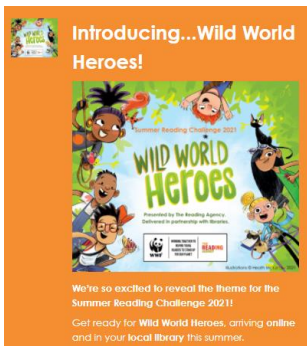




SUMMER HOLIDAY – Activities, Signposting and Support



Summer Reading Challenge 2021 – Hertfordshire Libraries Hitchin is very excited to be taking part in the Summer Reading Challenge, the theme this year is “Wild World Heroes”. The challenge will be running from Saturday 10th July – Saturday 4th September. It will be the same format as previous years. 6 weeks to read 6 books, every 2 books read, they visit the library,

tell us about their favourite book and collect their stickers. Social distancing measures will be in place. What will differ this year, will be the presentations we normally hold, not knowing what the COVID restrictions will be after the 19th July, we had to cancel them this year, but children will still get their medal and certificate on completion.

<https://youtu.be/rC2rCmcsLFA>
<https://summerreadingchallenge.org.uk/news/general/wild-world-heroes-intro>

Fit, Fed & Read Letchworth



Group Exercise

Activity

Description

holidays. Each four-hour day consists of two hours of physical activity, one hour of tuition provided by services including Hertfordshire Fire and Rescue Service, Hertfordshire Libraries, Hertfordshire Constabulary and other local organisations. Children will also enjoy a two-course, nutritious cooked lunch. This camp will be at Letchworth Rugby Club.

Please send your child to the camp with a water bottle, and wearing clothes that are suitable for running around and playing in.

*To get the most out of the camp, it is suggested that children attend all days where possible.



HAPPy Holidays are here!

This summer, thousands of free weekday spaces are available at activity camps happening across the county for children aged 5 to 16, who are in receipt of benefits related free school meals! Choose from an exciting programme of fun sports, healthy meals and enriching activities!

Scan the code to book your activity

Your school will have sent you your HAPPy Booking Code, which you need to access bookings. Please speak to them if you have not received it. You can visit your local library for help signing up and to find out what other activities they have on offer!



in partnership with: HCF, Hertfordshire Fire and Rescue, Hertfordshire Constabulary, Hertfordshire Sports Centre

North Herts Summer 2021 Programme
Monday to Thursday, 12pm to 4pm
Week 1 26 to 29 July, Week 2 2 to 5 August, Week 3, 9 to 12 August, Week 4 16 to 19 August
Westmill Community Centre, John Barker Place, Hitchin SG5 2PE or Mrs Howard Memorial Hall, Norton Way South, Letchworth SG6 1NX. To Book call : 01438 843340 or Text: 07860 065178
Email: sfyp.northherts@hertfordshire.gov.uk



<https://tomkerridge.com/full-time-meals/>

The “Operation Sustain” VCS Winter Preventative Offer – we’re here for you!

For Herts residents, carers & families general:

Need help and don't know where to turn? Have a question or problem? If you or someone you know are struggling this wintertime or any time, we're here to offer help and support.



This is available to you through HertsHelp - our countywide information, advice, signposting and support service - from 8am-8pm Monday-Friday (10am-6pm weekends/bank hols).

Just call HertsHelp on 0300 123 4044, visit <https://www.hertshelp.net/winter-health.aspx>, www.hertshelp.net or email info@hertshelp.net

<https://www.healthyhubnorthherts.co.uk/>
<https://youtu.be/UF5bukopkGo?list=TLGGQjb3AUhgTfOyODA2MjAyMQ>
<https://www.healthyhubnorthherts.co.uk/activities>



Families First
Find the support you need at the **Families First Portal**

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links

[Facebook](https://www.facebook.com/familiesfirst) [Twitter](https://twitter.com/familiesfirst)

hertfordshire.gov.uk/familiesfirst

"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about money"

"I'm worried about my child's behaviour in school and at home"

"I need reassurance and support"



