

SUMMER SUPPORT AND THINGS TO DO IN BASSETLAW FOR FAMILIES, CHILDREN AND YOUNG PEOPLE



Bassetlaw
Place-Based
Partnership

Nottinghamshire

Holiday activities

and food

The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with school and other local services. HAF activities are FREE to children in receipt of free school meals.



Tuesdays and Thursdays starting the 1st August for 4 weeks
Hospital Road, Retford, Notts, DN22 7BD
07983 538503



Worksop Town Academy HAF Summer Camp 2023
Monday - Friday, Tuxfird & Sandy Lane, Worksop
07949 084 057



May include sensory activities and arts & crafts
Monday 14th August; Monday 21st August - 10am - 1pm
Tall Trees, Rectory Rd, Retford, DN22 7AY | 01623 629 902



Lynckids Summer Multi activity Camp | 07878256885
Monday to Friday until 18th August - 8.30am - 3.00pm
Cuthberts Avenue, Sparken Hill, Worksop, S80 3AP



SDA Musical Theatre Dance and Drama | 24th August
Holiday club provided by staples dance academy
23 Exchange Street, Retford, Notts DN22 6BL | 07908144468



Sports Cool Summer Holiday Club
Monday to Friday - 9am - 1pm
Bircotes Leisure Centre, Bircotes, DN11 8EF | 01302 870077

Other activities (not HAF)

Summer Swimming



BPL Summer Family Swim Session Timetable

Your Space Retford

- every week day 1.30pm - 2.30pm

- every Saturday 2.00pm - 3.00pm

- every Sunday 11.00am - 12.00pm & 2.00pm - 3.00pm

Your Space Worksoop

- every Monday, Wednesday and Friday - 1.30pm - 3.00pm

- every Saturday - 2.00pm - 3.30pm

- every Sunday - 1.15pm - 2.45pm

Your Space Bircotes

- every Monday, Tuesday and Thursday - 12.30pm - 2.00pm

- every Sunday - 9.00am - 11.00am

A family ticket for 2 adults and 2 children is £14.30.

Bassetlaw Museum

All free to attend from 10-12 and 1-3.

Bassetlaw Museum
YOUR MUSEUM | YOUR DISCOVERY

Summer Activities

July 26th - Sept 1st

Monday 24th - Friday 28th July Festival of Archaeology

Monday 24th
Colouring activities and games.

Tuesday 25th
Iron Age Day - Explore the Iron Age with shield making and Iron Age crafts.

Wednesday 26th
Anglo Saxon Day - Come and make some Anglo Saxon brooches, swords & helmets.

Thursday 27th
Stone Age Day - Explore the Stone Age with clay arrows, cave art, beads and fire kits.

Friday 28th
Lego and Stone Age Playmobil Day.

Monday 31st July - Friday 4th August Butterflies, Bugs and Owls!

Monday 31st
Butterfly crafts & activities.

Tuesday 1st August
Coffee filter butterfly craft.

Wednesday 2nd
Colouring and Games

Thursday 3rd
Conservation fun day, owl pellet dissection, owl crafts and building a bug hotel.

Friday 4th
Lego Day

Monday 7th - Thursday 10th August Rocks and Fossils

Monday 7th
Colouring and games.

Tuesday 8th
Plaster of Paris fossils.

Wednesday 9th
Make your own Geode.

Thursday 10th
Cinderella Crafts Activities will run from 10 - 1.30 today. Panto in the Park 'Cinderella' 2pm

Friday 11th
No activities today.

Archaeology and Creativity
15-30 July 2023

Robin Hood
15th August 2023 at 2pm

Rapunzel
23rd August 2023 at 2pm

Cinderella
10th August 2023 at 2pm

Monday 14th - Friday 18th August STEAM crafts

Monday 14th
Use science to paint a picture!

Tuesday 15th
Mini bows & arrows. Activities will run from 10 - 1.30 today. Panto in the Park 'Robin Hood' 2pm

Wednesday 16th
Rockets!

