

February half term 2010 Monday 15 – Friday 19

# Holiday activity programme

Including

## Word explosion!

Events for East Cornwall's first Literary Festival for young people



Supported by South East Cornwall Extended Services





# Welcome to our February half term activity programme

This February Half Term Holiday Activity Programme has been put together by South East Cornwall Extended Services Network, in partnership with Cornwall Council Leisure Services, Leisure Centres, Schools, Youth Cornwall and Children's Centres.

## Booking activities

You will be able to book your activities by contacting the activity provider. Please read the details under each venue for full contact details.

A booking form for the Extreme Sports Activities and the Family Trips is included in this booklet. See pages 9-12 for full details.

**Please note that places on all activities are limited, so early booking is advisable.**

**Inclusion** - If your child has a disability and / or an additional need, assistance may be available by a trained assistant through the D-Catch project. Please call Family Information Services on 0800 587 8191 for further details.

**Quality Assurance** - All providers promoted throughout this booklet have confirmed that they hold the necessary accreditation, qualifications and insurance to work with children and young people. However Cornwall Council and Extended Services have not inspected these services, therefore parents are strongly advised to independently satisfy themselves as to the suitability of the activities and services before taking part. It is the responsibility of each activity provider to ensure that all necessary health and safety requirements, along with safeguarding children procedures are fully met.

Supported by  
**South East Cornwall  
Extended Services**

**DCATCH**



# If your child has a disability and/or an additional need



We now offer an Includer Service using trained Teaching assistants to support disabled children in organised activities during the school holidays.

The activity can be organised through extended services, sports centres and many more and offers disabled children the opportunity to take part in mainstream activities with the support to ensure their needs are met.

Parents and carers can self refer or be referred by a professional involved with the family.

Disabled Children's  
Access to Childcare  
(DCATCH)

For more information please call  
the Family Information Service on  
**0800 587 8191**

Write to Family Information Service,  
Dowrglan, Stennack Road, St Austell  
PL25 3SW

Or email: [fis@cornwall.gov.uk](mailto:fis@cornwall.gov.uk)



[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

# Inclusion activities

These are targeted activity sessions for disabled children, their siblings, parents and carers.

## Liskeard School and Community College (New Hall)

### Arts and games ●

Friday 19 • 10am - 12noon (12 - 1pm - Lunch - please bring a packed lunch) • 5 - 11yrs

Fun family morning with staff from Action for Children, incorporating arts and crafts and indoor games. All Children must be accompanied by an adult.

### Creative arts ●

Friday 19 • 1pm - 3pm • Under 8's

An afternoon full of creativity. All children must be accompanied by an adult.

### Dance ●

Friday 19 • 1pm - 3pm • Over 8's

A fun session full of music and movement, delivered by an experienced dance instructor. Parents and carers encouraged to participate!

### Booking

Please use the booking form provided in this activity booklet and return to 'Extended Services C/o 6a Heathlands Ind Estate, Heathlands Road, Liskeard PL14 4DH'. In addition to the practitioners delivering the sessions there will be inclusions at each of the sessions to provide support to children if needed. However, if your child requires 1:1 support please tick the 'one to one support required' box on the booking form and you will be contacted to discuss your specific requirements. Please book by Monday 8 February.

If you require more information, please contact Heather Walton on 01579 324950.



## Torpoint Youth and Children's Centre

Trevol Road, Torpoint PL11 2NH

### Rhythm Sticks ●●

Friday 19 • 1pm - 3pm

Hit the beat in this fun drumming session. All children must be accompanied by an adult.

### Booking

To book for this activity please contact staff at the Torpoint Children's Centre on 01752 816569. In addition to the practitioners delivering the sessions there will be inclusions at each of the sessions to provide support to children if needed.

DCATCH is a Government funded project to identify and breakdown the barriers that prevent disabled children accessing childcare and activities. When DCATCH provides funding for an activity we ask for the details of each child that attends to be passed onto the project. These details will only be used to evaluate the project through the National Centre for Statistical Analysis and will not be passed onto any other third party.