SUMMER HOLIDAY – Activities, Signposting and Support

ENCOURAGING AND INSPIRING THROUGH PE, SPORT & THE ARTS

SMALL STARS

SUMMER HOLIDAY CAMP

JULY 26TH - AUG 20TH
NORTON ST NICHOLAS

BUBBLE 1: SPORTS
BUBBLE 2: ALTERNATIVE*

WHAT TO BRING: BRING PACKED LUNCH, SENSIBLE, COMFORTABLE CLOTHING
COST: NORMAL DAY 9AM-3:30 £25
WRAPAROUND 8AM-5:30 £45 (BREAKFAST & LIGHT TEA)

*MINDFULNESS, PERFORMING ARTS, YOGA, WATER FIGHTS, DEN BUILDING, GAMING

CONTACT SMALL STARS E: ADMIN@SMALLSTARSGROUP.COM
M: 07943549640 F: SMALL STARS

WICKLE DRAMA

July 2021 Summer Course

an amateur production
MATILDA THE MUSICAL (IN 20 MINUTES)
an abridged version of Ronald Dahl's MATILDA THE MUSICAL
Book by Dennis Kelly. Music and lyrics by Tim Minchin
MATILDA THE MUSICAL words and lyrics © Tim Minchin 2016
MATILDA THE MUSICAL Plotline © Dennis Kelly 2017

Monday 26th to Friday 30th July
9.30am to 3pm each day at Ickleford Village Hall
£100 per student (5 to 11 yrs)
Performance @ 2 pm
Friday 30th July at Ickleford Village Hall
all tickets £4 (adult or child)

CALL VALERIE TO BOOK A PLACE 07961 426268
www.wickleddrama.co.uk

WICKLE DRAMA

August 2021 Summer Course

an amateur production
Move It!
by Ruth Keyword & Richard Nell

Two dance crews, Hypnotiks and Blaze, are competing for a place in a regional contest.

Monday 16th to Friday 20th August
10am to 3.30pm each day at Ickleford Village Hall
£100 per student (5 to 11 yrs)
Performance @ 2 pm
Friday 20th August at Ickleford Village Hall
all tickets £4 (adult or child)

CALL VALERIE TO BOOK A PLACE 07961 426268
www.wickleddrama.co.uk



Multi-Sports, Tennis & Netball Camps available

09:00-09:15	Registration				
09:15-09:45	Welcome & Introduction Games				
09:45-10:30	Basketball	Athletics	Hockey	Tennis Rounders	Dodgeball
10:30-11:15	Kwikk Cricket	Badminton	Football	Hockey	Volleyball
11:15-11:30	Morning Break				
11:30-12:15	Freeplay & Games	Freeplay & Games	Freeplay & Games	Freeplay & Games	Freeplay & Games
12:15-13:00	Lunch Break				
13:00-13:45	Tennis	Football	Netball	Badminton	Kwikk Cricket
13:45-14:30	Dodgeball	Kick Rounders	Tennis	Football	Athletics
14:30-14:45	Afternoon Break				
14:45-15:30	Volleyball	Netball	Basketball	Dodgeball	Tennis
15:30-16:00	Certificates & Collection				
16:00-17:00	Late Stay				

Contact: major.marsh@hotmail.com

AT BLUEHARTS HC

GM SUMMER HOCKEY COURSES 2021

SPONSORED BY ARATAC HOCKEY

Mon 26th - Wed 28th July & Mon 23rd - Wed 25th Aug
10am - 3pm

Ages 7 - 14
£40 per day / £100 per course

beezebodies Newsletter Sign up for free

Our Programs Support Professionals About

Healthy lifestyle support for children and families



Your family's health at your fingertips

Sign up for FREE weekly webinars to help your family be healthier. Our team of award-winning family nutritionists are experts at engaging children around healthy eating and exercise in a fun way.

[Bezee Families Live](#)



Kickstart your journey to a healthier family

Book a free, one-to-one appointment with one of our friendly wellbeing co-ordinators to help get your family's health and wellness on the right track.

