



Bassetlaw
Place-Based
Partnership



Bassetlaw

SUMMER

HOLIDAYS

Things to do, places
to go, and local
support.





Summer is here, and it's the perfect time for families to relax, explore, and create lasting memories.

However, we know that finding activities that are both fun and affordable can sometimes be a challenge.

That's why we've put together this Summer Holiday Support Booklet, filled with ideas for cheap or free activities, as well as information on local support available to you if you need it.



Bassetlaw

Place-Based
Partnership

CONTENTS

Bassetlaw District Council Summer Events

Panto in the Park

Bassetlaw Museum

Oasis Community Centre

North Notts Bid Party in the Square

Acorn Theatre - Theatre Week

From the Heart Charity

Hallcroft Family Hub

Rhubarb Farm Open Garden Day

Playwell Corner Lego Cafe

Manton Gala

FC of Manton

Bircotes Leisure Centre

Worksop Leisure Centre

Retford Leisure Centre

Kids Hub Harworth

Creswell Craggs

Kings Park

The Canch

Langold Lake

St Paul's Church Manton

Clumber Park

Inspire Libraries

Idle Valley

Museum of the Horse

Leverton Windmill

Savoy Cinema

Worksop Rugby Club

Rockin' Roller World

Cost Of Living

Food Support

Healthy Activities & Food (HAF)

Health & Wellbeing

Events Coming Soon



BASSETLAW SUMMER EVENTS

All events are free and suitable
for both adults and children



THE CANCH, WORKSOP

6 August, 10am – 10:45am – Breathing and Mindful Movement Accessible Yoga

6 August, 11am – 11:45am – Dance Aerobics

13 August, 10am – 10:45am – Family Friendly Dance

13 August, 11am – 11:45am – Breathing and Mindful Movement Accessible Yoga

21 August, 10am – 12pm – Western Drumming and Belly Dancing Workshops

29 August, 2pm – 2:45pm – Dance Aerobics

29 August, 3pm – 3:45pm – Breathing and Mindful Movement Accessible Yoga

RETFORD KINGS' PARK

8 August, 10am – 10:45am – Breathing and Mindful Movement Accessible Yoga

8 August, 11am – 11:45am – Dance Aerobics

14 August, 2–3pm – Panto in the Park, Alice in Wonderland

15 August, 2pm – 2:45pm – Family Friendly Dance

15 August, 3pm – 3:45pm – Breathing and Mindful Movement Accessible Yoga

20 August, 2–3pm – Panto in the Park, Pinocchio

22 August, 10am – 12pm – Western Drumming and Belly Dancing Workshops

27 August, 2pm – 2:45pm – Dance Aerobics

27 August, 3pm – 3:45pm – Breathing and Mindful Movement Accessible Yoga

28 August, 2–3pm – Panto in the Park, The Little Mermaid



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —



Matter of Life LTD

FAMILY-FRIENDLY DANCE

THE CANCH, WORKSOP

13th August 2024

10:00am – 10:45am

KINGS' PARK, RETFORD

15th August 2024

2:00pm – 2:45pm



This event is free, and suitable for both adults and children.



DANCE AEROBICS

THE CANCH, WORKSOP

Tuesday, 6th August

11:00am – 11:45am

Thursday, 29th August

2:00pm – 2:45pm

KINGS' PARK, RETFORD

Thursday, 8th August

11:00am – 11:45am

Tuesday, 27th August

2:00pm – 2:45pm



This event is free, and suitable for both adults and children.



WESTERN DRUMMING AND BELLY DANCING WORKSHOPS

THE CANCH, WORKSOP

21st August 2024

10:00am – 12:00pm

KINGS' PARK, RETFORD

22nd August 2024

10:00am – 12:00pm



This event is free, and suitable for both adults and children.



BREATHING & MINDFUL MOVEMENT ACCESSIBLE YOGA

THE CANCH, WORKSOP

Tuesday, 6th August

10:00am – 10:45am

Tuesday, 13th August

11:00am – 11:45am

Thursday, 29th August

3:00pm – 3:45pm

KINGS' PARK, RETFORD

Thursday, 8th August

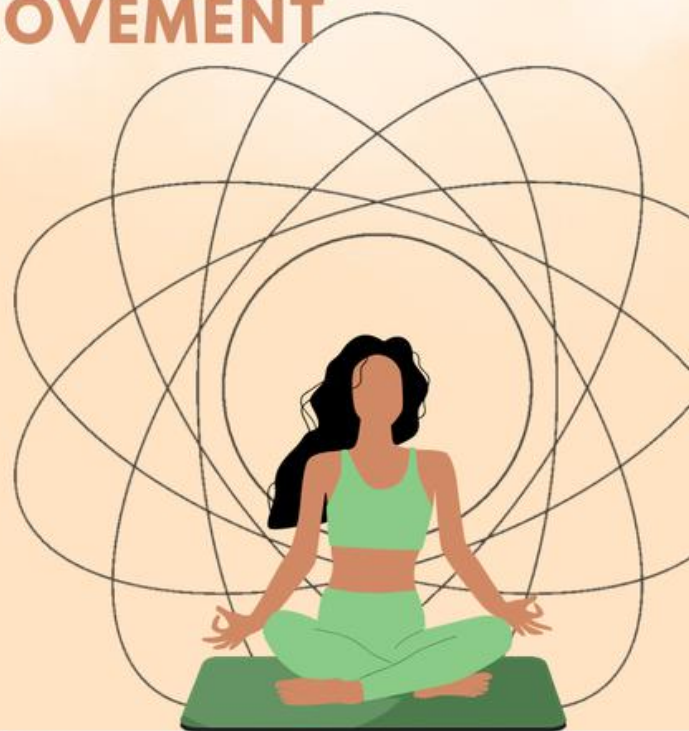
10:00am – 10:45am

Thursday, 15th August

3:00pm – 3:45pm

Tuesday, 27th August

3:00pm – 3:45pm



This event is free, and suitable for both adults and children.
Please bring a mat or towel with you.





Panto in the Park returns!

TaleGate Theatre Productions Ltd are bringing back more magical, musical, mischief to Retford Kings' Park this August, with the following Panto in the Park shows:

Wednesday 14th August 2024: Alice in Wonderland

Tuesday 20th August 2024: Pinocchio

Wednesday 28th August 2024: The Little Mermaid

All of the fun-filled and family-friendly shows are completely FREE, start at 2pm and last 50 minutes. No need to book - bring chairs, blankets and maybe even a picnic in case you get peckish.





Bassetlaw Museum

YOUR MUSEUM | YOUR DISCOVERY

Summer Fun!

