



Seven weeks of summer.

20th July - 4th September 2020

WELCOME



Despite the current situation, Northbourne will be offering you another amazing summer. It may be a little different but there will still be enough to keep everyone busy. All of our activities are based on what you have told us what you want to do.

Each week we will run the same timetable but with different activities. We are doing this to ensure we have a regular pattern and can schedule in the necessary cleaning and preparation for sessions to be run safely.

So all that's left to do is have a look through the program and fill out your booking form. Please tick all that you want to attend, because of small group sessions you may not be able to attend all 7 sessions offered, but we'll make it as fair as possible and ensure everyone has a chance to get involved.

You will receive confirmation every Friday of your places for the upcoming week. It's more important than ever this year that you cancel and inform us if your space is no longer needed so someone else can take advantage of it.

Please note all of the activities are subject to change in line with government guidance. We may need to cancel or reschedule with short notice, but we will keep in touch and keep you up to date with all of the changes.



COVID UPDATE



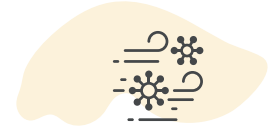
Hand Washing

Sanitiser stations are placed at the front and back doors. Young people should wash their hands throughout the day.



Cleaning

We will clean all surfaces throughout the day and in between sessions. Antibacterial sprays will be available throughout the project.



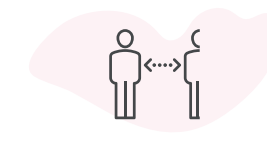
Spaces

We will be delivering all of our activities outdoors. We will have a gazebo to make this possible in the likelihood of rain.



PPE

Masks are optional for young people this is because of the numbers we are working with and the outside environment. Masks must be worn on minibus.



Social Distance

We have measured to ensure all activities can be run using the 1 metre rule.



Toilet

If you live close we'd ask that you go home to use the toilet where possible. If not toilets can be used and will be cleaned regularly.



Personal Belongings

Please only bring with you essential items for the session to avoid unnecessary items and contamination.



Group Size

We will be running programs for small groups of 6 participants. This is subject to change throughout the summer period.



Feeling Unwell

If you are feeling unwell or have any symptoms please stay at home and cancel your session

MONDAY

ACTIVITY PACK DELIVERY

Every Monday we will be working hard to prepare your activity packs for the week ahead, doing the shopping and delivering your packs to your door.

Monday's are a good day to get back in touch with us at the club or give us a call.

From 1pm on the following days we will be out for delivery with your packs .

20th July - Pack delivery

27th July - Pack delivery

3rd August - Pack delivery

10th August - Pack delivery

17th August - Pack delivery

24th August - Pack delivery

Tuesday 1st Sept (9-11 am)

When we are out on delivery we will have lots of time to catch up with you all and have a chat.

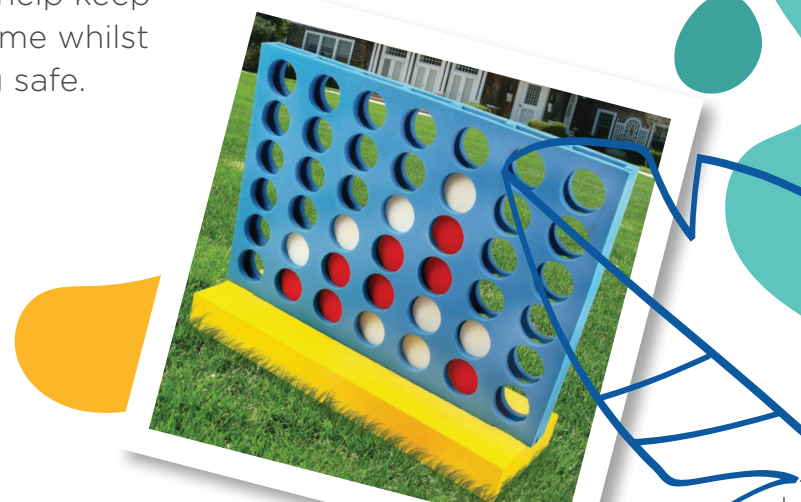
COMMUNITY CATALOGUE

Some of our Senior young people have created a free resource community for our families to take advantage of.

We now have items such as a gazebo, garden games, sports equipment and indoor games which you can borrow to help keep you busy at home whilst you are staying safe.

There is a booking form if you are interested in borrowing any of the items. Allocated on a first come first-served basis. Hire is for a 1 week period only.