# Extreme sports

Zoe Harris, Cultural Services, Cornwall Council, Luxstowe House, Liskeard, PL14 3DZ  
Tel: 01579 341026 Email: zharris@cornwall.gov.uk

## Climbing and abseiling ●

Monday 15 • 10:00am – 4:00pm • 11yrs – 16yrs •  
£20.00 per person

This exciting activity is delivered by experienced instructors from Cornwall Outdoors, and will give the opportunity to climb and abseil rock faces on Bodmin Moor. All safety equipment is provided, but please wear warm and waterproof clothes and appropriate footwear (either trainers or walking-boots/shoes). Bring a ruc-sac with packed lunch and plenty to drink.

## Mountain biking ●

Tuesday 16 • 10.00am - 4.00pm • 11yrs-16yrs •  
£20.00 per person

Experience the challenge of moorland biking trails with experienced riders from Cornwall Outdoors. Bikes and safety helmets will be provided, but if you have your own safety helmet please bring it with you. You will also need to bring a ruc-sac with wet weather gear, a packed lunch and plenty to drink.

## Tree surfing ●

Thursday 18 • 10.00am - 4.00pm • 11yrs-16yrs •  
£20.00 per person

Test your wits on this new adrenaline fuelled adventure run by Treesurfers in the Tamar Valley. Ladders, rope bridges, zip wires, trapeze swings - its got them all! This activity requires participants to be at least 5ft tall and have no fear of heights. Please bring a packed lunch.

## Paddle day ●

Friday 19 • 9.00am - 3.00pm • 11yrs-16yrs •  
£20.00 per person

Enjoy a day canoeing along the river Tamar with experienced instructors from Cornwall Outdoors. Please wear water-proof clothing and bring a packed lunch.

## Booking details

Local transport pick-ups will be available. There is a booking form attached on Pages 9-12 for the Extreme Sports, but please ring Zoe Harris from Leisure Services on 01579 341 026 before completing the form.



# Family day trips

Zoe Harris, Cultural Services, Cornwall Council, Luxstowe House, Liskeard, PL14 3DZ  
Tel: 01579 341 026 Email: zharris@cornwall.gov.uk

## Plymouth Aquarium and bowling trip ●

Monday 15 • 10:00am – 3:30pm • £15.00 per person

## Ski and snowboarding trip ● ●

Wednesday 17 • 10:00am – 3:00pm • £20.00 per person

## Booking details

Local transport pick-ups will be available. There is a booking form attached on Pages 9-12 for the Family Trips, but please ring Zoe Harris from Leisure Services on 01579 341 026 before completing the form.

**One adult  
goes free!**

# Callington Sport and Leisure

Launceston Road, Callington, PL17 7DR Tel: 01579 383 477 Email: [bjones@callington-comm.cornwall.sch.uk](mailto:bjones@callington-comm.cornwall.sch.uk)

## Street dance with Gemma Kempthorne ●

Monday 15 • 5-7yrs • 10am-12noon • 5-7yrs • £5.00 •  
8-11yrs • 1pm-3pm • 8-11yrs • £5.00

Have fun learning funky hip-hop and street dance routines. Please wear suitable comfortable clothing and footwear, and bring along a snack and plenty to drink.

## Raquet sports ●

Tuesday 16 • 10am-11.30am • 5-7yrs • £3.50 • 12.30pm-  
2.00pm • 8-11yrs • £3.50

This racket sport session will include badminton, indoor tennis and table tennis. Suitable for all abilities. Please bring a snack and a drink.

## Trampolining ●

Wednesday 17 • 5-7yrs • 10am-12noon • £6.00 • 8-11yrs •  
1pm-3pm • £6.00

A fun and physically active session to develop trampolining skills. Please bring a snack and a drink.

## Going potty ●

Thursday 18 • Ceramics • 10am-12noon • 5-11yrs • £6.00 •  
Ceramics • 1pm-3pm • 5-11yrs • £6.00 • All day ceramics •  
10am-3pm • 8-11yrs • £15.00

Get creative in these sessions using a variety of ceramic designs. Please bring a box or something suitable to take your art work home with you - and wear clothes that you dont mind getting messy!

For all day, dont forget your packed lunch and a drink.