For more information, visit our website

www.bassetlawmuseum.org.uk or our Facebook page

July

Tues 30th **The Roaring 20s! A fabulous extravaganza of Fashion, Music and dance from the 1920s!**

Weds 31st Playmobil Day



August

Thurs 1st Plaster cast crafts

Lynx Black Belt Academy Demo (1-2pm)

Fri 2nd Lego Day



Mon 5th Clay Crafts

Tues 6th UKAEA Science Activities

Weds 7th Printing Crafts

Thurs 8th CHAOS Science Roadshow

Fri 9th Lego Day



Mon 12th Wool Crafts

Tues 13th Collage crafts

Weds 14th Alice but Wilder! Notts Wildlife Trust Activities 10-1:30

Thurs 15th Alice but Wilder! Notts Wildlife Trust Activities 10-1:30



UK Atomic
Energy
Authority



Nottinghamshire



Bassetlaw Museum

YOUR MUSEUM | YOUR DISCOVERY

Sat 17th **Bassetlaw Hospice Garden Party-Tickets available from The Hospice.**

Mon 19th Decorate a bag craft

Tues 20th Pinocchio Noses craft

Weds 21st Garden Party with performances from a Time Travelling Baron and music from Tom

Thurs 22nd Jewellery Making craft

Fri 23rd Lego Day



Tues 27th Make a badge/magnet craft

Weds 28th Mermaid activities with The Family Hub

Thurs 29th Playmobil Day

Lynx Black Belt academy demo (1-2pm)

Friday 30th Lego Day



Many thanks to all our partner organisations that have made this programme possible.

All our activities are FREE!!

Craft Sessions run from 10am-12pm then 1-3pm, Days are 10-3pm.

Appropriate for all ages.

We use recycled materials where possible, please be allergy aware and speak to staff if you have concerns.

Grown-ups must stay with children.

NO BOOKING REQUIRED



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —



Bassetlaw Museum

YOUR MUSEUM | YOUR DISCOVERY

AMCOTT HOUSE | 40 GROVE STREET | RETFORD | DN22 6LD

☎ 01777 713 749 🌐 www.bassetlawmuseum.org.uk

✉ bassetlaw.museum@bassetlaw.gov.uk

📷 Instagram - [bassetlawmuseum](https://www.instagram.com/bassetlawmuseum)

📱 [BassetlawMuseum](https://www.facebook.com/BassetlawMuseum)

🐦 [Twitter@BassetlawMuseum](https://twitter.com/BassetlawMuseum)



**Oasis
Community Centre**

**BRINGING THE COMMUNITY
TOGETHER THROUGH THE ARTS**

**ARTS
FESTIVAL**

THROUGH THE MONTH OF JULY



- Monday 8th July – 10am – 12 – Mischief Makers in the Big Top**
(Preschool for play, messy play and mini crafters)
- Thursday 11th July – 10am – 1pm – Oasis Café in the Garden**
(Tea and Treats in the Tent – all welcome!)
- Friday 12th July – 10am – 1pm – Oasis Café in the Garden**
(Tea and Treats in the Tent – all welcome!)
- Friday 12th July – 6 – 8pm – Children’s ‘Disney’ Party**
(Party for Primary Children in the Oasis Big Tent)
- Sunday 14th July – 11am – Oasis Community Church Celebration**
(All are welcome to come and join in the celebration)
- Monday 15th July - 10am – 12 – Mischief Makers in the Big Top**
(Preschool for play, messy play and mini crafters)
- Thursday 18th July 1 – 3pm – Community Tea Party in the Tent**
(Afternoon Tea party for over 50’s in the Oasis Big Top)
- Friday 19th July – 6 – 8pm – ‘Circus Adventure’**
(Fun evening for Primary School Children)
- Saturday 20th July – 11am – 3pm – Community Arts Festival**
(Arts and Crafts in the Big Top for all ages)
- Sunday 21st July – 4pm – Oasis Community Church Celebration**
(All are welcome to come and join in joyous singing etc)
- Monday 22nd July – 10 - 12am – Mischief Makers in the Big Top**
(Preschool for play, messy play and mini crafters)
- Wednesday 24th – OASIS Community Awards Evening**
(Celebrate with local Community heroes as they get their awards)
- Thursday 25th July – 10am – 1pm – Veteran’s Coffee & Cake Event**
(Tea and Treats in the Tent – All welcome!)
- Friday 26th July – 10am – 1pm – Oasis Café in the Garden**
(Tea and Treats in the Tent – all welcome!)
- Saturday 27th July – 11 – 3pm – FUNSPACE FAMILY FESTIVAL**
(A host of fun, games, inflatables, food, arts & crafts etc)
- Sunday 28th July - 11am – Oasis Community Church Celebration**
(All are welcome to come and join in the celebration)

DAN BUDD
AS ROBBIE WILLIAMS

KATY ELLIS
AS TAYLOR SWIFT

NICOLA MARIE
AS AMY WINEHOUSE

Party in the Square

WITH THE BLIGHTY BELLES
VINTAGE VOCAL GROUP

PRE-SHOW MUSIC MASTER
DJ TIM ASHER
STARTS AT 1.00PM

AND ONE STEP BEHIND
MADNESS TRIBUTE

SUNDAY 25TH AUGUST 2024
RETFORD MARKET SQUARE | 2.00-7.30^{PM}

THE PARTY IS ON! SAVE THE DATE

NORTH NOTTS BID
BUILDING A BETTER FUTURE

THE PARTY IS ON!

Party In The Square is making a return for 2024 in Retford on Sunday 25th August

Enjoy this fantastic FREE-to-attend event, an afternoon of live music from leading tribute bands and exceptional artists

Dan Budd as Robbie Williams is headlining this year's event, with Taylor Swift, Amy Winehouse and Madness tributes also performing. Vintage Vocal Group 'The Blighty Belles' are also making their debut appearance

Join us this year for a pre-show from 1pm - 2pm with DJ Tim Asher. Set up your deckchairs in style while listening to a fabulous DJ set to get you in the mood for the rest of the afternoon

There will be lots of delicious food & drink available on the day at our local hospitality venues and food stalls. Bring your friends and family along to enjoy the Bank Holiday Sunday in the sunshine Click 'Going' on the event page for regular updates and details about the day

Take the stage
this summer at

THEATRE WEEK

A week of
**SONG, DANCE,
DRAMA & FUN**
for kids aged
5-12!

at The Acorn Theatre, **WORKSOP**

Rehearse & perform
a spectacular musical
in just **5 FABULOUS** days!

WEEK 1 Mon ~~SOLD OUT~~ - Fri 2 Aug

WEEK 2 Mon 5 - Fri 9 Aug

WEEK 2 Mon 12 - Fri 16 Aug

 Mon-Fri 9am-4pm (Doors open 8.45)
Friday Finale Show 5pm-6:30pm



 **03456 123 813**
www.theatreweek.co.uk

Don't miss out!
Book your place **NOW**
online or by phone!