The pick up/Drop off service will be available on Monday mornings only between 10-1 pm.



TUESDAY

ZOOM COOKING

We know you all love the cooking activities so we will be keeping this going throughout the summer, we have added a second session for our Seniors.

Each week on a Monday we will deliver you a pack of ingredients, you can then join us on Zoom and we can all cook together and talk about the recipe. Some weeks there will be a challenge with prizes too. The activity is free, some weeks we will ask that you supply some basic ingredients such as oil, salt & pepper, vanilla essence, lemon juice etc. But we'll keep in touch and let you know what's needed.



JUNIORS/INTERS COOKING DATES (8-13 YEARS)

21st July	Fake away recipe	11 am
28th July	Fake away recipe	11 am
4th August	Dessert week	11 am
11th August	Mystery bag	11 am
18th August	Afternoon tea for two	11 am
25th August	Cake off	11 am
1st September	Cooking on a budget challenge	3 pm

SENIORS COOKING DATES (13-19 YEARS)

21st July	Stir fry	1 pm
28th July	Chicken burgers	1 pm
4th August	Challenge week	1 pm
11th August	Mystery bag	1 pm
18th August	Afternoon tea for two	1 pm
25th August	Cake off	1 pm
1st September	Cooking on a budget challenge	1 pm

WEDNESDAY

INTER/SENIOR GROUP ACTIVITIES

These are outdoor sessions in our newly decorated backyard, cover provided for wet days. We will provide a range of sessions for you to take part in from arts and crafts, games, challenges and more.

Inter/Senior small group sessions at Northbourne (11-19 years) 2 - 4 pm.

22nd July - Drop in

29th July - Tie dye t-shirts

5th August - Be healthy

12th August - Get creative

19th August - Tik Tok challenge

26th August - Upcycling

2nd September - BBQ

ZOOM QUIZ NIGHT EVERY WEDNESDAY. 5 PM FOR JUNIORS & FAMILIES. 6 PM FOR SENIORS.

Join us as a family, with your neighbour or just by yourself and take part in our weekly quizzes.

Take part every week as there will be a league table with a prize for the top scorers at the end of the summer. The quiz will take place on Zoom.

Link will be sent out before the session each week.

22nd July - Zoom quiz

29th July - Zoom quiz

5th August - Zoom quiz

12th August - Zoom quiz

19th August - Zoom quiz

26th August - Zoom quiz

2nd September - Zoom quiz



THURSDAY



JUNIOR GROUP ACTIVITIES

These are outdoor sessions in our newly decorated backyard, cover provided for wet days.

We will provide a range of sessions for you to take part in from arts and crafts, outdoor cooking, games, challenges and more.

Junior small group sessions at Northbourne (8-11 years)
2 - 4 pm.

23rd July - Arts & crafts

30th July - Graffiti workshop
1:30 - 3 pm and 3:30 - 5 pm.

6th August - Tie dye t-shirts

13th August - Be healthy

20th August - Outdoor cooking

27th August, Outdoor cooking

3rd September - BBQ & games

SENIORS WELLNESS SESSION (13 - 19 YRS)

We know how important it is to look after yourself, and we will be spending seven weeks of summer looking at different aspects of health and wellness.

Using Zoom as our meeting space, we will deliver a mix of wellness pack delivery or live activities from instructors which we can all do together online. E.g. activities could include bath bomb making, face masks and pampering or mindfulness activities.

The session will take place every Thursday 6-7pm. We'd love you to sign up for the full program to really see the benefit.

23rd July - Wellness welcome

30th July - Pamper session

6th August - Selfcare

13th August - Stress

20th August - Taster activity

27th August - Taster activity

3rd September - TBC



FRIDAY

DAY TRIPS

Every Friday we want to get you out and about and to be active. The activities are open to all ages and we will create groups based on interest in each activity.

All activities are flexible and we will aim to make sure everyone can do at least one trip out (masks must be worn whilst travelling).

Please note: it is unlikely you will get a space on every trip out due to the restricted numbers per trip. Priority will be given to those who currently attend our activities, but new members welcome, please get in touch.

All trip times to be confirmed, but will take place between 10 and 3 pm.

24th July - Hadrian's Wall Walk

31st July - Gold DofE Canoeing

7th August- Go karting

14th August - Park day

21st August - Keilder bike ride

28th August- Activity day

4th September - TBC



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/ halal/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.