), Carshalton, SM5 2SE

Wednesday 22nd – Friday 24th July

10:00am – 2:00pm
5 -11 year olds

Monday 3rd – Wednesday 5th August

10:00am – 2:00pm
5 -11 year olds

Monday 10th – Wednesday 12th August

10:00am – 2:00pm
5 -11 year olds

Monday 24th – Wednesday 26th August

10:00am – 2:00pm
5 -11 year olds

Skills Course

Venue: Carshalton Boys College, Muschamp Road (astro turf entrance), Carshalton, SM5 2SE

Monday 27th – Friday 31st July

10:00am – 3:00pm
5-12 year olds
£12 per day or £55 per week

Monday 3rd – Friday 7th August

10:00am – 3:00pm
5-12 year olds
£12 per day or £55 per week

Monday 10th – Friday 14th August

10:00am – 3:00pm
5-12 year olds
£12 per day or £55 per week

Monday 24th – Friday 28th August

10:00am – 3:00pm
5-12 year olds
£12 per day or £55 per week



Venue: Goals Soccer Centre, 658 London Road, North Cheam, SM3 9DW

Tuesday 21st – Friday 24th July

10:00am – 3:00pm
5-12 year olds
£14 per day or £51 per week

Monday 17th – Friday 21st August

10:00am – 3:00pm
5-12 year olds
£14 per day or £65 per week

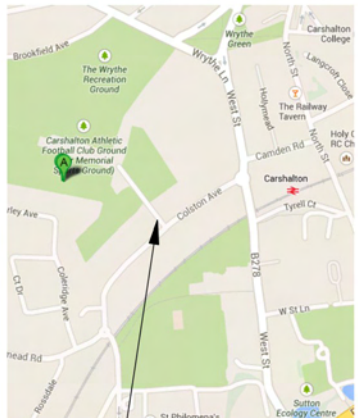


To book call 020 8768 6047 or visit www.cpfoundation.org

Summer Holiday Activities - Ecological

Carshalton Community Allotment

We offer free, drop-in sessions twice a week at the Carshalton Community Allotment with a range of fun activities for all ages and levels of experience.



Go down the driveway next to 33 Colston Avenue

How to get there:
S3 (hail and ride in Colston Ave), 127 and 157 stop in North St, Carshalton Station (5 mins walk). Parking usually available

There is no commitment, you are welcome to drop-in to any session, anytime.

Our gardener will show you what to do and help you get started.

Just bring wellies or other shoes you don't mind getting muddy and warm clothes if it's cold!

Children are welcome so long as they are looked after by a responsible adult.

We have a hut, tea making facilities, accessible area with raised beds and a toilet.

Carshalton Community Allotment

- ★ Grow your own fruit & veg ★ Improve your gardening skills ★
- ★ Meet other people ★ Contribute to the community ★
- ★ Take home free, fresh produce ★



We are open:

Mondays 1 - 3pm

Fridays 10.30am-12.30pm



To find out more:

020 8404 1522

food@ecolocal.org.uk

f ecolocal

@ecolocalfood

www.localfoodnetwork.org.uk

Sign up for news: www.ecolocalcomp.org.uk

Healthy Sutton Outdoors



Funded by: Sutton Council, EcoLocal Services Ltd Social Enterprise



Funded by: Sutton Council, EcoLocal Services Ltd Social Enterprise



Summer Family Cycling

Wednesdays 12-1pm in the Summer Holidays
23rd July to 27th August inclusive
At David Weir Leisure Centre (Sutton Arena)

Cycle Sessions for families with all abilities

- ✓ We provide bikes and cycle helmets
- ✓ Disability access cycles
- ✓ Develop cycling skills
- ✓ Lots of fun
- ✓ Safe off-road environment

Children must be accompanied by an adult

Only £3 per session per person!