From the Heart Charity



FOOTBALL FUN FRIDAY



FOOTBALL FUN FRIDAY SESSION
FRIDAY 21ST JUNE | 10AM - 12PM
PLEASE COME IN YOUR SPORTS KIT

FTHC OFFICE, 48 GATEFORD ROAD, S80 1EB

From the Heart Charity



Spread A Little Love
=♡=

Join us in the

HALF TERM!

FREE ENTRY!

Every Monday, Tuesday & Wednesday
29th July-21st August

FREE BUG HUNT
ACTIVITY PACKS!

BREAKFAST
AVAILABLE



DIFFERENT
THEMED
ACTIVITIES!

FREE PACKED LUNCH
TO TAKE HOME!

10:00 AM - 13:00 PM

St Pauls Church, Pelham Street, S80 2TS

COME ALONG AND JOIN IN THE FUN - ALL AGES WELCOME!
ALL CHILDREN WILL NEED SIGNED CONSENT FORMS TO
ATTEND!



From the Heart Charity



FTHC
From The Heart Charity
Registered Charity No. 1174122

Spread A Little Love
♡

JOIN US FOR

FTHC FUN FRIDAYS!

FREE ENTRY!

EVERY FRIDAY 10AM - 12PM

FTHC CHARITY OFFICE, 48 GATEFORD ROAD, WORKSOP, S80 1EB

COLOURING • CRAFTS • FUN!

COME ALONG AND JOIN IN THE FUN - ALL AGES WELCOME!

 /FROMTHEHEARTCHARITY  @FROMTHEHEARTCHARITY  @FTHCWORKSOP



From the Heart Charity



Spread A
Little Love
=♡=



Coffee Morning

EVERY MONDAY 10AM-12PM

FTHC OFFICE, 48 GATEFORD ROAD, S80 1EB

TEA OR COFFEE, BISCUITS, AND CHATS WITH OUR
FRIENDLY VOLUNTEERS!

Everyone Welcome!

Hallcroft Family Hub

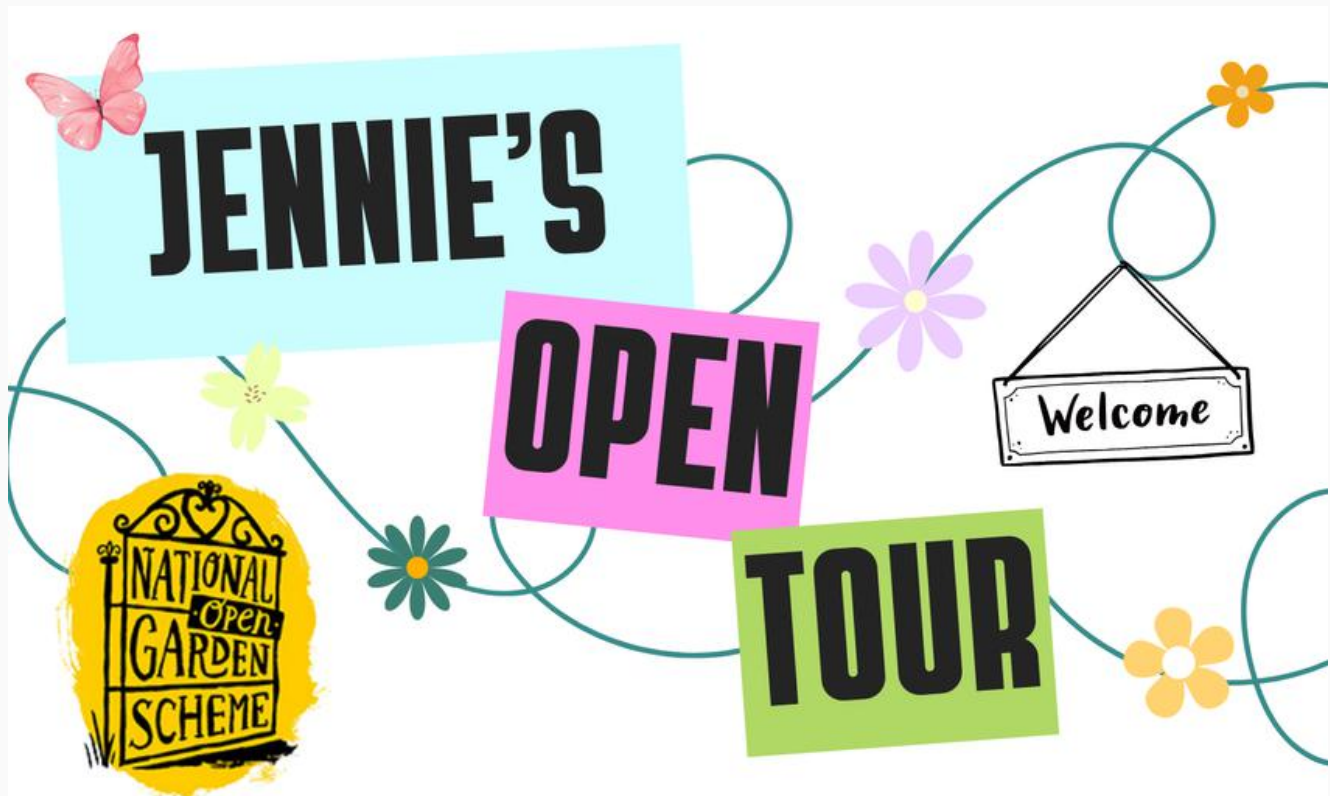
The Hallcroft Family Hub (previously known as Children's Centre) for children under 5 yrs of age will be running their usual Stay and Play on Wednesday's 9.30am - 11.00 am and then Under ones session 1.00pm -2.30pm also on Wednesday's.

Pre-booking is required and the booking line will be open from 8.30am one the Monday prior to play session.