Thursday 17th
Super Science with UKAEA

Friday 18th
Lego Day

Monday 21st - Friday 25th August Knights, Castles and Dragons.

Monday 21st
Cardboard Castles

Tuesday 22nd
Shields & hobby horses.

Wednesday 23rd
Rapunzel Towers. Activities will run from 10 - 1.30 today. Panto in the Park 'Rapunzel' 2pm

Thursday 24th
Mini dragon Terrariums

Friday 25th
Lego Day

Monday 28th - Friday 1st September Under the Sea!

Monday 28th
Bank Holiday - Museum closed today

Tuesday 29th
Shark Art

Wednesday 30th
Wellbeing Wednesday - 'Socktopus' stress toy.

Thursday 31st
Treasure Maps

Friday 1st September
Lego Day

All activities run from 10-12 then 1-3pm unless otherwise stated. No Booking required but please be aware there may be a wait for some activities if it is busy. Open to all ages. Children must be accompanied by an adult and remain under their supervision. Activities are FREE but donations are always welcome!

Bassetlaw Museum
YOUR MUSEUM | YOUR DISCOVERY

01777 210 249 | www.bassetlawmuseum.org.uk
bassetlaw.museum@nottingham.gov.uk
Instagram: @bassetlawmuseum
Facebook: BassetlawMuseum | Twitter: @BassetlawMuseum

Fun Days/Events

PANTO IN THE PARK

TaleGate Theatre Productions

Bassetlaw DISTRICT COUNCIL
— North Nottinghamshire —

A **FREE** summer of slapstick, songs and silliness with TaleGate Theatre at **KINGS PARK, RETFORD**

CINDERELLA
10th August 2023
at 2pm

ROBIN HOOD
15th August 2023
at 2pm

RAPUNZEL
23rd August 2023
at 2pm

BFB

Family Fun Day
Tuesday 15th
August, 12-4pm

SAVOY
cinemas

Kids Club - throughout Summer
£2.75 per person

Funded by UK Government

Community Fun Day

Wed 16th Aug
Carlton-in-Lindrick
Costhorpe Field
Opposite Youth Centre
11am - 2pm

What's on?
Mega Jungle Play Bus
Interactive Light Games
Inflatable Assault Course
Soft Play Zones
Climbing Wall
Food Vendors
and...

Meet with Community Groups
Talk with Service Providers

Bassetlaw DISTRICT COUNCIL
— North Nottinghamshire —

POWERED BY **LEVELLING UP**

Funded by UK Government

Community Fun Day

Thurs 17th Aug
Worksop, Sandy Lane
Green Space
11am - 2pm

What's on?
Mega Jungle Play Bus
Interactive Light Games
Inflatable Assault Course
Soft Play Zones
Climbing Wall
Food Vendors
and...

Meet with Community Groups
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Bassetlaw DISTRICT COUNCIL
— North Nottinghamshire —

POWERED BY **LEVELLING UP**

Fun Days/Events

Wonderful Wetlands Celebration 10 am-4 pm
(bird walk starts earlier)

20th August at Idle Valley Nature Reserve
www.nottinghamshirewildlife.org/events/2023-08-20-wonderful-wetlands-celebration-idle-valley

Wetland Bird Walk 9:30am
Come join us for an informative and fun walk around Idle Valley whilst learning about our wetland birds on site

Water Scientist 10:00am
Come join one of our rangers and learn how to conduct a water quality survey at Idle Valley

Wonderful Wetlands Talk 1pm
Join Gary for an overview of some of the many species of birds and other wildlife found in wetland habitats

Mini BioBlitz at Idle 1:30pm
A BioBlitz measures and demonstrates local biodiversity. Come and discover what we have on our flagship reserve

Pond Dipping 1:30pm - 3pm
Come have a go at pond dipping with one of our wonderful volunteers. These are free but bookable sessions.

