



SUMMER

Holiday Activities 2019



We are excited for our Summer activities this year, and here you can find all of the information you need to help you book activities and help us make the program run as smoothly as possible.

The brochure includes activities for all age groups, and it is in date order, so please check the description and make sure you are booking a place on the right sessions Junior/Inter/Senior/Community.

We have tried to give you all of the information you may need but if you need anything else please get in touch and we will be happy to answer any questions. In the event of any changes to planned activities, we will try our best to offer an alternative activity where ever possible.

We work with large numbers of young people and at times spaces are limited due to activity restrictions, funding available or spaces on transport. Therefore we cannot guarantee you will have a space on every trip you choose, we will aim to be as fair as possible and try to ensure everyone has an opportunity to take part in as many activities as possible.

Summer activities made possible with the support of:

Proudly supporting
youth social action



Department
for Culture
Media & Sport



LOTTERY FUNDED



money
foundation



HEALTH HEROES

Supporting young people's health and wellness

**YOUTH
MUSIC**



Supported using public funding by

**ARTS COUNCIL
ENGLAND**



Your Next Steps

1

Please look through the booklet and make sure you are available on the dates, please only choose an activity if you plan to attend.

2

Fill out a registration form for every child/young person attending the program.

3

Fill out the booking form ticking all dates which you wish to attend.

4

When booking Community trip spaces please enter the number of seats needed in the box provided. £5pp donation applies to everyone who needs a seat.

5

Please get the forms back to us as soon as possible so we can begin to allocate spaces.

6

If your circumstances change please let us know ASAP so we can offer your space to someone else.

7

Please provide up to date contact information so we can communicate with you as easily as possible.

8

Please make sure all boxes are ticked, including photography, first aid and medical consent.

As part of a city wide "Fit & Fed" programme supported by street games, this year we will be offering all participants a meal and snacks when attending our activities. This ensures all participants are well fed throughout the summer months.

Watch our Facebook page for regular updates and announcements of additional activities.

MONDAY 22 JULY

Health Heroes - Outdoor Forest School

🕒 12:30-3:30pm

☰ Led by our Health Hero volunteers encouraging young people to spend time outdoors, get involved with nature and look after their own health and well-being.

👤 Juniors, 8-12 years.



Junior Drop in & DJ Skills

🕒 3:45-5:45pm

☰ Taster sessions learning the basic skills needed to produce music and DJ sessions. The activity will be on every week on a drop in basis.

👤 Juniors, 8-12 years.

Inters Drop In & DJ Skills

🕒 6:00-7:30pm

☰ 11-14 years drop in with DJ skills taster sessions throughout the summer holidays. Drop in and take part.

👤 Inters, 11-14 years.

TUESDAY 23 JULY

Inter/Senior Cooking School

🕒 11:00-1:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Inters/Seniors, 11-16 years.

Junior Cooking School

🕒 2:00-4:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Juniors, 8-12 years.

Junior Football

🕒 4:00-5:30pm

☰ Join Kenny and the health heroes for a friendly game of football, games which aim to improve your skills and agility, fitness drills and team building activities. Wear appropriate clothing and footwear and bring a bottle of water. (not pop!)

👤 Juniors, 8-12 years.

Senior Football

🕒 6:00-7:00pm

☰ Join Kenny at St John's Turf for a friendly game of football. Improve your teamwork and meet new people.

👤 Seniors, 13-19 years.

WEDNESDAY 24 JULY

Surfing

🕒 2:30-7:30pm

☰ Join us for a surf lesson at Longsands beach in Tynemouth. Play some games with us, learn basic moves on the board and try and catch a wave! Wear your swimwear for under the wet suit, bring; a towel, a change of clothes and a waterproof bag. You don't have to be a great swimmer for this activity but it is better to have a good level of confidence in the water.

👤 8-16 years.



THURSDAY 25 JULY

Community - Animals about Town

🕒 1:00-3:00pm

☰ Three of our young people have organised a pop up animal petting zoo here at Northbourne! You are invited to come along, feed, pet the animals and get a selfie with them! Refreshments will be available to buy.

