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.
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
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](http://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](mailto:familyinfo@sutton.gov.uk)
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.

**Family Information Outreach - where are we this summer?**

<table>
<thead>
<tr>
<th>Week One: 20th—24th July 2015</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 22&lt;sup&gt;nd&lt;/sup&gt; July</td>
<td>Baby Clinic at Jubilee Health Centre, Wallington</td>
</tr>
<tr>
<td>Thursday 23&lt;sup&gt;rd&lt;/sup&gt; July</td>
<td>Drop-in at Civic Offices, Sutton</td>
</tr>
<tr>
<td>Friday 24&lt;sup&gt;th&lt;/sup&gt; July</td>
<td>Sticky Fingers Craft at Sutton Central Children’s Library</td>
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<thead>
<tr>
<th>Week Two: 27th –31st July 2015</th>
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<tbody>
<tr>
<td>Monday 27&lt;sup&gt;th&lt;/sup&gt; July</td>
<td>Drop-in at Civic Offices, Sutton</td>
</tr>
<tr>
<td>Tuesday 28&lt;sup&gt;th&lt;/sup&gt; July</td>
<td>Disabled Children’s Services Play and Stay at Tweeddale Primary School</td>
</tr>
<tr>
<td>Thursday 30&lt;sup&gt;th&lt;/sup&gt; July</td>
<td>Drop-in at Civic Offices, Sutton</td>
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<table>
<thead>
<tr>
<th>Week Three: 3rd-7th August 2015</th>
<th></th>
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<tbody>
<tr>
<td>Monday 3&lt;sup&gt;rd&lt;/sup&gt; August</td>
<td>Storytime at Collingwood Park Sutton (near the swings)</td>
</tr>
<tr>
<td>Tuesday 4&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Bubble Fun in Manor Park Sutton (near the cafe)</td>
</tr>
<tr>
<td>Wednesday 5&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Play and Stay at Maple Lodge, The Hamptons, Worcester Park</td>
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<thead>
<tr>
<th>Week Four: 10th-14th August 2015</th>
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<tbody>
<tr>
<td>Monday 10&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Teddy Bears Picnic, Cheam Park (near the swings)</td>
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<tr>
<td>Wednesday 12&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Teddy Bears Picnic, St Helier Open Space (next to the skate ramp)</td>
</tr>
<tr>
<td>Thursday 13&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Drop-in at Civic Offices, Sutton</td>
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<tr>
<th>Week Five: 17th –21st August 2015</th>
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<tbody>
<tr>
<td>Monday 17&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Drop-in at Civic Offices, Sutton</td>
</tr>
<tr>
<td>Tuesday 18&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Outdoor Play and Stay at Benhill Estate Sutton</td>
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<tr>
<td>Tuesday 18&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Drop-in at Job Centre Plus, Sutton</td>
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<tr>
<th>Week Six: 24th– 28th August 2015</th>
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<tbody>
<tr>
<td>Monday 24&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Storytime in Manor Park Sutton (near the cafe)</td>
</tr>
<tr>
<td>Tuesday 25&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Mum’s and Babes at Muschamp Children’s Centre</td>
</tr>
<tr>
<td>Thursday 27&lt;sup&gt;th&lt;/sup&gt; August</td>
<td>Water Play at Beddington Park Children’s Centre</td>
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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/carer 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.
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.
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
appeated by an adult.
For enquiries please ring
0208 770 6820, or email
biodiversity@sutton.gov.uk
**Summer Holiday Activities - The Sports Village**

**NEW Summer Dance Camp**
5 to 12 years

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

Dates
20th July – 27th July, 3rd – 10th August, 17th – 21st August

**Time Table**

<table>
<thead>
<tr>
<th>Age 5-7</th>
<th>Age 8-12</th>
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<tbody>
<tr>
<td>Monday</td>
<td>10am</td>
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<td>Tuesday</td>
<td>10am</td>
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<tr>
<td>Wednesday</td>
<td>10am</td>
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<tr>
<td>Thursday</td>
<td>10am</td>
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**Price**
£5 per class

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**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 gymnastic equipment including air track, bars, beams, and vault.