Tel 0115 9773754



Rhubarb Farm



 **Rhubarb**
Farm

HARDWICK STREET,
LANGWITH, NG20 9DR

FARM OPEN 10.30AM - 3.00PM

TALK & TOUR BY OUR
MD, JENNIE - 11.00AM

ENTRY FEE:
£3.00 (CHILDREN FREE)

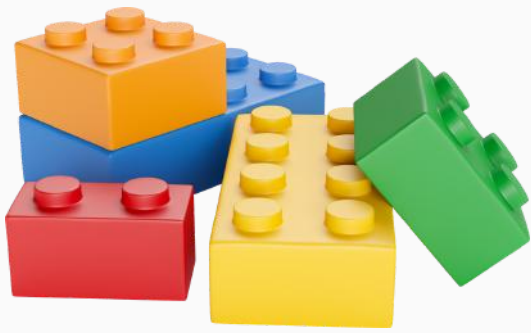
REFRESHMENTS &
FARM PRODUCE ALSO AVAILABLE

PLEASE CALL US ON
01623 741210 TO BOOK

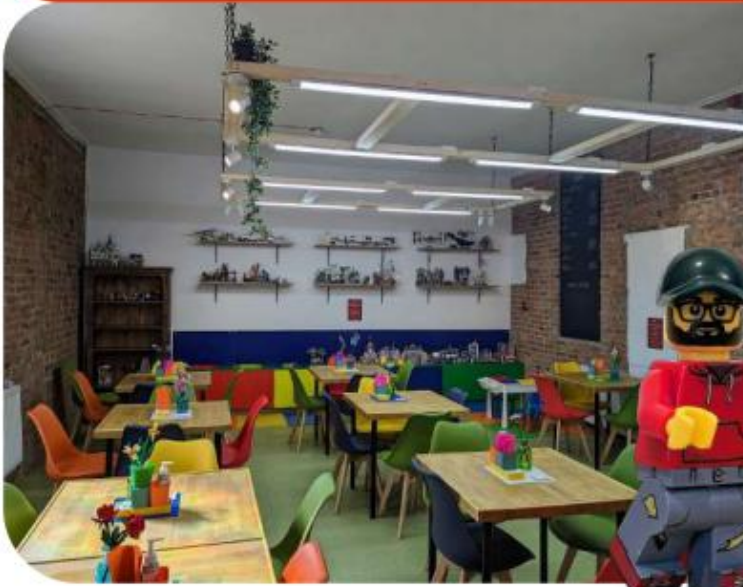


THURSDAY
15TH
AUGUST
2024





Playwell Corner Bassetlaw Lego Cafe



**Bassetlaw's only
Lego Café**



Summer holiday opening hours

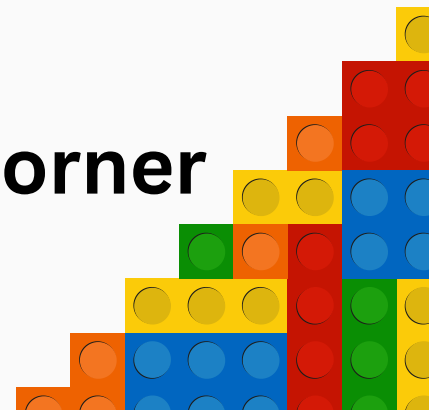
Monday	Closed
Tuesday - Friday	10:00am - 6:00pm
Saturday	10:00am - 8:00pm
Sunday	10:00am - 4:00pm

Website:

www.playwellcorner.com

Facebook page:

www.facebook.com/playwellcorner



**FREE
ENTRY**

**FUN DOG
SHOW**

14 CLASSES
REGISTRATION FROM 10am
FIRST CLASS STARTS 11.30am
ALL CLASSES £2 EACH
PER DOG PER CLASS
ROSETTES 1st - 5th EACH CLASS
CLASSES INCLUDE:
CUTEST PUPPY, AMAZING EYE,
PRETTIEST GIRL, HANDSOME BOY,
WAGGIEST TAIL
REGISTER YOUR
DOG ON THE DAY

Manton Gala

FUN FOR ALL THE FAMILY

**DINOSAUR
INVASION
DON'T MISS OUR
GIANT T-REX
AND
BABY
DINOSAURS**

**DON'T
MISS
THE FREE
CIRCUS
WORKSHOP**

**SUNDAY 21st JULY
11am - 5pm**

- **FACE PAINTER**
- **FOOD STALLS**
- **FUNFAIR**
- **CHARITY STALLS**
- **BOUNCY CASTLE**
- **DINOSAUR INVASION**

MANTON GALA, MANTON SPORTS GROUND S80 2PU



**MANTON
SPORTS**

SUMMER TOURNAMENT & FAIR



FOOD & DRINKS

INFLATABLES

STALLS

ACTIVITIES

BIG PRIZE RAFFLE

ICE CREAM VAN

GO KARTS

WIPEOUT

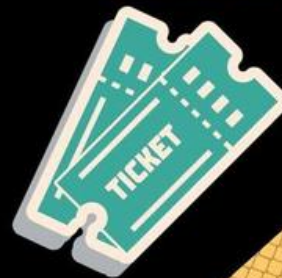
& MUCH MORE!!

SATURDAY & SUNDAY
3RD & 4TH AUG OPEN

FROM 10AM

@MANTON SPORTS

FIELDS \$80 2PU



Summer Fun Swims:



Every Monday,
Tuesday and Thursday
throughout the
summer holidays
(29th July - 29th
August)

12:30 - 2pm



Your Space Worksop

Crash Courses this Summer

One to One Lessons

31st July to 31st August

Large Pool: Wednesday 3:30pm

Small Pool: Saturday 7:45am

Price: £30

per half hour lesson

your swim academy

feel good about learning to swim

www.yourspacetofeelgood.com





Your Space Worksop

Summer Crash Courses
at Worksop

Adult 16yr +

Monday to Friday

19th - 23rd August

11-11:30am

Ability: Mixed

Price: £38.75

Book and pay
today, scan the
QR code or log
in to your swim
Home Portal



www.yourspacetofeelgood.com

Your Space Worksop



Party in the pool this summer?

Moana will be here to party with us! But beware, she will be joined by a pesky pirate too

Price: £9.50 per child. Please note: any child under 8 must be accompanied by an adult.

To book: Call 01909 473937 or email worksopenquiries@bpl.org.uk

www.yourspacetofeelgood.com

Your Space Worksop

Summer Holiday Crash Courses

Mon - Fri 5th-9th August

8am Beginners 4-7yrs
 8:30am Stage 2/3
 9am Intro to Big Pool
 9:30am Beginners 8yrs +
 10am Stage 5
 10:30am Get Ready for Lengths
 11am Stage 6

Mon - Fri 19th-23rd August

8:30am Beginners 4-7yrs
 9am Intro to Big Pool
 9:30am Beginners 8yrs +
 10am Stroke Clinics:
 Mon 19th ~ Frontcrawl
 Tue 20th ~ Backstroke
 Wed 21st ~ Breastroke
 Thu 22nd ~ Butterfly
 10am Fri 23rd Competitive Starts & Turns
 11am - Adult 16+

14th August

9-11am Go the Distance

28th August

9:30-10:30am Lifesaving Skills

Family Swims

Mon | Wed | Fri
 29th July to 30th August*
 1:30-3pm

*Excl. Bank Holiday Monday 26th Aug

To book and
 pay, scan the
 QR code or log
 in to your swim
 Home Portal



your swim academy
 feel good about learning to swim

www.yourspacetofeelgood.com

This Summer Holiday at Retford Leisure Centre

Learn to Swim Intensive Course

Time: 8.30am-9am | 29th July - 2nd August
5th August - 9th August | 12th August - 16th August
19th August - 23rd August | 26th August - 30th August

This intensive course is a great way for children to gain water confidence, learn aquatic skills and start to swim independently.