Optics Demo
Drop into the café and visit our Optic Consultant to try our specialist equipment in field conditions

Children's Activities
Activities such as a trail, crafts, word searches and colouring sheets will be available through the day



Wonderful Wetlands
A day of celebration for one of Nottinghamshire's most important wetlands. Includes a variety of family activities, and is open for everyone! We also have some side events happening on the day! Places are limited so register now to avoid disappointments.



Clumber Park - Summer of Play
There's 5 exciting zones, jam-packed with activities to suit all ages and all interests, including an Active Zone, Creative Zone, Nature Zone, Loose Parts Zone and a Performance Zone, and best of all, it's free! There's also be a straw bale den to explore, storytelling sessions to enjoy, refreshments and snacks on hand, and shaded areas to relax in too. Not forgetting Axe-Throwing and Archery with Into the Forest which runs on Sunday 6 August, Sunday 13 August & Sunday 27 August (charges apply).

Ages
5-11



£2 Per
Person

Holiday Club 2023

Come and Join us for lots of
Games Activities Prizes
Crafts Sweets Outdoor Play
Fun Competitions
And Much More...

**Please Book in through our Oasis Centre
Website. Limited Places Available!**

Dates

9th, 10th, 11th August

16th, 17th, 18th August

10am-12pm

**At Oasis Community Centre,
2a Longfellow Drive, Worksop, S81 0DE**

Specific Support

Food Support:

Summer Holiday Food Hubs in Bassetlaw

The following food hubs will take place during the summer holidays - 28th July - 1st September to support Summer food provision:

	Every Monday: Devonshire Road, Harworth - 2.30pm
 	Every Tuesday: Limetree Nursery, Carlton in Lindrick, 12.45pm NowChurch, Langold, 1-2.30pm (£5) 25th July, 1st, 8th, 15th and 22nd August St Paul's Church, Manton, S80 2TS - 2pm
	Every Wednesday: NowChurch, Langold, 1-2.30pm (£5) 26th July, 2nd, 9th, 16th and 23rd August Evening: 7-8pm 26th July, 2nd, 9th, 16th and 23rd August
	Every Friday: Kingston Park Academy, Carlton in Lindrick - 12pm

Food Hubs are open to all and there is no eligibility criteria. If you will benefit from them, you are welcome to attend.



Food Hubs are taking place during the summer holidays at these locations.

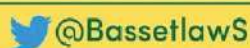
Each bag of food is £3.50 or £5.00 and contains a full bag of food. This is food that is nearing end of life and would have gone to landfill if was not sold in this way. There is no criteria to access the Food Hubs - everyone is welcome to use them if it would help them.

BASSETLAW COMMUNITY SHOP WEEKLY SCHEDULE



M	10:30am: Nether Langwith - jug & glass 12:15pm: Scrooby - Next to the Village Hall
T	10:30am: Misson - Back Lane triangle 12:00pm: Mattersey Thorpe - Keyes Rise
W	10:45am: Rampton - play area car park 12:15pm: Tuxford - Community Centre
T	10:45am: Misterton - Pudge land 12:30pm: Everton - Metcalfe Grounds
F	10:45am: Beckingham Village Hall 12:10pm: Clarbrough Village Hall

For more information or to enquire about membership please check our webpage:
www.bassetlawfoodbank.org/community_shop/



The Bassetlaw Food Bank Community shop stops at these locations each week. Residents need to join as members and then they can access the support. People can apply online at www.bassetlawfoodbank.org



Specific Support

Food Support:



What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. The benefit will be added onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk**
- fresh, frozen, and tinned fruit and vegetables**
- fresh, dried, and tinned pulses**
- infant formula milk based on cow's milk**

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding**
- vitamin drops for babies and young children – these are suitable from birth to 4 years old.**