## Football ●

Friday 19 • 10am-12noon • 5-7yrs • £3.00 • 10am-3pm •  
8-11yrs • £6.50

Football sessions to improve technique in a fun environment, includes small sided games. Please bring shin pads, and food and drink.

## Booking

For further information or to make your booking please contact Beth on Tel: 01579 383 477.



# Callington Space Centre

Callington Community College, Launceston Road, Callington, Cornwall, PL17 7DR  
Tel: 01579 386 124 <http://spacecentre.callington.cc>

## Lego robotics challenge day ●

Wednesday 17 • 9.30 am until 3pm • 9-14 yrs •  
£12 per person

Specialised robotics training. Build your robot using Lego mind storms then compete on the challenge board.

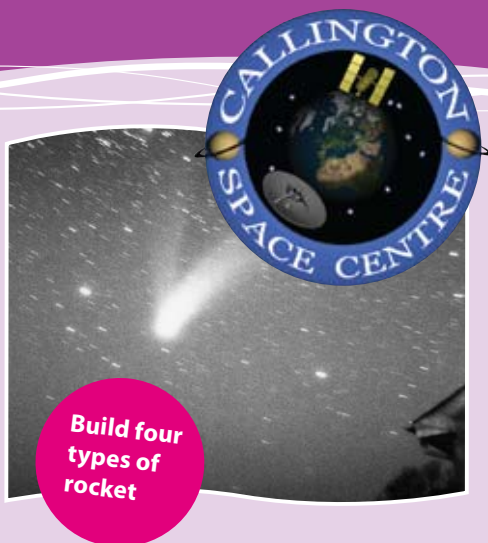
## Space rocket challenge day ●

Thursday 18 • 9.30am – 3pm • 9-14 yrs • £12 per person

Come along for a fun day building different types or rockets. Can you make a two stage rocket and launch it? Prizes awarded for best flight and distance!

## Bookings

Please contact the Space Centre on Tel: 01579 386 124.



# Callington Children's Centre

Saltash Road, Callington PL17 7EF Tel: 01579 389647 Email: [callingtonchildrenscentre@cornwall.gov.uk](mailto:callingtonchildrenscentre@cornwall.gov.uk)

## Jo Jingles ●

Tuesday 16 • 10.30am – 12noon • 50p

Enjoy a musical sing-along with Jo Jingles. This activity is open to children under 8yrs old. Parents are encouraged to stay and play with their children. Any child under the age of 5 **must** be accompanied by a parent/carer.

## Elephant story and craft ●

Thursday 18 • 10.30 – 12noon • 50p

Be amazed at the wonderful adventures of an elephant, and let your imagination run wild in an art activity based on the story. Activity open to children under 8yrs old. Parents are encouraged to stay and play with their children. Any child under the age of 5 **must** be accompanied by a parent/carer.

## Delaware Community Learning Centre

### Jo Jingles ●

Wednesday 17 • 10.30am – 12noon • 50p

Enjoy a musical sing-along with Jo Jingles. This activity is open to children under 8yrs old. Parents are encouraged to stay and play with their children. Any child under the age of 5 **must** be accompanied by a parent/carer.

### Bookings

Numbers for these activities are limited so please ring the team at Callington Children's Centre on 01579 389 647 to book your place.

# Lux Park Leisure Centre

Coldstyle Road, Liskeard PL14 3HZ Tel: 01579 342 544



## Dance Academy ●

Tuesday 16 • 10:00am – 4:00pm • 8yrs – 13yrs •  
£8.50 per person

The day will include a variety of different types of dance i.e. street/hip hop/musical drama. The children will work towards a small production at the end of the day for parents to come and watch if they wish. Please bring a packed lunch.



## Football frenzy ●

Thursday 18 • 10:00am – 12:00noon • 5 - 7yrs • £3.50 •  
10:00am – 3.00pm • 8 - 11yrs • £7.50

Develop your football skills and practice various techniques with qualified coaches. Small-sided games will also be played. Please bring a packed lunch, trainers, wet-weather gear and shin pads.

