

The Heathway Centre Summer Holiday Activities

23rd July - 1st September 2018



Siblings
welcome
to all our
activities



To make these
activities more
affordable,
The Heathway
Centre have
subsidised all
activities

Programme for Families with Children & Young People with Additional Needs Living in
Barking & Dagenham

The Heathway Centre Booking Guidelines

1. It is the parent/carers responsibility to ensure that your child has the correct car/booster seat when travelling by car.
*The law requires all children travelling in any vehicle, to use the correct child car seat until they are either 135 cm in height or 12 years old (which ever they reach first). After this they must use an adult seat belt.
2. You DO NOT NEED a car seat for our coach trips, however children **will not be allowed to sit on your lap**, therefore you will have to pay for the coach seat.
3. When you are booking any coach trips or activities, it is your responsibility to ensure that you have sufficient support to supervise your children as Heathway Centre staff will NOT be held responsible for supervising any children or young people. Please refer to our Holiday Activity Waiver of Liability and Release Form which MUST be completed prior to attending any trip. Staff will accompany for support only.
4. For all COACH TRIPS, prices do not include entry costs, food etc. You will need to organise this yourself.
5. If you have a MAX card, you may be able to purchase cheaper tickets online. If you do not have a MAX card, you can apply and purchase one for £2.50 from The Heathway Centre.
6. Bookings will be taken from **Tuesday 17th July 2018 at 2pm**. You cannot book before this time. You can phone or drop in to book.
7. **All coach trips** must be paid on the day of booking. Only **cash payments** will be taken. If you would like to use your **ShortBreaks4Me Grant** towards the cost of the coach trip or admission fee, please speak with a staff member who will confirm whether you have sufficient funds to do this prior to booking.
8. For all other activities payments must be received by no later than **5pm on the 26th July 2018**. Failure to pay before the deadline will result in your space being re allocated.

*******No refunds will be issued once coach spaces have been booked*****

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 rd 10am-12pm Young Carers under 8s Group	24 th 11am – 12pm Football Taster Session (5- 11 years)	25 th 10am – 11am Dance/Cheerleading Taster session 11.30am – 12.30am Dance/Cheerleading Taster session	26 th 8.30am – 5pm Coach Trip Colchester Zoo	27 th 4pm – 5pm Martial Arts Fitness	28 th 10am – 12pm Family Fun

July/August/September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 th 10am-12pm Young Carers under 8s Group	31 st 1pm – 2pm Dance/Cheerleading Taster session 2.30pm – 3.30pm Dance/Cheerleading Taster session	1 st 11am – 12pm Football Taster Session (12- 15 years)	2 nd 9.30am – 3pm Coach Trip Grays Beach	3 rd 2pm – 3pm NCS - Story Telling	4 th 10am – 12pm Family Fun
6 th 10am-12pm Young Carers under 8s Group	7 th 10am – 12pm Playground Games	8 th 2pm – 3pm NCS – Social Action Planning	9 th 11am- 12.30pm Cooking Club	10 th 11am – 1pm Barking Splash Park	11 th 10am – 12pm Family Fun
11am – 2pm Heathway Sports Day/Picnic – Trinity School			1.30pm – 3pm Cooking Club	4pm – 5pm Martial Arts Fitness	
13 th 10am-12pm Young Carers under 8s Group	14 th 11am – 12pm Football Taster Session (16- 17 years)	15 th 11am- 12.30pm Cooking Club 1.30pm – 3pm Cooking Club	16 th 11.30am – 3.30pm NCS – Family Fun Day	17 th 4pm – 5pm Martial Arts Fitness	18 th 10am – 12pm Family Fun

20th 10am-12pm Young Carers under 8s Group	21st	22nd 7.45am – 5.30pm Coach Trip Southend on Sea	23rd	24th 2pm – 3.30pm Movie & Popcorn	25th 10am – 12pm Family Fun
27th Bank Holiday	28th	29th 2pm – 3.30pm Movie & Popcorn	30th 11am – 2pm Heathway Picnic in the Park	31st	1st September 10am – 12pm Family Fun

