

The Heathway Centre Summer Holiday Activities

25th July - 30th August 2019



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. If your child is a baby, you can bring a carry seat and strap the child into the 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 23rd July 2019 at 11am**. You cannot book before this time. You can phone or drop in to book. We do not accept emails as a form of booking.
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 Friday 26th July 2019**. Failure to pay before the deadline will result in your space being re allocated
*******No refunds will be issued once coach spaces or Trips have been booked*****

July 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			25th 3.45pm – 4.45pm Martial Arts Fitness	26th 2pm – 3.30pm Jolly Jungle	27th 10am – 12pm Family Fun
July/August 2019					
29th 10am-12pm Young Carers under 8s Group	30th 2pm – 4pm Games Club	31st 10.30am – 12.30am Cooking Club 1.30pm – 3.30pm Cooking Club -	1st Aug 1pm – 2pm Martial Arts Fitness	2nd 10 – 12pm Heathway Sports Day	3rd 10am – 12pm Family Fun
5th 10am-12pm Young Carers under 8s Group	6th	7th 11am – 1.30pm Eid Bring & Share Party	8th 1pm – 2pm Martial Arts Fitness	9th 10.30am – 12.30am Cooking Club 1.30pm – 3.30pm Cooking Club	10th 10am – 12pm Family Fun
12th 10am-12pm Young Carers under 8s Group	13th 11am – 1pm Picnic & Games in the Park	14th Stubbers 8am – 1.30pm Stubbers 12pm – 5.15pm	15th 1pm – 2pm Martial Arts Fitness	16th 10.45am – 11.45am Barking Splash Park	17th 10am – 12pm Family Fun
19th 10am-12pm Young Carers under 8s Group	20th	21st 2pm – 3.30pm Movie & Popcorn	22nd	23rd 7.45am – 5.30pm Coach Trip Southend on Sea	24th 10am – 12pm Family Fun

26th Bank Holiday CLOSED	27st	28th 8.45am – 5pm Coach Trip Promenade Park	29th	30th 1pm – 3.30pm Heathway Fun Day	31st 10am – 12pm Family Fun
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Description of activity	Dates	Times/Pickup	Venue	Costs	Age	Spaces available
Martial Arts Fitness Interested in martial arts? Want to try out something physical? This session will go through some basic principles of martial arts, 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. Parent/carers must remain with children. Delivered by a professional accredited instructor	Thursday 25 th July	3.45pm – 4.45pm	Heathway Centre 512a Heathway. Dagenham RM10 7SJ	£1.00 per child and 50p per sibling	3 years +	12 children
	Thursday 1 st August	1pm – 2pm				
	Thursday 8 th August	1pm – 2pm				
	Thursday 15 th August	1pm – 2pm				
Jolly Jungle A fun multi -tiered soft play structure with a ball pit. An opportunity for children to climb, explore, slide and develop their sensory experiences. This session will also include a small snack from a choice of chicken nuggets and chips, fishfingers and chips, pizza and chips and a drink. You must bring or wear socks.	Friday 26 th July	Meet at Jolly Jungle 1.45pm	Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH	£5.00	No age restriction, however child must not be taller than 148cm (4ft 10")	20 children

<p>Games Club</p> <p>Come and bring along your favourite games or toys to share. This activity will include an assortment of board game, electronic and outdoor games.</p> <p>Refreshments and a snack of Beans and Toast will be provided.</p> <p>Parent/Carers will not take part in activities but will remain on site.</p>	<p>Tuesday 30th July</p>	<p>2pm – 4pm</p>	<p>Heathway Centre 512a Heathway. Dagenham RM10 7SJ</p>	<p>£1.00 per child and 50p per sibling</p>	<p>Family Activity</p>	<p>20 children</p>	
<p>Cooking Club</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. We will be making a carrot cake.</p> <p>Please bring your own Tupperware to take your carrot cake home with you.</p> <p>You must have enough adults to supervise all children booked.</p> <p>**Only 1 session can be booked**</p>	<p>Wednesday 31st July x 2 sessions</p>	<p>Session 1 10.30am – 1pm</p>	<p>Heathway Centre 512a Heathway. Dagenham RM10 7SJ</p>	<p>£1.00 per child and 50p per sibling</p>	<p>Family Activity</p>	<p>10 children per session</p>	
	<p>Session 2 1.30pm – 3.30pm</p>	<p>Thursday 9th August x 2 sessions</p>					<p>Session 1 10.30am – 1pm</p>
	<p>Session 2 1.30pm – 3.30pm</p>						
	<p>Heathway Sports Day</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 feel free to bring a small picnic to enjoy after the session.</p> <p>Refreshments will be made available</p>	<p>Friday 2nd August</p>					<p>Meet at Heathway Centre for 10am</p>