## Splash me quick, I'm going potty ●

Friday 19 • 9:00am – 3:00pm • 8yrs – 11yrs •  
£10.50 per person

The day will include a fun session in the pool, snack (squash and fruit), multi-sports activities in the sports hall, lunch time meal and then pottery in the afternoon.

## Bookings

To make a booking or for further information please contact the Leisure Centre staff on 01579 342 544.

# Liskeard Children's Centre

Varley Lane, Liskeard PL14 4AP Tel: 01579 349 157

## Creative craft activity ○

Tuesday 16 • 10 – 12 • Under 5 yrs • Free

This creative craft activity is open to all parents with children aged 5yrs and under. Its a drop-in session, so there's no need to book.



February half term holiday activities

# Booking form



## Basic information

Child's name

Home address

Post code

Date of birth

 /  / 

Age

School

Emergency telephone number/s

1st

(Please provide at least two numbers in priority order) 2nd

Form continues on next page

Medical conditions / allergies / asthma / diabetes / disability / additional needs or special requirements.

Yes  No

If **yes**, please explain:

If you require the support of a one-to-one support worker to access our mainstream activities please call Action for Children on 01208 264579 or Family Information Services on 0800 587 8191

I give consent for activity staff to administer basic medication detailed below: Yes  No

Amount and dose:

I give consent for my child to receive hospital / medical treatment should the need arise and also consent to any emergency treatment necessary. I therefore authorise the appropriate activity staff member to sign on my behalf. Any written form of consent required by the hospital authorities should medical treatment be deemed necessary, provided that the delay required to obtain my signature might be considered, in the opinion of the doctor or surgeon, likely to endanger my child's health or safety: Yes  No

I am happy for my children to be photographed and /or videoed when participating in the holiday activities. The photos / video may be used to publicise the programme: Yes  No

I can confirm that my child can swim the minimum distance of 25 metres. This is for all extreme sports water based activities such as kayaking, coasteering and surfing etc: Yes  No

I confirm that I have parental responsibility for the child named on this form: Yes  No

For peace of mind we would like to know how your child will leave at the end of the session (please tick)

My child will be picked up  by (please print name)

My child will not be picked up and may be walking or cycling

By signing this form you confirm that you have read and understood all of the above and have provided us with all of the necessary information.

Signed

Date  /  /

**Data protection** – Any information given may be retained on our computer or in our records. It will be used by the Council for the specific purposes for which it was collected and any other relevant Council purposes including Government antifraud data matching– especially Benefits, Council Tax, NNDR, Housing, Salaries, Employment, Pensions and Members Allowances. It will not be exchanged or sold to any third party. Anonymised information may be used for statistical purposes. The Chief Executive is the Council's Data Controller.

**Please ensure that you have signed and completed both sides of this form**



# Activities

Please tick all activities you wish to take part in

## Extreme Sports Activities

Please tick what Extreme Sports Activities your child would like to do. Completed forms, along with payment need to be sent to Zoe Harris, Leisure Services, Cornwall Council, Luxstowe House, Liskeard PL14 4DZ. **Please ring Zoe on 01579 341 026 before completing and returning your form to ensue your place is reserved.**

- Climbing and abseiling** • Monday 15 February • £20.00
- Mountain biking** • Tuesday 16 February • £20.00
- Tree surfing** • Wednesday 18 February • £20.00
- Paddle day** • Friday 19 February • £20.00

## Family trips

Please tick what Family Trips you and your children would like to do. Completed forms, along with payment need to be sent to Zoe Harris, Leisure Services, Cornwall Council, Luxstowe House, Liskeard PL14 4DZ. **Please ring Zoe on 01579 341 026 before completing and returning your form to ensue your place is reserved.**

**Plymouth Aquarium and Bowling** • Monday 15 • £15 per person ( 1 adult goes free)

Names of all attending

1  Child/Adult    2  Child/Adult  
3  Child/Adult    4  Child/Adult  
5  Child/Adult    6  Child/Adult

**Skiing and Snowboarding** • Wednesday 16 • £20.00 per person ( 1 adult goes free)

Names of all attending

1  Child/Adult    2  Child/Adult  
3  Child/Adult    4  Child/Adult  
5  Child/Adult    6  Child/Adult

## Family Fun Activity Day

**Family Fun Activity Day for disabled children, their siblings and parents**

Liskeard School and Community College • Friday 19 February • 10am-4pm •  
Free for disabled children and families.