To book: 020 8404 1522 or cycling@ecolocal.org.uk



f EcoLocal

@ecolocalcycling

www.ecolocalcycling.org.uk

Healthy Sutton Outdoors



Part funded by: Sutton Council, Sports England and EcoLocal Services Ltd Social Enterprise



Environmental Fair
31st August 2015 Bank Holiday Monday
10.30am - 8pm
Under 12's FREE

Carshalton Park, Ruskin Road

LiveWell, stay healthy

Solar Power

Dr Bike & Cycle parking

150+ Stalls

Tasty Food

Bar (real ales & more)

Kids Activities

FREE BUS

Live Music 3 Stages

Win prizes online

@envfair envfair www.envfair.org.uk

Gold Sponsors:



with over 150 volunteers.

Summer Holiday Activities - Sutton Life Centre

Sutton Life Centre

Summer Community Fun Day

Thursday 30th July 2015
10am – 4pm
Sutton Life Centre









FREE Dance & Drama Workshops!

FREE Face Painting!

FREE Tombola & Stalls!

FREE Crafts & Activities!

Crystal Palace FC Foundation!
Stonecote Safer Neighbourhoods Team & PCSO Steve the mascot!

BBQ!

Inflatable Obstacle Course!

METROPOLITAN POLICE

What's On...

Inflatable Obstacle Course
£1.50 for 15 minutes – Ages 0-11 (Sessions available for 0-3 years only.)

Book Character Garden Hunt
50p per go – All ages welcome

Arts and Crafts
£1.50 for a 45 minute session – Ages 4-11

Cupcake Decorating
Limited availability! – Contact Michele by 29th July on 07947 690619 or acecupcakeparties@gmail.com for further info and to book! – Charges apply.

Crystal Palace FC Foundation Football Fun
FREE! – Running all day

Time Out Youth Club
FREE! – Running all day

Presto! Performing Arts Workshops
FREE! – Themed dance, drama and singing faster sessions.
10.00-11.00am – Ages 4-7 11.30am-1.00pm – Ages 8+

Xpression Dance Display
FREE! – Followed by free faster sessions in break dance, ballet and street dance – 1.00-4.00pm – Ages 2-7 and 8+

Library @ the Life Centre
Sutton Life Centre
24 Alcom Close, Sutton, SM3 9PX

020 8644 9696

lifecentre.library@sutton.gov.uk

www.suttonlifecentre.org

Library @ the Life Centre

@SuttonLC

JULY - AUGUST

EVENTS PROGRAMME

MONDAY

Soul Sistaz
Female only youth club
17:30 - 19:30. Ages 13 -16
For more info contact
Susan on 020 8634 5418

TUESDAY

ITC - Introduction To Computers
10:00 - 11:00
Over 50's
FREE
Computer training.
Visit the library register

Time Out Youth Club
15:30 - 17:30
Ages 11-19
FREE
Term time only
Visit Facebook: Time Out Youth Project

Citizenship Media Group Ages 13 - 16
17:00 - 19:00
FREE
Focused around film, music, art & design.

WEDNESDAY

Story & Rhyme Time
10:30
Ages 5 and under
FREE
Term time only

THURSDAY

Kicks: Football - Crystal Palace
17:00 - 20:00
Ages 12 - 19
FREE

Presto Performing Arts
17:00 - 18:30
Ages 4 - 7
£85 per term
Fun performing arts classes that end in a live performance for the parents.
Contact Rhiannon on: 0752546736
prestoperformingarts@live.co.uk

Time Out Youth Club
17:45 - 20:00
Ages 11-19
FREE
Term time only
Visit Facebook: Time Out Youth Project

FRIDAY

Job Club
10:00 - 12:00
FREE
Help with looking for work on a drop in basis.

Time Out Youth Club
18:30 - 21:00
Ages 11-19
50p
Term time only
Visit Facebook: Time Out Youth Project

SATURDAY

Presto Performing Arts
09:30 - 11:00
11:30 - 13:00
Ages 4 - 7
£89 per term
Drama & dance based classes.