Dates

**Time Table**

<table>
<thead>
<tr>
<th>Times</th>
<th>Events</th>
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<tbody>
<tr>
<td>1pm</td>
<td>4pm</td>
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**Price**
£20 (members of SSA)
£22 per day (non-members)

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**NEW Football Camp**
5 to 12 years

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

- Dribbling and Ball Skills
- Tuesday – Passing
- Wednesday – Goalkeeping
- Thursday – Shooting
- Friday – Mini tournament day

**Dates**
20th July – 21st August

**Time Table**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10am – 12pm</td>
<td>Tennis</td>
</tr>
<tr>
<td>12 – 1pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1 – 2pm</td>
<td>Fitness</td>
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<tr>
<td>2 – 3pm</td>
<td>Training</td>
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**Price**
£21 per day, half day (9am – 12.30pm or 1.30 – 5pm)
£33 full day (9am – 5pm)
£149 for whole week (10am – 5pm)

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**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.

**Time Table**

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<tr>
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<tr>
<td>20th July – 31st July, 3rd – 7th August, 10th – 14th August, 17th – 21st August</td>
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**Price**
£21 per day, half day (9am – 12.30pm or 1.30 – 5pm)
£33 full day (9am – 5pm)
£149 for week (9am – 5pm)

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**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.

**Time Table**

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<tr>
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<tbody>
<tr>
<td>20th July – 10th August</td>
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**Price**
£21 per day, half day (9am – 12.30pm or 1.30 – 5pm)
£33 full day (9am – 5pm)
£149 for week (9am – 5pm)

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**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.

**Time Table**

<table>
<thead>
<tr>
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<th>Events</th>
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</thead>
<tbody>
<tr>
<td>20th July – 21st August, 3rd – 7th August, 10th – 14th August, 17th – 21st August</td>
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</table>

**Price**
£9 per session

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The Sports Village
Rose Hill Park, Rose Hill, Sutton SM1 5HH
Call 020 8641 6511
Email steves@thesportsvillage.org.uk

www.thesportsvillage.org.uk
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 10th – Wednesday 12th August**
- 10:00am – 2:00pm
- 5-11 year olds

**Monday 3rd – Wednesday 5th 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 (astroturf 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 £51 per week

To book call 020 8768 6047 or visit [www.cpfcfoundation.org](http://www.cpfcfoundation.org)
**Summer Holiday Activities - Ecolocal**

**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.

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.

**How to get there:**
S3 (tail and ride in Colston Ave), 127 and 167 stop in North St, Carshalton Station (5 mins walk). Parking usually available.

**Healthy Sutton Outdoors**

**Environmental Fair**

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

LiveWell, stay healthy

Solar Power

Tasty Food

Kids Activities

FREE BUS

Win prizes online

@envfair

www.envfair.org.uk

**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

**Healthy Sutton Outdoors**

**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

@ecolocal
@ecolocalfood

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

**Healthy Sutton Outdoors**

**EcoLocal**

Funded by: Sutton Council, Ecological Services Ltd Social Enterprise

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Funded by: Sutton Council, Ecological Services Ltd Social Enterprise

Part funded by: Sutton Council, Sports England and Ecological Services Ltd Social Enterprise
**What’s On…**

<table>
<thead>
<tr>
<th>活动名称</th>
<th>详细信息</th>
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<tbody>
<tr>
<td>水上气球课程</td>
<td>参与者年龄：4-11岁，60分钟，受欢迎程度：2000人，每小时10英镑</td>
</tr>
<tr>
<td>书包制作</td>
<td>参与者：Garden Hive，每小时10英镑，欢迎所有年龄段</td>
</tr>
<tr>
<td>艺术和工艺课程</td>
<td>价格：20英镑/小时，欢迎所有年龄段</td>
</tr>
<tr>
<td>糖果装饰</td>
<td>参与者：Cupcake Decorating，有限数量，咨询电话：07947 690095，或发邮件至<a href="mailto:cucakekookies@gmail.com">cucakekookies@gmail.com</a></td>
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**Time Out Youth Club**

- **Time Out Youth Club**
  - **免费**
  - **持续进行**

**Presto Performing Arts Workshops**

- **免费**
  - **持续进行**

**Live Well Clinic**

- **免费**
  - **参与方式**：由健康顾问提供支持，预约电话：020 8251 0606或发送电子邮件至evanel@hrch.nhs.uk

**Summer Fun Days**

- **参与对象**：7-11岁，持续进行

**SUMMER CAMP**

- **免费**
  - **持续进行**

**How about hiring our great spaces to run your own party or special event?**

- **联系方式**：020 8644 9696
- **LIFE CENTRE LIBRARY**
  - 地址：Sutton Life Centre, 24 Alcom Close, Sutton, SM3 9PT
- **Sutton Life Centre**
  - 地址：Sutton Life Centre, 24 Alcom Close, Sutton, SM3 9PT