Age: 4+ | Ability: Beginner or Stage 1 | Price: £38.75



This Summer Holiday at Retford Leisure Centre

Stage 2 Intensive Course

Time: 9am-9:30am | 29th July - 2nd August
5th August - 9th August | 12th August - 16th August
19th August - 23rd August | 26th August - 30th August

This course is perfect for children wanting to progress to the next level and achieve their 5m or 10m awards.

Ability: Able to swim a little without floatation aids or stage 2.

Price: £38.75



This Summer Holiday at Retford Leisure Centre

Distance Awards

Friday 30th August, 9am – 11am

Come and extend your swimming award collection by trying to gain any distance award ranging from 25m – 5000m which is 200 lengths. Please come for 9.00am if trying a long distance award if a short distance you can come at any time during the 2 hours.

Price: £7.75



This Summer Holiday at Retford Leisure Centre

One to One Lessons

A great chance to have a one to one lesson for half an hour in the big pool or small pool. Available for any ability adult or child. The half hour session can be used for stroke improvement, a specific skill that you may be struggling with or gaining water confidence. The day and time will be arranged individually.

Price: £30



This Summer Holiday at Retford Leisure Centre

Intro to Water Polo

Tuesday 27th August,
9.30am – 10.30am

Come and have some fun learning ball skills and a game of water polo.

Price: £8.25

Ability: Stage 5 – 10 or can swim 25m



This Summer Holiday at Retford Leisure Centre

Breaststroke Stroke Clinic

Thursday 29th August, 9.30am – 10.15am

For Swimmers struggling with their breaststroke. A perfect chance to concentrate just on Breast stroke technique.

Price: £8.25. Ability: Stage 4, 5 and 6.



This Summer Holiday at Retford Leisure Centre

Competitive Starts

12th August – 16th August, 9am – 9.45am

The competitive start award will be awarded if your child passes this course.

Competitive Turns

12th August – 16th August, 9.45am – 10.15am

Price: £41.25 if booking one session

SPECIAL OFFER PRICE IS £61.87 if booking both.

Ability: Stage 7 – 10 Link squad,
Development squad and club swimmers.



**50% OFF
VOUCHER**
on site for Zogg's
and Swim Academy
merchandise, if
you book both
courses

This Summer Holiday at Retford Leisure Centre

Performance Squad Development Week

5th August – 9th August, 9.45am – 10.45am

For our budding Olympians. This course is perfect for children on the performance pathway. Strokes and skill development also working on starts and turns.

Price: £43.75. Ability: Stage 8, 9, 10, Link, Development and C Squad.



This Summer Holiday at Retford Leisure Centre

Stage 6 and 7 Course

5th August – 9th August, 9am – 9.45am

For children who are wanting to improve their stamina and stroke technique.

Price: £41.25. Ability: Stage 6 and 7.



This Summer Holiday at Retford Leisure Centre

Introduction to the big pool

29th July – 2nd August, 9am – 9.30am

19th August – 23rd August, 9.30am – 10am

A chance for stage 3 swimmers to spend 5 sessions in the big pool gaining confidence and working on stroke technique getting ready for stage 4.

Ability: Stage 3. Price: £38.75.



Kidz Hub - Harworth

Unit a, Harworth Business Park, Blyth Rd,
Harworth, Doncaster DN11 8DB



**SUMMER
BEACH PARTY**

WEDNESDAY | 28TH AUGUST | 2:30- 5PM



**JOIN US FOR A FUNFILLED
AFTERNOON ! THIS
INCLUDES PARTY GAMES,
DANCING , FACE PAINTING
AND A VISIT FROM LILO &
STITCH.**

**£1.50 per
adult
£11.95
per child**

**Kids meal
included
and café
open for
adults.**



Kidz Hub - Harworth

Unit a, Harworth Business Park, Blyth Rd, Harworth, Doncaster DN11 8DB



Wednesday 14th August

**Put your best Disney costumes on and join us
for a Summer Ball!**

This includes:

**A kids meal, prizes for best dressed, inside and
outside play, festival faces, meet & greet with
your favourite Disney characters, Stitch, Elsa,
Olaf, Mickey & Minnie, princesses and many
more!**

Kidz Hub - Harworth

Unit a, Harworth Business Park, Blyth Rd, Harworth, Doncaster DN11 8DB



DB Animal therapy

Join us at Kidz hub for an animal handling experience! Get up close and personal to some furry friends!

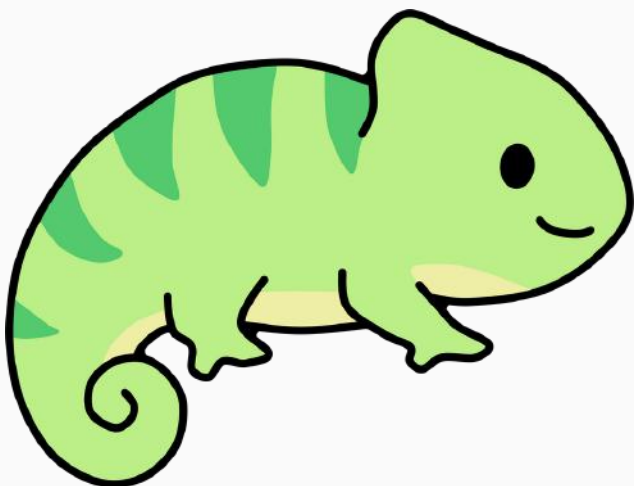
Includes entry to soft play and a kids meal!

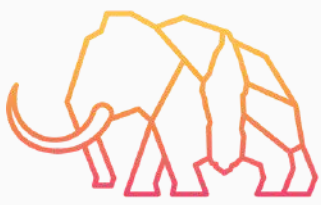
£14.99 per child
£1.50 per adult

KIDZ HUB
SOFT PLAY CENTRE

The poster features a vibrant orange background with illustrations of various animals: a bearded dragon, a tarantula spider, a snake, a hedgehog, and a rabbit. A woman in a green shirt and hat is also depicted. The Kidz Hub logo is prominently displayed.