Presto Performing Arts
13:30 - 16:30
Ages 8 - 16
£199 per term
Fun performing arts classes that end in a live performance for the parents.
Contact Rhiannon on: 0752546736
prestoperformingarts@live.co.uk

Live Well Clinic
Ages 18+
FREE
Meet with health advisor who will help you set and achieve your personal health related goals. To book an appointment call 020 8251 0606 or email livewell@hrch.nhs.uk

SPECIAL EVENTS



Summer Fun Day - July 30th 2015
10:00 - 16:00
- Book Character Garden Hunts
- Inflatable Obstacle Course
- Arts & Crafts
- Cupcake Decorating
- Crystal Palace FC Foundation
- Time Out Youth Club
- Presto P.A. Workshops
- Xpression Dance Display
- BBQ
Contact the Library to find out more
020 8644 9696

Presto! SUMMER CAMP
Fun performing arts classes to keep busy over summer
Starts 10th August & Ends 14th August
Contact Rhiannon on: 0752546736
prestoperformingarts@live.co.uk

HOW ABOUT hiring our great spaces to run your own party or special event?

Find out more today by contacting us via phone, email, or social media.

FUN FACT did you know the life skills zone educates over 4,500 school students?

Primary and Secondary schools come from all around the U.K. each year to visit.

CONTACT

LIBRARY:
020 8644 9696
LIFE CENTRE:
020 8296 1287
slc@sutton.gov.uk
suttonlifecentre.org

[f](https://www.facebook.com/SuttonLifeCentre) Sutton Life Centre
[t](https://www.twitter.com/SuttonLC) @suttonlc

Summer Holidays At David Weir Leisure Centre Junior Holiday Activities

Multisport – Gymnastics, Athletics and Playworld

Fancy participating in a variety of activities? This is for you!

Date: Monday 27th July, 3rd + 17th August 2015

Time: 10am – 3pm

Ages: 5 – 10 years

Cost: £16.50



Athletics

Do you think that you can run the fastest, jump the highest or throw the furthest?

Date: Wednesday 22nd July, 5th + 19th August 2015

Time: 10am – 3pm

Ages: 5 – 15 years

Cost: £16.50

For both the above, please ensure that your child brings a packed lunch with them.
Appropriate clothing and trainers + a bottle of water.



Gymnastics

Spring into action with our Tumbling Allstars Gymnastics experience

Date: Friday 24th July, 7th + 21st August 2015

Time: 9am – 12noon

Ages: 5 – 15 years

Cost: £12.50

Please ensure that your child brings in a bottle of water. This activity will be conducted in bare feet but please ensure that shorts/leggings and t-shirts are worn or leotards. Long hair should be tied back and no jewellery should be worn.

Please book in advance at Reception or call us on 020 8641 9480



Summer Holiday Junior Activities Westcroft

Trampoline Course
Wednesday 5th August, Thursday 6th August
and Friday 7th August
1pm-3pm. Ages 5-15 years
£30.00 for all three sessions bookable as a
course.

Junior Badminton Course
Monday 24th August- Friday 28th August
4pm-5pm Ages 7-15 years
£30.00 from all 5 sessions bookable as a
course.

Book NOW on 020 8669 8666 to guarantee
your space as these are limited.

Summer Holiday Activities - The Phoenix Centre



Summer Holiday fun at The Phoenix Centre

Play Active - 5-10 years.

9.30-11.30am

£3 per child.

Every Tuesday (except 28th July and 11th August) and Friday through the holiday, plus, 6th August, 20th August, 27th August