**Sutton Life Centre**

**Summer Community Fun Day**

**Thursday 30th July 2015**

**10am – 4pm**

Sutton Life Centre

**Inflatable Obstacle Course**

**FREE Dance & Drama Workshops**

**FREE Tombola & Stall**

**NEW Crafts & Activities**

**Summer Holiday Activities - Sutton Life Centre**

**JULY - AUGUST**

**EVENTS PROGRAMME**

**MONDAY**

<table>
<thead>
<tr>
<th>时间</th>
<th>活动</th>
<th>详细信息</th>
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<tbody>
<tr>
<td>17:30 - 19:30</td>
<td><strong>Story &amp; Rhyme Time</strong></td>
<td>10:30, 15:30, 17:45 - 19:45, 19:30 - 21:30, <strong>5 and under</strong>，<strong>term time only</strong></td>
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<tr>
<td>19:30 - 21:30</td>
<td><strong>Kicks: Football - Crystal Palace</strong></td>
<td>17:30 - 20:00, ** Ages 12 - 19**，<strong>FREE</strong></td>
</tr>
<tr>
<td><strong>15:30 - 17:30</strong></td>
<td><strong>ITC - Introduction To Computers</strong></td>
<td>10:00 - 11:00，<strong>Over 50's</strong>，<strong>FREE</strong>，<strong>computer training</strong>，<strong>visit the library register</strong></td>
</tr>
<tr>
<td>17:00 - 19:00</td>
<td><strong>Citizenship Media Group Ages 13 - 16</strong></td>
<td><strong>FREE</strong>，<strong>focused around film, music, art &amp; design</strong></td>
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**TUESDAY**

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<th>时间</th>
<th>活动</th>
<th>详细信息</th>
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<tbody>
<tr>
<td>12:00 - 15:00</td>
<td><strong>Soul Sistas</strong></td>
<td><strong>Female only youth club, 17:30 - 19:30, Ages 12-16, for more info contact Susan on 020 8634 5418</strong></td>
</tr>
<tr>
<td>13:00 - 15:00</td>
<td><strong>Time Out Youth Club</strong></td>
<td>**15:30 - 17:30, Ages 11-19, <strong>FREE</strong>，<strong>term time only</strong>，<strong>Visit Facebook: Time Out Youth Project</strong></td>
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**WEDNESDAY**

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<tr>
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<td><strong>ITC - Introduction To Computers</strong></td>
<td>10:00 - 11:00，<strong>Over 50's</strong>，<strong>FREE</strong>，<strong>computer training</strong>，<strong>visit the library register</strong>，<strong>Time Out Youth Club</strong></td>
</tr>
<tr>
<td>17:00 - 18:30</td>
<td><strong>Presto Performing Arts</strong></td>
<td><strong>17:00 - 18:30, Ages 4 - 7</strong>，<strong>£5 per term</strong>，<strong>fun performing arts classes that end in a live performance for the parents</strong>，<strong>Contact Rhian on: 07529546736, <a href="mailto:prestoperformingarts@live.co.uk">prestoperformingarts@live.co.uk</a></strong></td>
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**THURSDAY**

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<tr>
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<tr>
<td>10:00 - 12:00</td>
<td><strong>Live Well Clinic</strong></td>
<td><strong>Ages 18+</strong>，<strong>FREE</strong>，<strong>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 <a href="mailto:evanel@hrch.nhs.uk">evanel@hrch.nhs.uk</a></strong></td>
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**SPECIAL EVENTS**

Summer Fun Day - July 30th 2015

- **10:00 - 16:00**
  - **Book Character Garden Hunts**
  - **Inflatable Obstacle Course**
  - **Cupcake Decorating**
  - **Crystal Palace FC Foundation Football Fun**
  - **Presto Performing Arts**
  - **Live Well Clinic**
  - **FREE Summer Fun Days**
  - **FREE Presto P.A.'s Workshops**
  - **FREE Xpression Dance Display**
  - **FREE BBQ**

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**Contact**

- **LIFE CENTRE LIBRARY**
  - **020 8644 9696**
- **SUTTON LIFE CENTRE**
  - **020 8634 5418**
- **SUTTON LIFE CENTRE LIBRARY**
  - **020 8644 9696**
- **Sutton Life Centre**
  - **24 Alcom Close, Sutton, SM3 9PT**
  - **www.suttonlifecentre.org**

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.
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 Activities - Westcroft Leisure Centre

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.

www.everyoneactive.com
Summer Holiday fun at The Phoenix Centre

**Play Active** - 5-10 years
9.30-11.30am
£3 per child.
Every Tuesday (except 26th 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
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 28th 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 marks 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.
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 8787