Wednesday 17th July





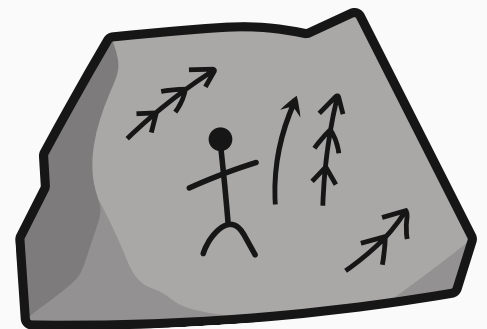
CRESWELL CRAGS

www.creswell-craggs.org.uk



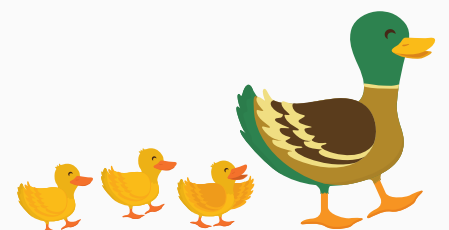
**Walking, Wildlife, Play Park, Café, Museum
and Cave Tours.**

Open 10am - 5pm.



**Free entry to the park and visitor centre.
Museum entry from £2, free for children.
Cave tours from £10.**

- **Parking for up to 3 hours – £4**
- **Parking for a full day – £6**



King's Park, Retford

Chancery Lane, Retford, Nottinghamshire, DN22 6DF



Covering an area of over 10 hectares, the park is divided into two parts by the River Idle, which provides a scenic backdrop for people using the facility.

The park has many features and facilities including:

- Children's Water Play Area (Open May - September)
- Multi-Use Games Area
- Skate Park
- Play Area
- Beautiful Gardens



Panto in the Park



The Canch, Worksop

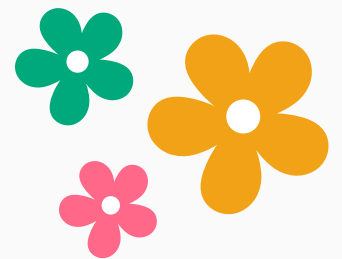
Memorial Avenue/Priorswell Road Worksop S80 2BU



The layout of the park has many features and facilities including:



- Children's Water Fountain
- Splash Park
- Plaza-style skatepark
- Adizone Outdoor Gym Area (with performance area)
- Junior and Toddler Play Equipment
- Multi-Use Games Area
- Formal Gardens
- Sensory Garden
- Aurora Wellbeing Centre (former Library)
- Public Conveniences including Changing Places Facility
- Kiosk



Langold Country Park

Church Street, Langold, S81 9NW



The park comprises of varies woodlands, wildlife and butterfly meadows, open grassed areas, a large fishing lake, play areas and much more for families and visitors to enjoy throughout the year.



- Fishing Lake
- Sea Scoundrel Children's Water Play
- Junior and Toddler Play Equipment
- Skate park
- Woodlands & Wildlife
- Café Kiosk
- Public conveniences



St Paul's Church, Manton



CELEBRATION FETE

- SATURDAY 20TH JULY -

LOTS OF FUN FOR ALL THE FAMILY!

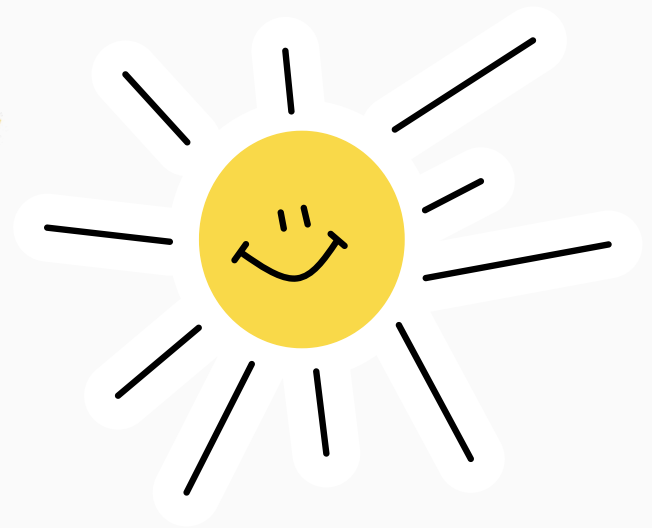
ST PAULS CHURCH, PELHAM STREET, MANTON

Tombola / Hand Crafted Cards / Bric-a-brac / BBQ Refreshments / stalls / Children's Activities and competitions / Face Painting / and more.

STALLS AVAILABLE AT £10 PER PITCH.
PLEASE CONTACT
HOWEMARYGRACE@GMAIL.COM TO BOOK



ST PAULS CHURCH , PELHAM STREET, MANTON, - 10 AM - 3PM, SATURDAY 20TH JULY



Clumber Park



Visit the 50 Things room in the Discovery Centre for inspiration and to pick up an activities sheet.

You can also read the list here: www.nationaltrust.org.uk/visit/50-things

You can also enjoy orienteering around our new family course, or why not make your way to the Front Field for some active play and sports fun.

Join the team at Lake Brew, by the lake in Hardwick village for Bark Rubbing on Wednesday 29 & Thursday 30 May from 10.00 - 14.00. Bark rubbing is a fun and simple art technique and a great way to connect with nature. Free event, no booking required.

If you have a child age 5 or under, enjoy a performance of Goose on the Parsonage Lawn on Friday 31 May at 10.00, 12.00 & 14.00. Tickets are available now on the Clumber Park upcoming events homepage.

The new sensory space within the Discovery Centre provides a much-needed break from the hustle and bustle of the park. It offers a calm space with busy boards for visitors to enjoy, and a relaxation space with engaging and calming lighting.

www.nationaltrust.org.uk/visit/nottinghamshire-lincolnshire/clumber-park

Clumber Park



Summer of Play is back for 2024!

From 27 July - 8 September, the whole family will want to spend the day on the Front Field with our Summer of Play; 7 exciting play zones, jam-packed with activities to suit every age and every interest.

Burn off some energy in the Active Zone with football, badminton, hockey, tennis, rounders, and a run track.

If creativity is your thing, head to the Creative Zone with opportunities to do chalk art, paint a pebble, tell stories and engage in imaginative games.

Are you a nature-lover? Get hands on in the Nature Zone, where you can explore with our accessible dig beds and mud kitchen and have fun in the sand pit. Or, for some quiet time, head into the sensory tent to wind down.

Filled with dramatic flair? The Performance Zone is calling you to the stage! Dress up and put on a play in the theatre area, or how about pretending to be a member of Clumber Park's staff or run your own store?

If it's all about play, the Loose Parts Zone is a treasure trove for the imagination. From building blocks to pipe play, and fossil digging to den building.

New for 2024, is our Toddler Zone, providing endless fun for little ones and our Dog Agility Zone, ensuring fun can be had by every member of the family.