[Bezee Live](#)



Healthy starts for little ones

Join the Health Exercise & Nutrition for the Really Young programme to help give your child the best possible start in life.

[HEBY](#)

<https://beezebodies.com/>



SUMMER HOLIDAY – Activities, Signposting and Support

DW
SOCCER SCHOOL

SUMMER SOCCER CAMP

MINI TOURNAMENTS
STREET FOOTBALL

OUR LADY SCHOOL
OLD HALE WAY
HITCHIN SG5 1XT

9AM - 3.30PM
EARLY DROP OFF/LATE PICK UP
AVAILABLE

PENALTY SHOOT OUTS
FOOTBALL FUN & GAMES

£19 PER DAY
DISCOUNTS FOR MULTIPLE DAYS BOOKED

**TUESDAY-FRIDAY
27TH JULY - 27TH AUGUST**

COVID PROOF BOOKING FULLY REFUNDABLE

WWW.DWSOCCERSCHOOL.CO.UK
ENQUIRIES@DWSOCCERSCHOOL.CO.UK
07787125227

Want to learn lots of fun dance routines to pop music? **Popdance kids** Want to dance like Little Mix, Anne-Marie, Oily Murs and Harry Styles?

SCHOOL HOLIDAY CAMP

27 & 29 July and 3 & 5 August

10.00am - 3.00pm at Samuel Lucas School Hitchin SG5 2JQ

For boys and girls aged 5-11 years

£20 per day or £65 for all 4 days

Email clara@popdanceworld.com to book your place

Numbers will be limited so book now



For more info visit www.popdance.co.uk/hitchin

Hitchin Music Project

Summer Music Course at **Wishere-Dacre School** 9th -13th August 2021

Chris Pyne 01927 43207 chris@pinkchamps.co.uk

Summer Music at Wishere-Dacre School is a week long course which will run from Monday 9th to Friday 13th of August 2021

The day will start at 9.30 on each day and finish at a pre with a final concert on the Friday starting at 7pm.

The course is open to instrumentalists and singers of all abilities and all ages.

Course members will play in a variety of ensembles and the music played during the week will be presented at the Friday evening concert for family and friends.

The week will be directed by Chris Pyne and his amazing team of professional musicians and teachers and promises to be a fun as well as achieving a great musical result.

The cost is £245 for single applicants or £220 if there is more than one member from a family.

Booked your place simply fill in the form opposite and return with your payment to:

Hitchin Music Project, 9 Philipps Road Hitchin, Herts SG5 2NR

Count me in!

Name: _____
Age if under 18: _____
Address: _____
Telephone number: _____
Email: _____
Instrument: _____
Approximate ability level: _____

Please return this page with a cheque payable to Hitchin Music Project or pay online to:

1. Lloyds Bank account name: Hitchin Music Project sort code: 30-90-30 account number: 09306888

If you choose this method then be sure to include your name on all cheques and email me to confirm chris@pinkchamps.co.uk

Letchworth Sports and Tennis Club **DRH SPORTS**

Camp GO! Tennis & Multi-Sports

at Letchworth Sports & Tennis Club

4 weeks July 26th - August 27th 2021

*The camp will not run between 9th - 13th August

From ages 5-12
Kids will be split into age groups where possible.

£16 - 9am - 12pm *early drop off available

Tots Camp Ages 3 & 4
£14 - 9am - 11am

TENNIS
FOOTBALL • HOCKEY
TEAM GAMES...
and much more!

Join the fun!

For bookings or information:
WWW.DRHSPTS.CO.UK
Tel: 07901 903520 Email: campgo@drhsports.co.uk

at Letchworth Sports and Tennis Club, Muddy Lane, Letchworth, SG6 3TB

GTD Sessions

GTD Sessions are a great way to try multiple disciplines of Gymnastics, these sessions include Floor Gymnastics, Tumbling, Trampoline and Double Mini Tramp.