If your child has a disability and/or an additional need and you would like one-to-one support by a trained assistant please let us know by ticking the one-one support required box below. We will contact you shortly to discuss your requirement.

**One to One Support Required**

**Please note if you are booking for this activity, the form must be returned to** 'Extended Services C/o 6a Heathlands Industrial Estate, Heathlands Road, Liskeard PL14 4DH. If you have also booked to attend a family trip or an Extreme Sports activity, the Extended Services Team will pass the information on to Zoe Harris at Leisure Services on your behalf - just remember to ring Zoe before hand to reserve your place.

Total:

Please make cheques payable to **Cornwall Council**. For all other activity bookings listed in this booklet please refer to the provider managing the booking or hosting the activity as listed under the relevant activity.

# Falcon Ridge Sports Academy

Dobwalls, Liskeard PL14 6HB Tel: 07717 550378

Falcon Ridge Sports Academy boasts olympic-standard facilities in gymnastics and trampolining as well as a range of multi-sports equipment. We are offering an action packed week of activities during half term for children aged 5yrs and upwards. You can choose a selection of activities with special rates available if you book for the whole week.

## Fit 4 Fun ●

Monday and Friday • 9.30am - 12pm • 5 - 8yrs •  
£10 per session • 9.30am - 4.00pm • 8yrs+ • £23 per day

Please bring a packed lunch and plenty to drink. Fit for Fun offers you the chance to try out a variety of multi-sport challenges including wall climbing, agility, sport wall and team challenges.

## Intensive gymnastics and trampolining ●

Tuesday, Wednesday and Thursday • 9.30am - 12pm •  
5-8yrs • £10 per session • 9.30am - 4.00pm • 8yrs+ •  
£23 per day

Please bring a packed lunch and plenty to drink. Delivered by qualified coaches, these intensive gymnastics and trampolining sessions are open to all abilities. Please wear suitable sports clothing and remove or cover earrings.

## Special discounts

**Save £5** if you book for all 5 Under 8's sessions  
Mon-Friday - £45

**Save £15** if you book for all 8yrs + activity days  
Mon-Fri - £100

To book or for more information please contact  
Nathan Stanley on 07766 263681 or Mo Gregory on  
07717 550378



# Looe Sports Hall

Sunrising, Barbican, Looe Tel: 01503 264 665 Email: [sminnette@looe.cornwall.sch.uk](mailto:sminnette@looe.cornwall.sch.uk)

## Kids Klub ● ●

Monday 15 • 10.00am – 12.00pm • 5 – 10 years •  
£2.00 per child

A fun session of indoor or outdoor sports and games.

## Street surfing ●

Tuesday 16 • 10.00am – 12.00pm • 7 – 14 years •  
£4.00 per child

Test your balance and develop your boarding skills in this action packed session. Suitable for all skill abilities.

## Sir Ramics Pottery ●

Wednesday 17 • 10.00am – 12.00pm • 6 – 14 years •  
£6.00 a session • 1.00pm – 3.00pm • 6 – 14 years •  
£10.00 for both

Get creative using ceramics and clay in this fun-filled session. Please bring a suitable box or bag to take your works of art home!

## Trampolining ●

Thursday 18 • 10.00am – 12.00pm • 5 – 7 years • £6.00 a session • 1.00pm – 3.00pm • 8 – 14 years • £6.00 a session

Aim high in this fun trampolining session delivered by qualified coaches.



## Archery ●

Friday 19 • 10.00am – 12.00pm • 8 – 14 years •  
£5.00 a session

Fancy yourself as a modern day Robin Hood? This session will teach you the skills and techniques you need to get on target everytime!

## Booking

For further details or to make a booking please contact Stan on Tel: 01503 264 665 Mobile: 07772 250 453 or Email: [sminnette@looe.cornwall.sch.uk](mailto:sminnette@looe.cornwall.sch.uk)

# Looe Children's Centre

Trewint Crescent, Barbican, Looe, Cornwall  
PL13 1ET Tel: 01503 265 611

## Beasts and butterflies ●

Tuesday 16 • 10am - 12noon • 5-11yrs • 50p

Get creative with nature! This art session will involve making and colouring springy spiders, beautiful butterflies and other creepy crawly delights! Parents are encouraged to stay and play with their children.

