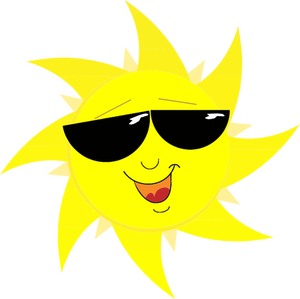
During the October school holiday you can pick activity session, and if you are interested in any **extra sessions**, please book them as **'reserves'** and **contact us before the activity to see if there are any free spaces**. Please speak with us if there are any sessions you are really interested in.



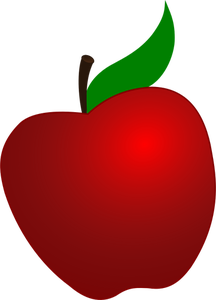
* **To book** please call/text **Becky's work mobile number (07534 922980) and include the young carers name and age** and ensure you have received confirmation text or call for your booking.



* If you are **unable to attend, please cancel any sessions** as soon as possible so the place can be offered to another young carer. When delivering activities, it may be difficult to respond immediately to calls or texts, however we will reply as soon as we can.
* There are large numbers of young carers attending the project so to make it fair we need to **share out**  **popular activities** during the year, so these may need to be chosen as reserves if you have attended these before. We also need young carers to able to meet the **behaviour expectations** to ensure theirs and others safety, thank you.



* Please bring a **drink** & a coat . If the weather is sunny please wear or bring sun-cream to the session. You can also bring a **snack**  if you would like to.



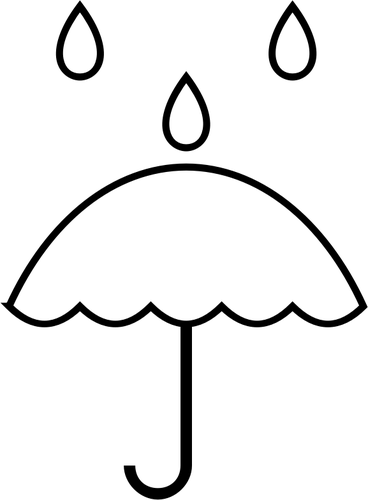
* Please can parent/carers check we have an **up-to-date 'Consent' form** before attending activities with the service. We will have blank Consent forms for you to complete at activities, should you need to.



* Places at our **Wednesday and Saturday groups** continue to be offered to some young carers and currently have waiting lists. Please contact us if interested and we can discuss this more with you.



* Please contact us if you have any **questions** or if there's anything **stopping you from coming** to an activity. Some age guidelines may be flexible please talk to us about these if you are interested.



* If there are any **unforeseen circumstances**, we may need to provide **alternative activities** or may have to **cancel sessions.**



* We look forward to hearing from you and seeing you all soon, The Young Carers Team.

**Addresses for the activities**

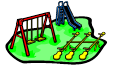
* Carers Centre, 117 Orchard Rd, Southsea, PO4 0AD
* Cumberland House Natural History Museum, Eastern Parade, Portsmouth PO4 9RF
* John Pounds Centre, 23 Queen Street, (access via Aylward Street), Portsea, PO1 3HN



* Mountbatten Leisure Centre, (main entrance by car park) Alex Way, Hilsea, Portsmouth PO2 9QA
* Paulsgrove Family Hub, Cheltenham Rd, Portsmouth PO6 3PL
* Portsmouth Museum, Museum Rd, PO1 2LJ
* Somerstown Family Hub, Omega St, Southsea, Portsmouth, Southsea PO5 4LP 023 92[821816](https://www.google.co.uk/search?q=somerstown+family+hub&ei=6TWmYNe_H4Cg1fAP7e-W-Ao&gs_ssp=eJzj4tZP1zcsTzYxT0tJM2C0UjWoMLEwNzFNSTRIS0xJMU5KSrEyqEixMEtLTEyzSDU0MjMwNTPxEi3Oz00tKi7JL89TSEvMzcypVMgoTQIATGgXrA&oq=somer&gs_lcp=&sclient=gws-wiz)

(this is in Omega street, **not** the hub across Winston Churchill Ave.)

**Adventure playgrounds (6 to 13 year olds)** - If you would like to attend a playground session, please contact the site directly. If you need any support with this, please let us know.