👤 All ages.

MONDAY 29 JULY

Junior Battle Zone Laser

🕒 12:15-3:30pm

☰ An indoor laser experience, get kitted up in your team colours and get ready to battle it out through various challenges, it really is an adrenaline fuelled experience.

👤 Juniors, 8-12 years.

Junior Drop in & DJ Skills

🕒 3:45–5:45pm

☰ Taster sessions learning the basic skills needed to produce music and DJ sessions. The activity will be on every week on a drop in basis.

👤 Juniors, 8-12 years.

Inters Drop In & DJ Skills

🕒 6:00–7:30pm

☰ 11-14 years drop in with DJ skills taster sessions throughout the summer holidays. Drop in and take part.

👤 Inters, 11-14 years.

TUESDAY 30 JULY

Inter/Senior Cooking School

🕒 11:00–1:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Inters/Seniors, 11-16 years.

Junior Cooking School

🕒 2:00am–4:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Juniors, 8-12 years.

Junior Football

🕒 4:00–5:30pm

☰ Join Kenny and the health heroes for a friendly game of football, games which aim to improve your skills and agility, fitness drills and team building activities. Wear appropriate clothing and footwear and bring a bottle of water. (not pop!)

👤 Juniors, 8-12 years.

Senior Football

🕒 6:00–7:00pm

☰ Join Kenny at St John's Turf for a friendly game of football. Improve your teamwork and meet new people.

👤 Seniors, 13-19 years.

WEDNESDAY 31 JULY

Trampoline Park

🕒 2:30–4:30pm

☰ 1 hour of jumping in the Extreme Trampoline Park where you can dodge, dunk and dive into a heap of fun courtesy of the Best Summer Ever Program.

👤 Juniors, 8-12 years.

THURSDAY 1 AUGUST

Community Trip - Gibside

🕒 10:00–4:00pm

☰ This is a trip for all of the family! Join the Northbourne team for a wander around the National trust Estate of Gibside. There's something for everyone; play in the strawberry park, complete the mid ropes challenge, spot the forest art, participate in the seasonal holiday activities or simply just walk and spend time in nature.

👤 All welcome. Children must accompanied by an adult. £5 per person will secure your seat.



MONDAY 5 AUGUST

Health Heroes - Outdoor Forest School

🕒 12:30–3:30pm

☰ Led by our Health Hero volunteers encouraging young people to spend time outdoors, get involved with nature and look after their own health and well-being.

👤 Juniors, 8-12 years.

Junior Drop in & DJ Skills

🕒 3:45–5:45pm

☰ Taster sessions learning the basic skills needed to produce music and DJ sessions. The activity will be on every week on a drop in basis.

👤 Juniors, 8-12 years.

Inters Drop In & DJ Skills

🕒 6:00–7:30pm

☰ 11-14 years drop in with DJ skills taster sessions throughout the summer holidays. Drop in and take part.

👤 Inters, 11-14 years.



TUESDAY 6 AUGUST

Inter/Senior Cooking School

🕒 11:00–1:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Inters/Seniors, 11-16 years.

Junior Cooking School

🕒 2:00–4:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Juniors, 8-12 years.

Junior Football

🕒 4:00–5:30pm

☰ Join Kenny and the health heroes for a friendly game of football, games which aim to improve your skills and agility, fitness drills and team building activities. Wear appropriate clothing and footwear and bring a bottle of water. (not pop!)

👤 Juniors, 8-12 years.



Senior Football

🕒 6:00–7:00pm

☰ Join Kenny at St John's Turf for a friendly game of football. Improve your teamwork and meet new people.

👤 Seniors, 13-19 years.

WEDNESDAY 7 AUGUST

Surfing

🕒 2:30–7:30pm

☰ Join us for a surf lesson at Longsands beach in Tynemouth. Play some games with us, learn basic moves on the board and try and catch a wave! Wear your swimwear for under the wet suit, bring; a towel, a change of clothes and a waterproof bag. You don't have to be a great swimmer for this activity but it is better to have a good level of confidence in the water.