## Messy Play ● ●

Friday 19 • 10am - 12noon • Under 8's • 50p

Get creative and messy at the same time in this fun-filled session for all children aged 8yrs or under. Parents are encouraged to stay and play with their children. All children under 5yrs must be accompanied by a parent or carer.

## Booking

To make a booking please contact the Children's Centre staff team on 01503 265 611.

# Saltash based activities

We're working together in Saltash to make it easier for parents and carers to book activities. All activities for children aged 8 and over delivered in Saltash now have a central booking scheme managed by staff at the Leisure Centre. so whether you are booking an

activity for SaltMill, the Leisure Centre or any of the Youth Projects, you only need to contact one venue - The Leisure Centre. Please pop in or Tel: 01752 840 940 to make your booking or for further information.

## Saltash Leisure Centre

Plougastel Drive Saltash, PL12 6DJ  
Tel: 01752 840 940

### Pirate Island inflatable swim

Tuesday 16 • 10:15am – 12:15pm •  
8yrs – 15yrs • £3.50

Come and fun in the pool with giant inflatables. Lifeguards on duty at all times.

### Clowning around day

Thursday 18 • 9:00am – 3:00pm • 8yrs – 11yrs •  
£10.50

This great value, action packed day includes a splash around in the pool in the morning and a fun fit class, followed by a chance to really clown around with circus skills in the afternoon. Costs also include mid-morning snacks and a lunchtime meal. Don't forget to bring swim wear for the morning and comfortable clothes and trainers for the fun-fit and circus skills sessions! Contact the leisure centre staff on Tel: 01752 840 940 for further info or to make your booking.

## Pilgrim Pitch

Saltmill Lane, Saltash, PL12 6LG

### Multi-Sports

Friday 19 • 10:00am – 3:00pm • 8yrs – 11yrs •  
£7.50

Delivered at Pilgrim Pitch, the excellent outdoor Multi-Use Games Area in Salt Mill, this day offers a variety of outdoor games delivered by qualified coaches. Please bring a packed lunch and waterproof clothing in case it rains! Contact the leisure centre staff on Tel: 01752 840 940 for further info or to make your booking.



## Livewire Youth Music Project

Brooke Close, Saltash, Cornwall PL12 4EN  
Tel: 01752 843 570

### School of Rock

Wednesday 17 • 10:00am – 4:00pm • 8yrs – 15yrs • £8.50

This is a must-attend activity for all budding musicians out there! Delivered by experienced music leaders from the hugely successful Livewire Youth Music Project in Saltash, this day will give you the opportunity to develop and show-off your music talents. Are you a guitar or drum hero?! Contact the leisure centre staff on Tel: 01752 840 940 for further info or to make your booking.

## K2 Youth Project

Church Road, Saltash PL12 4AE

### Non Contact Boxing

Friday 19 • 10:00am – 12:00noon • 11yrs – 16yrs • £2.50

This non-contact session will teach you some of the techniques used in boxing, and will give you a great work-out at the same time! Please wear suitable clothing and bring a snack and plenty to drink. Contact the leisure centre staff on Tel: 01752 840 940 for further info or to make your booking.

# Saltash Children's Centre

Plougastel Drive, Saltash PL12 6DJ Tel: 01752 847 419

## Story time and meet the bookstart bear ●●

Monday 15 • 3-5 years and siblings • 50p

Parents/carers must stay with their children during this session. Booking essential.

## Have fun with Dave and his guitar ●●

Monday 15 • 1pm-2pm • Under 5's • Free

Come and sing with Dave and his guitar. Parents/carers must stay with their children during this session. Booking essential.

## Family fun cookery workshop ●●

Wednesday 17 • 10-12 • Under 5's • £1.00

Parents/carers must stay with their children during this session. Booking essential.