Description of activity	Additional information	Venue	Costs	Age	Spaces available
<p>Dance/Cheerleading Taster Session</p> <p>Come and join our fun taster sessions to see whether you have what it takes to be a mover and shaker!</p> <p>A fun and interactive session to support the development of children and young people's spatial awareness, encourage creativity and imagination, develops confidence and self-esteem and enables increased physical activity and gross motor skills development.</p> <p>Refreshments will be made available</p> <p>**Only 1 session can be booked**</p>	<p>Wednesday 25th July x 2 sessions</p> <hr/> <p>Tuesday 31st July x 2 sessions</p>	The Heathway Centre	£1.00 per child and 50p per sibling	Family Activity	10 children per session
<p>Coach trip to Colchester Zoo</p> <p>During your visit to Colchester Zoo, you will see many species from around the world and can learn more about them at our fantastic daily encounters, giving you the chance to see our animals being fed, watch a training session or perhaps just quiz their keepers</p> <p>Bring a packed lunch</p> <p>This is a coach trip only, food, entertainment and entrance fees are not included.</p>	Thursday 26 th July	<p>Meet at Heathway Centre for 8.45am for coach Pick up</p> <p>Return to Heathway Centre for 5pm</p>	<p>Coach Trip £6.00 per person</p> <p>Adult E-ticket: £19.54. Adult Gate: £22.99 Child E-ticket: £13.59 Child Gate: £15.99 Senior E-ticket: £17.84</p>	Family Trip	64

			Senior Gate: £20.99 Guest with disability E-ticket: £9.77 Guest with disability Gate: £11.50		
<p>Martial Arts Fitness</p> <p>Interested in martial arts? Want to try out something physical? We are running a taster session for those of you interested in trying out 'Kung Fu'. The session will be delivered by a professional accredited instructor.</p> <p>This session will go through some basic principles of Kung Fu, teach you about patience, coordination, discipline and having fun whilst trying it out! This is a physical activity, so wearing loose sports clothing is recommended.</p> <p>Ages 5 and over</p> <p>Refreshments will be made available</p> <p>**Only 1 session can be booked**</p>	Friday 27 th July	The Heathway Centre	£1.00 per child and 50p per sibling	Family Activity	10 children per session
	Friday 10 th August				
	Friday 17 th August				
<p>Coach trip to Grays Beach</p> <p>Located near the riverfront in Thames Road, Grays Beach Riverside Park is one of the most popular and well-visited parks in Thurrock. Facilities at Grays Beach Riverside Park include:</p> <ul style="list-style-type: none"> a sand pit play area, with a play galleon and play equipment for a range of ages and abilities a skate ramp an aerial zip-line an adiZone multi-use ball court a large open grass field, ideal for picnics. <p>Bring a packed lunch.</p> <p>This is a coach trip only, food, entertainment and entrance fees are not included.</p>	Thursday 2 nd August	<p>Meet at Heathway Centre for 9.45am for coach Pick up</p> <p>Return to Heathway Centre for 3pm</p>	<p>Coach Trip cost: £3.50 per person</p> <p>Free Entry</p>	Family Trip	64

<p>NCS Story Telling</p> <p>Young people from the National Citizens Service will be coming along to the Heathway to deliver some story telling activities, team building activities and icebreakers in a bid to find out more about children and young people with disabilities and additional needs. This will form the first of a three-part activity which will see NCS take the lead on issues that are important to you.</p> <p>Refreshments will be provided.</p>	Friday 3 rd August	The Heathway Centre	£1.00 per child and 50p per sibling	Family Activity	20 children per session
<p>Heathway Sports Day/Picnic</p> <p>Time to take part in our annual summer sports day event. We will be working in teams to try out a range of challenges such as the 'egg and spoon race', 'beanbag race', hula hoop race, obstacle challenges and many more. This is a whole family event, so the more the merrier. Please bring a small picnic to enjoy after the session.</p> <p>Refreshments will be made available</p>	Monday 6 th August	Trinity School Playground	FREE	Family Activity	40 children per session
<p>Playground Games</p> <p>For those of you who enjoy some playground fun, we will be going 'old skool' with old favourites such as; Parachute, 'What's the time Mr Wolf?', Simon Says, Duck, Duck Goose, Heads Down Thumbs Up....and any other favourite children games.</p> <p>Please ensure your child is dressed for the weather as some games may be played outside. Refreshments available. Parents are required to be on site, however are not involved in the activities.</p>	Tuesday 7 th August	The Heathway Centre	50p per child	Family Activity	20 children per session
<p>NCS Social Action Planning</p> <p>Come along and get involved with young people from the National Citizens Service to take part in a social action planning session. NCS will be finding out what issues are important to you and your community. They will work with you to organise a volunteering or campaign day to highlight these issues.</p> <p>Refreshments will be provided</p>	Wednesday 8 th August	The Heathway Centre	£1.00 per child and 50p per sibling	Family Activity	20 children per session