There'll also be a straw bale creation to explore and a programme of activities to take part in (details to follow, some additional charges may apply). With refreshments and snacks on hand, and shaded areas to relax in, Clumber Park's Summer of Play is one that you won't want to miss!

Free event, no booking required, admission into the park applies.

www.nationaltrust.org.uk/visit/nottinghamshire-lincolnshire/clumber-park

Worksop & Retford Libraries

Family Theatre

THE GREATEST ROBOT EVER PRESENTED BY: KNOTTEDHAWK PRODUCTIONS

£4 library members | £7 non-library members

Retford Library
10.30am / Thursday 22 August

Worksop Library
2.30pm / Thursday 22 August



Glitch the little robot doesn't feel special like all the other amazing robots living in the Junk Yard. With the help of their best friend, Shift, they go on a quest to find the pieces to make them stand out! Full of fun, adventure and self-discovery; will Glitch find what they were searching for all along?

Using projection, dance and storytelling, children interact with the performers throughout the show and take part in an engaging workshop exploring resilience, friendship and wellbeing.

The Greatest Robot Ever is a brand new, rhyming story created by The Knotted Project and Hawk Dance Theatre. This interactive dance theatre show is perfect for children 3-8 years and their grownups. Booking is advised.

Programmed in association with the Spark Arts for Children.

Book online at: inspireculture.org.uk/GreatestRobotEver



www.inspireculture.org.uk/worksop

Worksop & Retford Libraries

**Family Workshops - EXPRESSION
FREE**



**Retford Library
10am / Thursday 29 August**

**Worksop Library
2pm / Thursday 29 August**

Artist in Residence Amanda Rigby will help you to draw your own emotional monster, expressing your feelings through mark-making and colour. Author in Residence poet Mark Grist will give his advice on telling a story about your emotions and will be reading his brand-new book Bears Don't Get Scared. These free, creative family workshops have been inspired by this year's Summer Reading Challenge theme.

**Aimed at children aged 7+
but younger siblings welcome.**

Booking advised.



Inspireculture.org.uk/ArtistAndAuthor

www.inspireculture.org.uk/worksop

Workshop & Retford Libraries

Count on us for Olympic Fun!

FREE

Retford Library / 10am-12pm / Tuesday 30 July or
Tuesday 20 August

Worksop Library / 10am-12pm / Wednesday 31 July or
28 August

Join us to celebrate the Paris Olympics in your local library with our FREE creative maths challenges for you and your child. Use basic maths skills, linked to the primary curriculum, to make paper javelins, medals, the Eiffel Tower and Olympic themed maths games.

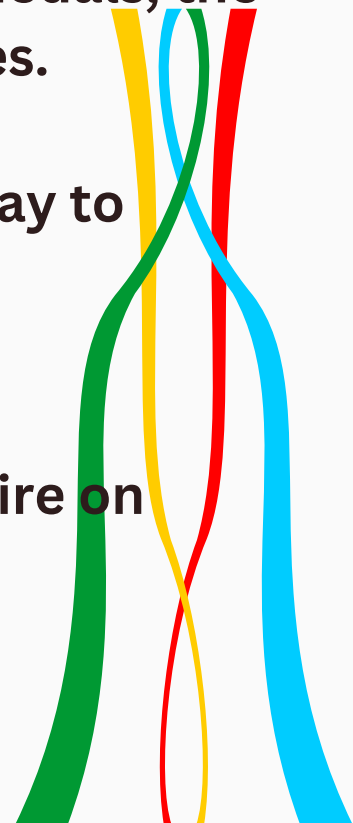
The sessions are informal and provide a fun way to introduce maths concepts.

For more information and to book, visit inspireculture.org.uk/learning or call Ask Inspire on 01623 677 200,

www.inspireculture.org.uk



Inspire
Culture | Learning | Libraries



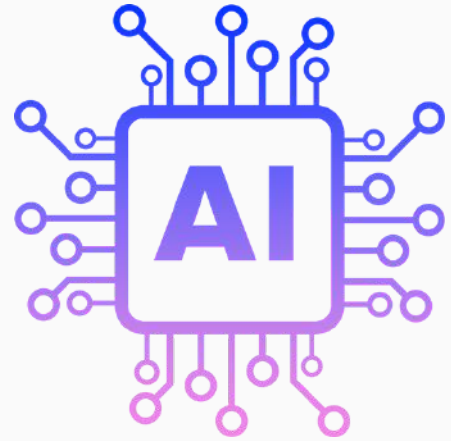
AI Generated Images for Beginners

FREE

Workshop Library

10am-1pm

Wednesday 7 August



Join our exciting 3-hour AI Generated Images Course, perfect for adults aged 19 and above! Learn how to create stunning images using AI technology.

No prior experience is needed—just bring your curiosity and creativity. We'll even show you how to print your creations and turn them into fridge magnets or digital greeting cards. Dive into the fascinating world of AI art and discover a new way to express yourself!

Find out more and book: [AI Generated Images for Beginners - Workshop Library - Adult Learning | Inspire - Culture, Learning, Libraries \(inspireculture.org.uk\)](#) or call Ask Inspire on 01623 677 200.

www.inspireculture.org.uk/workshop

Workshop Library



Inspire
Culture | Learning | Libraries

Indian Block Printing

FREE - £16.50 (eligibility criteria applies)

Workshop Library

10am-3:30pm

Monday 19 August

For adults aged 19+ this course will introduce you to the beautiful art of Indian Block Printing.

Explore the colourful history of block printing in India and learn about colour theory, pattern theory and how to create designs of your own.

Find out more and book:

<https://www.inspireculture.org.uk/skills-learning/community-learning/indian-block-printing-workshop-library-adult-learning-2/>

or call Ask Inspire on 01623 677 200.

www.inspireculture.org.uk/workshop

Retford Library



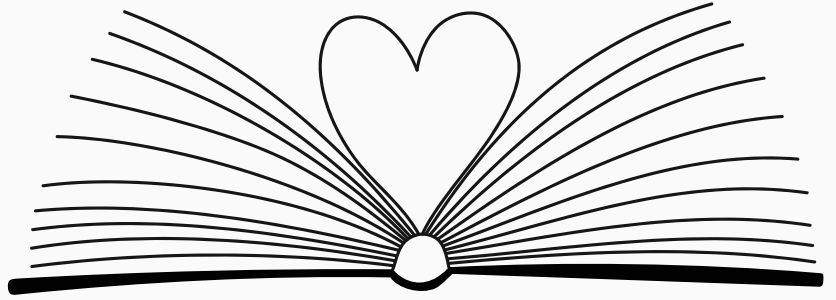
Book Folding

FREE - £10.50 (eligibility criteria applies)

Retford Library

1pm-4pm

Wednesday 21 August



Transform your old books into stunning pieces of art with our Book Folding Course!