👤 8-16 years.

THURSDAY 8 AUGUST

Community - Alnwick Castle

🕒 9:00–5:00pm

☰ This is a trip for all of the family! Join the Northbourne team for a trip to Alnwick Castle. There will be Harry Potter themed events, fun games and activities to participate in. Wear weather appropriate clothing and footwear, bring a packed lunch or money for lunch.

👤 All welcome. Children must be accompanied by an adult. £5 per person will secure your seat.



MONDAY 12 AUGUST

Seniors Battle Zone Laser

🕒 12:15–3:30pm

☰ An indoor laser experience, get kitted up in your team colours and get ready to battle it out through various challenges, it really is an adrenaline fuelled experience.

👤 Seniors, 13-19 years.

Junior Drop in & DJ Skills

🕒 3:45–5:45pm

☰ Taster sessions learning the basic skills needed to produce music and DJ sessions. The activity will be on every week on a drop in basis.

👤 Juniors, 8-12 years.

Inters Drop In & DJ Skills

🕒 6:00–7:30pm

☰ 11-14 years drop in with DJ skills taster sessions throughout the summer holidays. Drop in and take part.

👤 Inters, 11-14 years.

TUESDAY 13 AUGUST

Inter/Senior Cooking School

🕒 11:00–1:00pm

☰ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Inters/Seniors, 11-16 years.

Junior Cooking School

🕒 2:00–4:00pm

- Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Juniors, 8-12 years.

Junior Football

🕒 4:00–5:30pm

- Join Kenny and the health heroes for a friendly game of football, games which aim to improve your skills and agility, fitness drills and team building activities. Wear appropriate clothing and footwear and bring a bottle of water. (not pop!)

👤 Juniors, 8-12 years.

Senior Football

🕒 6:00–7:00pm

- Join Kenny at St John's Turf for a friendly game of football. Improve your teamwork and meet new people.

👤 Seniors, 13-19 years.

WEDNESDAY 14 AUGUST

Trampoline Park

🕒 2:30–4:30pm

- 1 hour of jumping in the Extreme Trampoline Park where you can dodge, dunk and dive into a heap of fun courtesy of the Best Summer Ever Program.

👤 Inters, 11-14 years



THURSDAY 15 AUGUST

Community - York Day Trip

🕒 8:30–6:00pm

- Join the Northbourne team for a trip to the historic city of York! We will be getting a coach and travelling to York city centre where you decide what you do. There's something for everyone; you could wander around the little boutique shops in The Shambles, learn about York's history in the Jorvik centre or visit the historic Cathedral.

👤 All welcome. Children must accompanied by an adult. £5 per person will secure your seat.

FRIDAY 16 AUGUST

Juniors Camping

🕒 August 16–17

- The seniors have applied for a pot of money to pay for the Juniors to have an adventure! The group will be sleeping over at Bromley Grange campsite, there they will learn some bush craft skills such as how to safely built and extinguish a camp-fire and cook outside. You will also get to face your fears on the mid-ropes course, as well as other challenges.

👤 Juniors, 8-12 years.



MONDAY 19 AUGUST

Health Heroes - Outdoor Forest School

🕒 12:30–3:30pm

- Led by our Health Hero volunteers encouraging young people to spend time outdoors, get involved with nature and look after their own health and well-being.

👤 Juniors, 8-12 years.

Junior Drop in & DJ Skills

🕒 3:45–5:45pm

- Taster sessions learning the basic skills needed to produce music and DJ sessions. The activity will be on every week on a drop in basis.

👤 Juniors, 8-12 years.

Inters Drop In & DJ Skills

🕒 6:00–7:30pm

- 11-14 years drop in with DJ skills taster sessions throughout the summer holidays. Drop in and take part.

👤 Inters, 11-14 years.