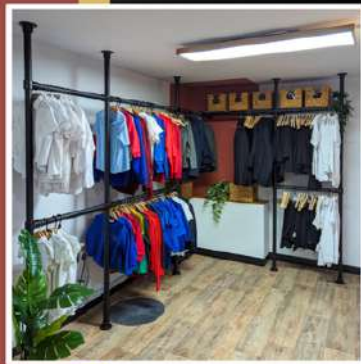
Apply online here:

www.healthystart.nhs.uk/how-to-apply

Specific Support



From the Heart emergency grants support various individual needs for young people and families with children between the ages of 0-18 years and up to 21 years for those with disabilities. Aid grants can be used for food, gas/electric, clothing, furniture, and sensory toys. However, all requests and circumstances will need to meet the set criteria.

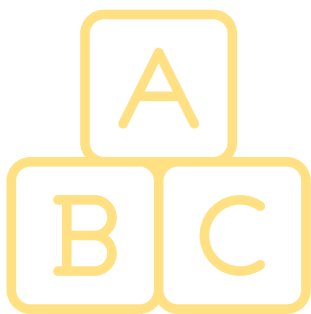


Clothing and School Uniform assistance for families in Bassetlaw.
Open Monday - Wednesday, 10am - 12pm.
Poplars Church, The Golden Ball, 3 Victoria Square, Worksop.
Donations of good used clothing, shoes and school uniform are always needed.

Childcare

There are various options for Childcare support:

- **15 hours (per week) funding for vulnerable 2 year olds.**
- **15 hours (per week) for all 3 and 4 year olds.**
- **30 hours (per week) for all 3 and 4 year olds with a working parent.**
- **Tax free childcare scheme for working parents (0 - 12, or 17 if have SEND) £2000 paid into account by Govt towards childcare costs (£4000 if SEND) support.**
- **Childcare funding support for young parents via Care to Learn**



Visit: <https://bit.ly/ncc-childcare>

Did you know there is a rise in asthma attacks in September when children go back to school?






In the UK a child is admitted to hospital every 20 minutes because of an asthma attack. However, the number of children needing emergency treatment doubles in September compared to August. This is called the "September surge"



Why the Surge?

- Exposure to triggers- particularly cold and flu virus and weather change
- Reduced inhaled steroids or a break in normal routine over the summer holidays which reduces the protective benefit on the airways
- New schools/teachers and routines- can increase stress
- Air Pollution

TOP TIPS

- : Keep a regular routine and keep using the prevention inhaler
- : Know your asthma action plan
- : Manage triggers
- : Make sure new schoolteachers know your child has asthma, where they keep their inhaler, and have a copy of your action plan
- : If your child needs to use their reliever inhaler more often (or are using it more than TWICE a week) book an asthma review



Bassetlaw
Place-Based
Partnership

NHS Asthma Guidance:
www.nhs.uk/conditions/asthma

Specific Support

Mental Health



Providing young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.



From mental health to money, from homelessness to finding a job, from break-ups to drugs. A free, confidential helpline or our counselling service. | Tel: 0808 808 4994



Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year | Tel: 116 123



Helplines are open 365 days a year from 1pm – 9pm during the week, and 5pm–9pm on weekends and bank holidays.
Helpline: 0808 801 0677 Youthline: 0808 801 0711
Student Line: 0808 801 0811



Childline is a free service for whatever's on your mind. Tel: 0800 1111
Online support: www.childline.org.uk



A free service for adults & adolescents aged 14+ who are suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED
Tel: 01909 479922 | Email: info@freedbeeches.org.uk

Specific Support

Mental Health



Support for children, young people (3-18) and their parents/carers who are affected by the death or terminal illness of someone close to them. Tel: 01636 551739



Talkzone offers free, confidential mental health support and counselling for children and young people, aged 11-25, in Bassetlaw. Referrals can be made online via the website or by phone, text or email. Office - 01909 530943 / 07368 323945



Prevention of Young Suicide

Tel: 0800 068 4141 | Email: pat@papyrus-uk.org

Text: 07860 039 967



Providing a range of specialist services for children and young people aged 11-25 who identify as LGBT+ or may be questioning this. Tel: 01909 479191



Working together to help make sure everyone in Bassetlaw affected by cancer gets the help and support they need.

tel: 01909 470985 | email: admin@aurorawellbeing.org.uk

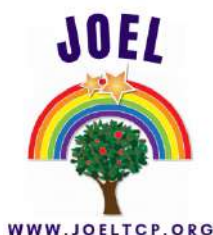


Mental Health support services

covering the whole of Nottinghamshire.