Trampolining - 5-15 years

10-11:30am + 11:30-1pm

£7.50 per child

28th, 29th 30th July, 11th, 12th 13th August

Football - 5-10 years 1:30-2:30pm / 10-15 years 2:30-3:30pm

£2 per child

30th July, 13th August, 27th August

Basketball camp - 5-10 years 1pm-3pm / 11-15 years 3pm-5pm

£6.30 non members

£4.00 members

Wednesday 22nd July

Table Tennis - 5-15 years

2pm-3pm

£2.00 per child

Friday 31st July, 14th August 28th August

Wednesday 5th August, 19th August, 26th August

Badminton - 7-11 years 9:30-10:30 / 11-15 years 10:30-11:30

£4.00

Monday 3rd, 17th, 24th, 31st August

Sessions run from 21st July to 1st September

Places are limited and can be booked in advance either at reception or online at

www.everyoneactive.com

The Phoenix Centre, Mollison Drive, Wallington, Surrey, SM6 9NZ - 020 8773 6060

www.everyoneactive.com

everyone ACTIVE

Summer Holiday Activities - Disability Sports Sessions

Disability Sessions
Tuesday 28th July – Friday 28th August 2015

Tuesday

Inflatable Swimming Sessions – Westcroft, 12.30 – 1.30pm, All Ages

Member £1.00 Non Member £2.60 per child, Turn up Sessions

To use the inflatable, all swim users must pass a 25m swim test. All swimmers who do not pass the 25metre swim test must be supervised by a competent adult swimmer. For swim rules please see www.facebook.com/Sutton-Parents-Forum

Wednesday

Basketball

Wheelchair basketball held at David Weir Leisure Centre – 1.30pm – 3.00pm

This is only happening on the following dates: Wednesday 29th July, Wednesday 5th August and Wednesday 12th August. These sessions will be £4 per child.

Cycling

Wednesdays - 22nd July to 26th August inclusive at David Weir Leisure Centre. Come and have fun trying out our range of fun cycles. Accessible for all abilities and a wide range of disabilities.

10am-12noon: 14+ year olds / 12-1pm: 7+ year olds. Children must be accompanied by an adult. No need to book. £3 per child (carers free)

For more information, please phone 020 8404 1522 or email cycling@ecolocal.org.uk

Suitable for all abilities, and a wide range of disability accessible cycles available. Children must be accompanied on the track by an adult at all times.

Waves Swimming Session – Westcroft LC, 18.30 -20.00, All ages, Member £2.35 Non Member £4.65. Turn up sessions.

Thursday

Trampolining – The Phoenix Centre, 2.00pm – 3.00pm, 5+ years. £4 for the first child, £2 for each sibling.

Table Tennis – The Phoenix Centre, 1.00pm – 3.00pm all ages, £2 per participant. Parent or carer is required to stay.

Badminton – The Phoenix Centre, 1.00pm – 3.00pm all ages, £2 per participant. Parent or carer is required to stay.

If you wish to do all three activities, you can do this for £6.50.

***Swim Rules:**

- Swimmers who have previously completed a 25m swim test will not need to repeat.
- 2 non swimmers or under 8 to every 1 competent adult swimmer (18+).
- No snorkels or masks to be worn.
- No bombing.
- No fighting or dunking.
- If wishing to go past the red line 25m must swim on their front.

***Inflatable rules:**

- No swimming under the inflatable.
- Feet first down the slide.
- Once off must move away from the inflatable.





Disabled Children Services
In Partnership with Tweeddale Primary School



SUMMER PLAY & STAY 2015

Welcome to Play & Stay

The Summer Holiday 'Play & Stay' session for children with additional needs/ disability aged 0 – 10 years and their parents/ carers and siblings.

COME TO PLAY & STAY

To have fun and play

Meet other parents & carers

Experience a wide range of sensory play, physical activities, music,

Art & Craft activities, free play activities and fun outdoor activities

Enjoy a snack (children only)

Find out about information on play, leisure, and out-of-school activities for children with disabilities and the range of support available for your family



Summer Holiday Play & Stay Sessions 2015:

Week 1 – Tuesday 28th July & Thursday 30th July

Week 2 - Tuesday 4th August & Thursday 6th August

Week 3 – Tuesday 11th August & Thursday 13th August

Week 4 - Tuesday 18th August & Thursday 20th August

Morning session: 10—12 am

Afternoon session: 1.30—3.30pm

Parents & Carers are responsible for supervising their children, and MUST remain with them at ALL times.



Each session cost £1.00 per child per session

(including a snack. Please note the small increase in entrance fee this year)

Please remember to bring a change of clothes, waterproofs/ warm clothing sun cream and hats for your child as well as any snacks as per dietary requirements

Tweeddale Primary School, Tweeddale Road, Carshalton, SM5 1SW

Parking is available on site

For Further Information on **PLAY & STAY** - Call Pam Fry on 077 3633 8707