* **Buckland adventure playground**, Malins Road, PO2 7BA, 023 9283 2611
* **Landport adventure playground**, Arundel Street, PO1 1PH 023 9282 4571
* **Paulsgrove adventure playground**, Marsden Road, PO6 4JB, 023 9222 1527
* **Portsea adventure playground**, Aylward Street, PO1 3PB, 023 9275 3237
* **Somerstown adventure playground,** Waterloo Street, PO5 4HS, 023 9287 3236
* **Stamshaw adventure playground,** Western Terrace, PO2 8JX, 023 9269 0241

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| **Saturday Group** | Morning 8 – 14 years  Saturday Young Carers group, John Pounds Centre, Portsea  Please email us if you are interested - there is currently a waiting list. | Sat Mobile  07985 397970  For use on the morning |

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| **Monday**  **23 October** | **Morning** | **2pm - 4pm**  **Spooky Halloween Art + Games at Somerstown**  **Meet at:** Somerstown Family Hub | | | | | **Monday Eve Group 13 - 18 years**  (If interested in attending other weeks please contact Becky 07534 922980) | | | | | |
| **Tuesday**  **24 October** | **9.30 - 11.30am**  **Bowling - Hollywood Bowl**  **Meet at:** The side of Marks & Spencer, Gunwharf Quays (vehicle drop-off point) | | | **1.30pm - 4.00pm**  **Model village Halloween themed visit, Cumberland museum Playground + park**  Halloween activities at the model village and visit animated Porcupine Fish at the museum  **Meet at**  Cumberland House Natural History Museum | | | | | | |  | |
| **Wednesday**  **25 October** | **9.45am - 12.15pm approx.**  **Family Cooking - Southsea**  (1 parent/adult age18+ and 1 young carer 8+ years)  Please let us know of any food allergies.  **Meet at:**  **Carers Centre, Southsea**  Please bring some containers to take your cooking home | | | | **2pm - 4pm**  **Spooky Halloween Art + Games at**  **Paulsgrove**  **Meet at:** Paulsgrove Family Hub | | | **Early evening**  **8 - 18 years**  **Wed group Paulsgrove**  Please contact us if you are interested in joining this group. There is currently a waiting list. | | **6.45pm - 9pm**  **12 - 17years**  Playzone Teen Session  Please bring socks + cover arms/legs  **Meet at:**  Playzone, Unit A4,  Oakpark Industrial Estate, North Harbour Rd, Cosham, PO6 3TJ | | |
| **TIME: TBC**  **Film: TBC**  Vue Cinema, Gunwharf  **Meet at** Drop off point at the side of Marks and Spencer, Gunwharf (vehicle drop-off point) | | **2pm - 4.30pm**  **Halloween activities - Lots of fun Halloween activities including Halloween trail, creepy crafts, explore haunted galleries and disco**  **You can also wear**  **Halloween costumes if you like.**  **Meet at**: Portsmouth Museum | | | | |
| **Thursday**  **26 October**  **Day trip** | **Day session - times to be confirmed 8+ years**  Action Stations and Lazer Quest  Enjoy action day including climbing wall and  assault course and visiting the action stations | | | | | | | | **Evening 18-25 years**  **Thursday Group**  Contact Mandy 07464 529837 for more details. | | | |
| **Fri 27 October** | **time to be confirmed.**  **Clip + climb session**  Please wear long sleeves & trousers, suitable shoes and **complete this form before the activity:**  [**https://roller.app/clipnclimbportsmouth/waiver/#/**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Froller.app%2Fclipnclimbportsmouth%2Fwaiver%2F%23%2F&data=04%7C01%7CElizabeth.Butcher%40bhlive.org.uk%7C98efeb2679d144f3ab9808d9e636d53e%7Caa7605053b82402cb873fdca55bbb012%7C0%7C0%7C637793945451987296%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=EpF1FYig010pEhgzUhpSnTOb%2BAD0aimxzC2HquTcHlw%3D&reserved=0)  **Meet** outside entrance | | | | | 12.40pm - 2.15pm 12+ years **Swimming** Floats + Fun  **Mountbatten Leisure Centre**  **By attending this you are agreeing young carers are** water - confident + able to swim (staff not in water)  **Meet** outside Mountbatten entrance | | | | | |  |

**Fire station visit, lunch and Pantomime Trip (please speak to us if interested in part of the day)**

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| **Saturday 2 December** | **Morning and Afternoon 8 – 14 years**  **Fire station visit and**  **Pantomime**  Please contact us if you are interested in this trip or part of it. | Priority will go to those who didn’t attend last year and who haven’t attended a popular and costly activity this year.  Please add young carers name onto the reserve list if interested for this day or part of the day. |