## Jo Jingles ○●

Thursday 18 • 1pm-1.45pm • Under 5's • 50p

Singing, dancing and playing instruments. Booking essential. Parents/carers must stay with their children during this session.



## Under 5's Swim ●●

Friday 19 • 1pm -1.45pm • 75p each includes free drink in café afterwards.

Under 5's swim at the leisure centre. One adult to one child.

Come and enjoy the pool with your child.

## Bookings

All activities are to be booked in advance by contacting the Children's Centre on 01752 847 419.

# Torpoint and Rame Sports Centre

Antony Road, Torpoint, PL11 2NH Tel: 01752 815172 Email: torpointcsc@plymouthymca.co.uk  
The Sports Centre is now Ofsted registered on the Voluntary Childcare Register.

## Urban Funk ●

Monday 15 • 10am-12pm • 8-16 years • £5.00

This dance session will let you show off your street and hip-hop moves and have great fun! Suitable for all skill abilities. Please bring a snack and plenty to drink.

## Boxercise ●

Tuesday 16 • 10am-12pm • 8-16 years • £3.00

This non-contact session will teach you some of the techniques used in boxing, and give you a great workout at the same time!

Please wear suitable comfortable clothing and bring a snack and plenty to drink.

## Arts and crafts ●

Wednesday 17 • 10am-12pm • 5-11 years • £3.00

A medley of art based activities letting you get creative in a fun environment. Please bring a snack and a drink and wear clothes that you don't mind getting messy!

## Trampoline and gymnastics ●

Thursday 18 • 10am-12pm • 5-7 years • £5.00 • 1-3pm • 8-16 years • £5.00

Delivered by qualified coaches, these sessions are fun and suitable for both beginners and those more experienced. Please bring a snack and a drink.

## Krazy Kidz Klub ●

Friday 19 • 10am-12pm • 5-11 years • £2.00

Includes a medley of indoor sports and games. Please bring a snack and drink.

## Multi-Sports ●●

Friday 19 • 12pm-3pm • 8-14 years • £3.00

Includes a medley of indoor and outdoor\* (depending on weather) sports. Please bring a snack and a drink.

## Booking

To make a booking please contact the Sport Centre staff team on 01752 815 172.

# Torpoint Youth and Children's Centre

Trevol Road, Torpoint PL11 2NH Tel: 01752 816569

## Hi Kix – Taster dance session ●●

Monday 15 • 10.30am -11.15am • 3-5 years • 75p

Come and dance with Miss Viv. Parents/carers must stay with their children during this session. Booking essential.

## Family Fun cookery workshop ●●

Tuesday 16 • 1-3pm • Under 5's • £1.00 per child

Parents/carers must stay with their children during this session. Booking essential.

## Arts and crafts ●●

Wednesday 17 • 1-2pm • 50p

To celebrate Chinese New year. Parents/carers must stay with their children during this session. Booking Essential.

## Jo Jingles ●●

Thursday 18 • 11.15-12.00 • Under 5's • 50p

Singing, dancing and playing instruments. Come and make some noise. Parents/carers must stay with their children during this session. Booking essential.

## Arts and crafts ●●

Friday 19 • 10.00am -12.00pm • Up to 5 years • £1.00

Arts and Crafts for Chinese New year. Parents/carers must stay with their children during this session. Booking essential.

## Winter walk ●●

Friday 19 • Antony House • 1pm-3.00pm • Up to 5 years and siblings • 50p

## Rhythm sticks ●●

Friday 19 • 1pm-3pm ( see page 4 for further details)

For disabled children aged 8 and over, their parents/carers and siblings. Booking essential.

# Word explosion

North Cornwall's first Lit Fest for young people

Let your imagination run wild on the themes of spooky tales, myths and legends in the company of these exciting writers and storytellers

## Tuesday 16 February

Bude Castle 11am – 12.30pm

For boys and girls aged 8–12 years.

Parents welcome.

### Jon Mayhew

Blood-curdling ballads and scary, gory stories! Working with author Jon Mayhew, explore the stories of some of Britain's most gory and spooky ballads and use them as inspiration for your own writing. Find out what inspired his debut novel *Mortlock*, have a sneak preview of the book before everyone else and then get a chance to write your own, spooky, gory story! Only kids with guts allowed!