Tel: A 0800 470 0203

Email: enquiries@nottinghamshiremind.org.uk



JOEL supports families who are trying to conceive, throughout pregnancy and parenting after experiencing the devastation of baby loss. Tel: 07591 740287 Email: support@joeltcp.org Web: www.joeltcp.org

Specific Support

Mental Health



**Low moods or angry?
Confused, anxious, or lonely?
Need to talk?**

**Talkzone offers free confidential mental
health support and counselling for
children and young people,
aged 11-25, across Bassetlaw.**

 **01909 530943**

 **07368 323945**

 **www.talkzone.org.uk**

 **info@talkzone.org.uk**

**Abbey Street Community Centre, Abbey Street,
Worksop, S80 2LA**



Charity Number: 1074728

Specific Support

Mental Health

Feeling sad,
anxious
or lonely?



Text **NOTTS**
to **85258**

for free,
confidential
support, 24/7

**DURING A
MENTAL
HEALTH
CRISIS**

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

talk to
people



you can
trust

If you're in a crisis,
call our 24/7 Mental
Health Crisis Line on:
0808 196 3779



We want everyone to be able to access help when they need to. If you are deaf or hard of hearing and in a crisis, find out how to get help at nottinghamshirehealthcare.nhs.uk/help-in-a-crisis

NottAlone

Are you worried about
your own, or someone
else's mental health?

is
here!

Want to find trusted
information, advice and local
services that can help?

The **NEW** website offering
local mental health
advice and help for young
people in Nottingham and
Nottinghamshire, all
in one place.

nottalone.org.uk

 Nottinghamshire
County Council

 Nottingham
City Council

 NHS

Specific Support

Mental Health



'A Brew And A Chat. We've Got Your Back'

AUGUST MEETINGS

WORKSOP

RETFORD

THURSDAY 3RD AUGUST

MONDAY 7TH AUGUST

THURSDAY 17TH AUGUST

MONDAY 21ST AUGUST

THURSDAY 31ST AUGUST

TIME

TIME

19:00

19:00

VENUE

VENUE

THE EDGE - PLANTATION HILL -
KILTON - WORKSOP - S81 0DT

THE WELL RETFORD - HOSPITAL
ROAD - RETFORD - DN22 7BD

MONTHLY WALK
SUNDAY 27TH AUGUST 11AM

Specific Support

Mental Health

Feeling low, worried, or stressed?

We are here for you

FREE



Scan to
self refer



Services provided by



How we can support you

www.notts-talk.co.uk

We provide a range of evidence-based talking therapies and new ways of coping, tools, and resources to help you manage your mood.

All of our therapies can be provided via secure video, text-based therapy, webinar, phone, or in-person.

NHS Nottinghamshire Talking Therapies is a FREE and confidential support service.

Our easy

3-step approach

01 Self-refer by giving us a call, using our website, or by scanning the QR code on the front of the leaflet.

02 You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03 A fully qualified therapist will support you throughout your treatment.

Scan to
Self-refer



Self refer via our website, telephone, email, or by scanning the QR code with your mobile phone.

www.notts-talk.co.uk

0333 188 1060

notts.iapt.admin@notts-talk.co.uk

We provide a range of evidence-based talking therapies and new ways of coping, tools, and resources to help you manage your mood. All of our therapies can be provided via secure video, text-based therapy, webinar, phone, or in-person.

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www.notts-talk.co.uk

How we can support you
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