TUESDAY 20 AUGUST



Inter/Senior Cooking School

🕒 11:00–1:00pm

≡ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Inters/Seniors, 11-16 years.

Junior Cooking School

🕒 2:00–4:00pm

≡ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Juniors, 8-12 years.

Junior Football

🕒 4:00–5:30pm

≡ Join Kenny and the health heroes for a friendly game of football, games which aim to improve your skills and agility, fitness drills and team building activities. Wear appropriate clothing and footwear and bring a bottle of water. (not pop!)

👤 Juniors, 8-12 years.

Senior Football

🕒 6:00–7:00pm

≡ Join Kenny at St John's Turf for a friendly game of football. Improve your teamwork and meet new people.

👤 Seniors, 13-19 years.

WEDNESDAY 21 AUGUST

Surfing

🕒 2:30–7:30pm

≡ Join us for a surf lesson at Longsands beach in Tynemouth. Play some games with us, learn basic moves on the board and try and catch a wave! Wear your swimwear for under the wet suit, bring; a towel, a change of clothes and a waterproof bag. You don't have to be a great swimmer for this activity but it is better to have a good level of confidence in the water.

👤 8-16 years

THURSDAYS 22 AUGUST

Community - Beach Trip

🕒 10:30–3:30pm

≡ Join us for a day at the beach, we will be heading to Druridge Bay for the day, paddle in the sea, take a picnic and play some team games and have a sandcastle competition. In case of bad weather we will have a plan B.

👤 All welcome. Children must accompanied by an adult. £5 per person will secure your seat.



TUESDAY 27 AUGUST

Inter/Senior Cooking School

🕒 11:00–1:00pm

≡ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Inters/Seniors, 11-16 years.

Junior Cooking School

🕒 2:00–4:00pm

≡ Join our Health Heroes every Tuesday for a fun cooking session based on healthy eating and cooking with fresh ingredients. The session will be filled with fun cooking activities and challenges aiming to increase knowledge of nutrition and understanding of what makes up a healthy diet.

👤 Juniors, 8-12 years.

Junior Football

🕒 4:00–5:30pm

≡ Join Kenny and the health heroes for a friendly game of football, games which aim to improve your skills and agility, fitness drills and team building activities. Wear appropriate clothing and footwear and bring a bottle of water. (not pop!)

👤 Junior, 8-12 years.

ACTIVITY	JULY							AUGUST						
Outdoor Forrest School														
Junior DJ Skills														
Inter DJ Skills														
Junior Cooking School														
Inter/Senior Cooking School														
Junior Football														
Senior Football														
Surfing														
Trampoline Park														
Juniors Camping														
Battle Zone Laser														
Clay Pigeon Shooting														
Community - Animals about Town														
Community - Gibside														
Community - Alnwick Castle														
Community - York Day Trip														
Community - Beach Trip														
Community - Street Party														

Young Person's Registration Form

Please complete, sign and return to a member of staff.

YOUNG PERSONS DETAILS:		PARENTS COMPLETE THIS SECTION	
Full Name of Young Person			
Date of Birth/Age			
Gender / Ethnicity			
PARENT/GUARDIAN/EMERGENCY CONTACT DETAILS:			
Full Name			
Address			
Postcode			
Relationship to Young Person			
Mobile Number			
Landline Number			
Additional Number			
MEDICAL DETAILS:			
Name of GP Surgery			
Does your child have any disabilities/ learning difficulties/dietary requirements/ allergies/medical conditions? If yes, please provide details.			
Does your child carry any medication with them during NYI sessions? Please provide details, (include inhalers if asthma is a condition)			
MEDICAL DETAILS:			
I agree for photos/videos to be taken of my child in order to publicise the groups activities; both internally and externally (website, social media etc.)			
I give consent for my child to be taken/given treatment in the event of an emergency			
I understand that I am responsible for bringing and collecting my child from NYI , or I give consent for my child to make their own way to and from NYI (Please delete as appropriate)			

Name: _____ Signed: _____ Date: _____

Information from this form will be recorded and shared where appropriate and in line with our policies.