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## Tuesday 16 February

Bodmin Jail 3pm – 4.30pm

### Jon Mayhew

See above for full details. Another opportunity to meet the author of *Mortlock*, a wonderfully exciting, dark, and gruesomely gothic chiller, set in Victorian London.

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Only kids with  
guts allowed!

## Wednesday 17 February

Wills Hall Wadebridge 11am – 12 noon

For family audiences.

### Caroline Binch

During this family session Caroline will be talking about her work and how a book is made. She both writes and illustrates her books which include *The Princess and the Castle*, *Silver Shoes*, *Gregory Cool*, and *Since Dad left*.

Winner of the Smarties Prize and highly commended for the Kate Greenaway Medal, Caroline gets inspiration from the people and places around her.

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## Wednesday 17 February

Bude Castle 2pm – 4pm

For children aged 8 +

Parents welcome too.

### Bridget Crowley

'From Image to Words' – creative writing session using objects and images from Bude museum to inspire children's ideas – talking, writing, drawing.

Bridget's books include *Step into the Dark* (a ghost story), and *Feast of Fools* (a thrilling medieval murder mystery). She also works in gallery education, and as an audio-describer of plays and exhibitions, most recently the Anish Kapoor exhibition at the Royal Academy.

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Brought to you by  
North Cornwall Activities Network



### Thursday 18 February

Camelford Library 11am – 12 noon  
For children aged 5 – 105.

### Captain of the West

Dramatic, funny, engaging storytelling with Mark Harandon. Bringing dreams and nightmares, hopes and fears, wealth, beauty and wisdom to life in a combination of voices, actions, humour and stillness.

### Thursday 18 February

Jericho's Launceston 11am – 12 noon  
For children aged 8 – 13 years and their parents.

### Helen Dunmore

Meet the writer in this friendly and informal session during which Helen will read from some of her books and take part in a discussion and question time with the audience.

Helen is an acclaimed and award winning author of books for children and adults. Her popular Ingo Quartet features an intoxicating parallel underwater world and includes The Tide Knot which won the Nestle Children's Book Prize Silver Medal, The Deep and The Crossing of Ingo.



### Thursday 18 February

Shire House Suite Bodmin 2pm – 3pm  
For age 11 upwards.

### Tim Bowler

During this session, prize-winning author Tim will be talking about his work. He writes psychological, mystical and philosophical adventure thrillers – they include River Boy which won the 1997 Carnegie Medal. His most recent works are the first 6 books of Blade, his 8 book urban thriller series, about a 14-year-old feral boy, and his novel, Bloodchild, a story about memory, secrets and betrayal.



Cost for each session **£2 per person, £5 family** (up to 4 people) activity pass holders free. Children under 8 must be accompanied by an adult. Bookings must be made and paid for in advance. Please phone Cornwall Council Libraries on **0300 1234 111** and ask to be put through to the relevant library.

# South East Cornwall Extended Services Networks

South East Cornwall Extended Services Network is a multi-agency network, working together to improve outcomes for children, young people and families.

The network coordinator for South East Cornwall is Lisa Thomas.

If you have questions about the work of the network, please contact Lisa:

Telephone: 01579 342344 ext 159 or  
Email: [lthomas1@cornwall.gov.uk](mailto:lthomas1@cornwall.gov.uk)

Lisa Thomas,  
Extended Services Coordinator,  
C/o Liskeard School and Community College,  
Luxstowe, Liskeard PL14 3EA

Your feedback is welcomed, and helps us to ensure that we and our partners are working collectively to provide high quality services for children and young people.

Please give us your comments, whether positive or constructive to the address above.

**Please note:** Whilst the Extended Services Network works in partnership with the organisations detailed in this booklet to provide positive activities for children and young people, it is the responsibility of each activity provider to ensure that all necessary health and safety requirements, along with safeguarding children procedures are fully met. If you would like further information, please contact the individual activity provider.



If you would like this information in another format please contact:  
Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY  
Telephone: 0300 1234 100 Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk)  
[www.cornwall.gov.uk](http://www.cornwall.gov.uk)