Sessions are led by experienced coaches who are there to teach you some new awesome skills and are ideal for children who love anything gymnastics related!

Tuesday 10th, Wednesday 11th, Friday 12th
Tuesday 17th, Wednesday 18th, Friday 19th
Tuesday 24th, Wednesday 25th, Friday 26th

10:00 - 11:00, 11:15 - 12:15

£10 per session
CHILDCARE VOUCHERS ACCEPTED
To find out more information or book your space contact:
camps@hitchinboys.co.uk

HBS REVOLUTIONS

HBS REVOLUTIONS

1-to-1 Trampoline & Gymnastics Coaching

HBS are offering private Trampoline & Gymnastics sessions over School Holidays. These 1-to-1 sessions with a highly qualified coach are intended to maximise your development in your desired discipline.

£40 per hour for one gymnast or £50 per hour for 2 gymnasts - Book 2 sessions, get a third for FREE!
CHILDCARE VOUCHERS ACCEPTED

To find out more information or to book a session please contact us camps@hitchinboys.co.uk

Hitchin Boys' School Sports Centre Summer Sports Camp

Activity camp for children aged 6-12

An action packed week led by DBS checked, qualified sports coaches

Monday - Friday, 9am - 4pm (early drop off and late pick-up available)

Week commencing 9th August
Week commencing 16th August
Week commencing 23rd August

£40 per day or Full week £120
10% Sibling discount
CHILDCARE VOUCHERS ACCEPTED

To find out more information or book your space contact Beckie at: camps@hitchinboys.co.uk

Hitchin Boys' School Sports Centre Easter Sports Camp

Activity camp for children aged 4&5

Monday 9th August, Thursday 12th August
Monday 16th August, Thursday 19th August

9:30 - 12:30

£25 per session
CHILDCARE VOUCHERS ACCEPTED

An action packed week led by DBS checked, qualified pre school sports coaches

To find out more information or book your space contact Beckie at: camps@hitchinboys.co.uk




SUMMER HOLIDAY – Activities, Signposting and Support



Phase Parenting podcasts and NESSie parent forum are funded by Hitchin Mental Health Recovery Team.

Supporting children to go back to school
(Anxiety support and building resilience)





PRESENTATION OVERVIEW
Exploring causes of anxiety in young people and offering an opportunity to discuss effective management.

This forum is designed to give parent/carers the opportunity to explore and discuss the issues around anxiety in children and young people and help manage the impact of change. The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children to develop confidence and resilience. It will include a brief overview of children with neurodiversity.

This training will be led by Rachel Lambie (Dramatherapist and CEO) and Vv Orstedahl (Training Lead, and experienced School Mental Health and Wellbeing Lead) from NESSie.

Date: Tuesday 31st August
Time: 7-8.30pm
Venue: Online [A link will be sent out via email on the morning of the training]

To book a place please click [HERE](#):
Or visit: nessiein.com/events

Helping children and young people thrive
NESSie IN ED CIC. Company registered in England & Wales number: 11719408
nessiein.com



Parenting podcasts:

<https://soundcloud.com/user-201698962>

Topics :

- Let's Talk – Mental Health & Wellbeing
- Parenting in Lockdown Ep.1 Lockdown Life
- Parenting in Lockdown EP. 2 Education
- Parenting in Lockdown Ep. 3 Wellbeing

HITCHIN
FOOD
PROVISION



Can we help take the pressure off?

We wish to support people in our community who have been financially impacted due to the pandemic. Although restrictions are easing personal financial circumstances may still be difficult.

It's easy to **apply for a supermarket e-voucher** to ease the pressure on you and your family. Perhaps you have been furloughed or are returning to work and are waiting for your finances to adjust, been made redundant or had your hours significantly reduced. You can re-apply for this support. Please contact us to see if you are eligible.

For an application form email us: foodprovision-hitchin@wilshere.herts.sch.uk



Click [HERE](#) for full activity summary or go to www.hitchinpartnership.org.uk