<p>Eid Bring and Share Party</p> <p>Come and take part in the celebration of the Eid festival. There will be fun party games and activities including arts and crafts, messy play, dancing and music. Meet Mr Zippy who will be entertaining guests.</p> <p>Please bring a dish of your choice. We have a suggested menu which can be discussed during booking.</p>	<p>Wednesday 7th August</p>	<p>1pm – 3pm</p>	<p>Heathway Centre 512a Heathway. Dagenham RM10 7SJ</p>	<p>FREE – just bring a dish</p>	<p>Family Activity</p>	<p>30 children</p>
<p>Heathway Games/Picnic in the Park – Weather permitting</p> <p>Come along and bring your family for a picnic at Dagenham Park. Bring sandwiches, drinks, games and food to share with everyone.</p> <p>We will be bringing some equipment, so we can play some outdoor games.</p> <p>This activity will be supported by Heathway Staff.</p>	<p>Tuesday 13th August</p>	<p>Meet at Park entrance at Ballards Road</p> <p>12pm – 2pm</p>	<p>Old Dagenham Park Ballards Rd, Dagenham RM10 9AR</p>	<p>Free Event</p>	<p>Family Activity</p>	<p>20 children</p>
<p>Stubbers Activity & Adventure Centre</p> <p>Take part in two 90-minute fun and challenging activities. Activities may include; water sports, team games, high ropes, etc. These will be confirmed nearer the time. Adults do not take part but must stay on site. Café available.</p> <p>*Please wear comfortable clothing and bring/drink plenty of fluids.</p>	<p>Wednesday 14th August</p>	<p>Group 1: Meet at Heathway Centre for coach pick up 8am</p> <hr/> <p>Group 2: Meet at Heathway Centre for coach pick up 12pm</p>	<p>Stubbers Adventure Ockendon Road, Upminster, RM14 2TY</p>	<p>£15.00 per child</p> <p>Coach pick up/drop off included.</p>	<p>7 years +</p>	<p>20 children each group</p>

<p>Barking Splash Park – subject to weather</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>	Friday 16 th August	Meet at Barking Park for 10.45am.	Longbridge Road, Barking, IG11 8UD	<p>Admission Prices paid directly to the Park NOT Heathway Centre</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>	Family Activity	20 children
<p>Movie and Pop Corn</p> <p>Come and enjoy a cinema style experience. We will be watching an assortment of popular animation movies (short films) suitable for children and young people. We will also be serving homemade popcorn as a treat. Children will be required to be supervised by parent/carers.</p> <p>Please inform the Heathway Centre of any dietary requirements or food allergies</p>	Wednesday 21 st August	2pm – 3.30pm	Heathway Centre 512a Heathway. Dagenham RM10 7SJ	£1.00 per child and 50p per sibling	Family Activity	12 children
<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. Don't forget your sunscreen too!</p> <p>This is a coach trip only, food, entertainment and entrance fees are not included.</p>	Friday 23 rd August	<p>Meet at Heathway Centre for 7.45am for coach Pick Up</p> <p>Coach will leave at 8am promptly</p>	<p>Marine Parade, Southend-on-Sea SS1 2EJ, England</p> <p>Return to Heathway Centre for 5.30pm</p>	<p>Coach Trip cost: £6.50 per person</p> <p>Children under 6 months FREE</p> <p>Free Entry to beach front</p> <p>Children cannot sit on laps</p>	Family Trip	70

<p>Coach Trip to Maldon's Promenade Park</p> <p>Located on the sloping bank of the river Blackwater, Maldon's Promenade Park has been a popular leisure location for over a hundred years. http://www.visitmaldon.co.uk/promenade-park/ Splash Park, Skateboard park, sand pit, adventure golf, crabbing lake, valley adventure play area, BMX track, swings and slides. Bring a packed lunch!</p> <p>Don't forget your sunscreen too!</p> <p>This is a coach trip only, food, entertainment and entrance fees are not included</p>	<p>Wednesday 28th August</p>	<p>Meet at Heathway Centre for 8.45am for coach Pick Up</p> <p>Coach will leave at 9am promptly</p>	<p>Park Dr, Maldon CM9 5JQ</p> <p>Return to Heathway Centre for 4.30pm</p>	<p>Coach Trip cost: £5.50 per person</p> <p>Children under 6 months FREE</p> <p>Children cannot sit on laps</p>	<p>Family Trip</p>	<p>70</p>
<p>Heathway Fun Day</p> <p>So, it's that time of year when summers almost ended...so come and join us for some fun, structured activities. Meet Mr Zippy who will be entertaining guests.</p> <p>This is a family activity; therefore parents are involved in activities and must supervise their children.</p>	<p>Friday 30th August</p>	<p>1pm – 3pm</p>	<p>Heathway Centre 512a Heathway. Dagenham RM10 7SJ</p>	<p>Free Event</p>	<p>Family Activity</p>	<p>20 Children</p>
<p>Family Fun</p> <p>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</p>	<p>Saturday 27th July Saturday 3rd August Saturday 10th August Saturday 17th August Saturday 24th August Saturday 31st August</p>	<p>10am – 12pm</p>	<p>Heathway Centre 512a Heathway. Dagenham RM10 7SJ</p>	<p>Free Event</p>	<p>Family Activity</p>	<p>20 Children per session</p>
<p>Young Carers</p> <p>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.</p>	<p>Monday 29th July Monday 5th August Monday 12th August Monday 19th August</p>	<p>10am – 12pm</p>	<p>Heathway Centre 512a Heathway. Dagenham RM10 7SJ</p>	<p>N/A</p>	<p>Under 8's Only</p>	<p>N/A</p>