<p>Cooking Club - Cheesecake</p> <p>This activity encourages parents, carers and children to cook together as a family, learning valuable cooking skills and an opportunity to try and taste new foods.</p> <p>Please bring your own Tupperware to take your cheesecake home with you.</p> <p>**Only 1 session can be booked**</p>	<p>Thursday 9th August x 2 sessions</p>	<p>The Heathway Centre</p> <p>1pm – 3pm</p>	<p>£1.00 per child and 50p per sibling</p>	<p>Family Activity</p>	<p>10 children per session</p>
<p>Barking Splash Park</p> <p>An amazing outdoor Splash Park in the heart of Barking Park, Essex. A place of laughter and water sparkles where you can relax and have lots of fun.</p> <p>The facility comprises of a safe soft, flat ground with an amazing variety of fountain features going up and down at different intervals.</p> <p>Heathway Staff will be available to support families.</p> <p>http://www.splashparkbarking.co.uk/</p>	<p>Friday 10th August</p>	<p>Meet at Barking Park for 10.45am.</p> <p>Longbridge Road, Barking, IG11 8UD</p>	<p>Admission Prices</p> <p>£4.00 – Child (under 15 years) £2.00 - Adult £10.00 - Family 2 adults and 2 children or 1 adult and 3 children</p> <p>Payment made to park directly not Heathway</p>	<p>Family Activity</p>	<p>N/A</p>
<p>NCS Family Fun Day</p> <p>NCS participants are coming back to deliver a fun day focusing on energising team building activities. This will be music focused incorporating some physical games and sports activities.</p> <p>Bring a packed lunch</p>	<p>Thursday 16th August</p>	<p>The Heathway Centre</p>	<p>£1.00 per child and 50p per sibling</p>	<p>Family Activity</p>	<p>20 children per session</p>
<p>Coach trip to Southend on Sea</p> <p>Enjoy a day out by the sea with some fish and chips and ice cream. If you fancy you can visit Adventure Island.</p> <p>Bring a towel and a packed Lunch.</p> <p>This is a coach trip only, food, entertainment and entrance fees are not included.</p>	<p>Wednesday 22nd August</p>	<p>Meet at Heathway Centre for 8.00am for coach Pick up</p> <p>Return to Heathway Centre for 5.30pm</p>	<p>Coach Trip cost: £6.00 per person</p> <p>Free Entry to beach front</p>	<p>Family Trip</p>	<p>64</p>

Movie and Pop Corn Come and enjoy a cinema style experience. We will be watching a popular DVD – COCO . We will also be serving homemade popcorn as a treat. Children will be required to be supervised by parent/carers. Please inform the Heathway Centre of any dietary requirements or food allergies	Friday 24 th August	The Heathway Centre	£1.00 per child and 50p per sibling	Family Activity	20 children per session
	Wednesday 29 th August				
Heathway Picnic in the Park – Weather permitting Come along and bring your family for a picnic at Dagenham Park . Bring sandwiches, drinks, games and food to share with everyone. This activity will be supported by Heathway Staff.	Thursday 30 th August	Meet at Park entrance at Ballards Road 12pm – 2pm	Free Event	Family Activity	N/A
Football Taster Sessions With the world cup fever still in the air, why not come and try out your skills in kicking around a football. Essex County Football Association in partnership with West Ham United FC will be delivering some taster sessions for children and young people with a disability and their siblings.	Tuesday 24 th July	Trinity School. Meeting point, outside of The Heathway Centre for 10.45am.	£1.00 per child	Family Activity	12
	Wednesday 1 st August				15
	Tuesday 14 th August				18
Family Fun A structured fun group that encourages families to play and learn together and make new friends and develop support networks. Activities include messy play, construction, snack time (fruit), circle time, free play, games etc	Saturday 28 th July	The Heathway Centre	Free Event	Family Activity	20 Children per session
	Saturday 4 th August				
	Saturday 11 th August				
	Saturday 18 th August				
	Saturday 25 th August				
	Saturday 1 st Sept				
Young Carers This session is run by Carers of Barking and Dagenham. This is a closed group. For more information please contact Carers of B&D 0208 593 4422.	Monday 24 th July	The Heathway Centre	N/A	Under 8's Only	N/A
	Monday 31 st August				
	Monday 7 th August				
	Monday 14 th August				
	Monday 21 st August				