For adults aged 19+ discover how to turn the pages of forgotten books into beautiful decorations and enjoy a new, creative hobby that combines art and literature.

Whether you're a beginner or looking to expand your artistic skills, this course offers a perfect blend of history, technique, and creativity.

Join us and unlock the hidden potential of your bookshelf!

Find out more and book: [Book Folding - Retford Library - Adult Learning | Inspire - Culture, Learning, Libraries](#) (inspireculture.org.uk) or call Ask Inspire on 01623 677 200.

www.inspireculture.org.uk

Inspire Libraries

Summer Reading Challenge



FREE

All Inspire Libraries

6 July – 1 September



The Summer Reading Challenge is back in Inspire libraries! This annual reading challenge asks 4-11 year olds to borrow and read any six library books over the summer.

This year's challenge is Marvellous Makers and we're tapping into our imaginations, telling amazing stories and coming up with lots of fun new creations, as we celebrate the creative arts.

How the Summer Reading Challenge works

- Children sign up at their local library to start their challenge (anytime from Saturday 6 July), picking up their Marvellous Makers collector poster.
- Borrow books and get reading! Children choose the books they want to read, recording what they have read along the way. Library staff and volunteers are on hand to chat to children about books they have read.
- For every book read, children will pick up stickers (some are smelly!) along with other rewards. They will also help discover the missing objects our Marvellous Makers need to complete their creations.
- Every child who completes the challenge, by reading 6 library books, receives a medal and certificate, plus a pack of coloured pencils funded from our friends at arcpartnership.

It's all free, fun and a great way to keep children reading over the summer holidays!

For more info, visit inspireculture.org.uk/summereadingchallenge

www.inspireculture.org.uk



FOLLOW THE TIME TO CONNECT ART TRAIL

DISCOVER SIX UNIQUE SCULPTURES
AT SIX NOTTINGHAMSHIRE VENUES

MAP

CONNECT
THE LOCATIONS



In Nottinghamshire, British photographer Alistair Morrison worked with Inspire and Miner2Major to create a project that connects artists, venues and community groups to help leave a legacy of Time to Connect artworks in 6 key locations across Sherwood Forest.

- Bestwood Country Park - The 28th Nottingham Boys Brigade and Girls Association
- Newstead Abbey – Newstead Primary School
- Papplewick Pumping Station – Beardall Fields Primary and Nursery School
- Rufford Abbey Country Park – Bilsthorpe Flying High Academy
- RSPB Sherwood Forest National Nature Reserve – 1st Edwinstowe Rainbows and Brownies
- Vicar Water Country Park – 1st Clipstone Beavers, Cubs and Scouts

Each Nottinghamshire artwork will be connected by the words:
Take 'Time to Connect' with this place and with each other.

[Click Here for More Information](#)

Idle Valley



www.nottinghamshirewildlife.org/idle-valley

Idle Valley is a large nature reserve located just five minutes away from Retford town centre.

This beautiful nature reserve is one of the largest in the East Midlands and has something for everyone. Whether you're planning a gentle stroll with the family, enjoying the treehouse play area, having a spot of lunch in a tranquil setting or are looking for somewhere to spend a whole day wildlife watching, Idle Valley Nature Reserve is the place to head to.

They have a wheelchair and pushchair friendly lakeside walk too which includes a brass rubbing trail and self led den building area. Hire a discovery back pack from the cafe/shop for the children to use whilst exploring too!

Idle Valley is one of the richest birding sites in the region - look out for birds such as gadwall and little grebe in winter and breeding wading birds including little ringed plover and redshank in spring and summer. The café and shop offer a warm welcome and a spectacular view over the reserve making it an ideal destination whatever the weather.

Please keep dogs on leads at all times.



Café



Museum of the Horse

www.museumofthehorse.co.uk

Open Monday to Friday from 9.30am to 4.00pm.

Saturday 9.30am-1.30pm, Last entry one hour before closing.

Entry is currently free but they would appreciate a donation depending on how much you think it is worth.

Dog friendly.

Free quiz for children.



The Museum Of
The Horse
Market Pl,
Tuxford, Newark
NG22 0LA

Leverton Windmill

www.north-leverton-windmill.co.uk

Open to the public every Saturday from
11:00 am - 3:00pm.

Other times and groups by appointment.

Please call tel: 01427 880254 or 07968 969424



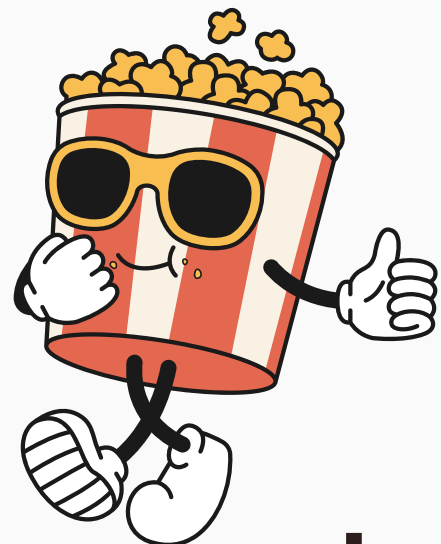
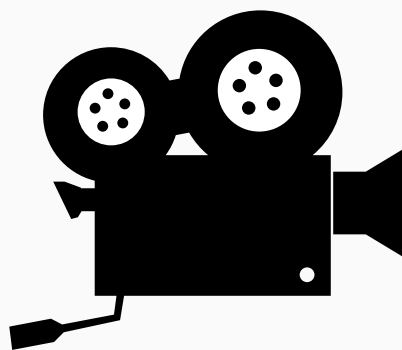
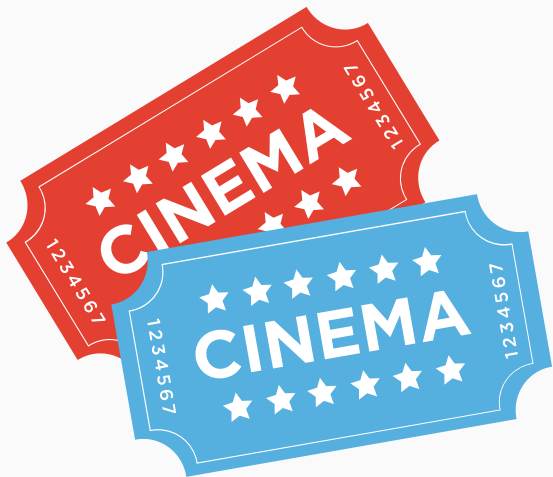
Mill Ln,
North Leverton
with Hablesthorpe,
Retford
DN22 0BA

Savoy Cinema



Savoy Cinema kid's club screenings take place on Saturday and Sunday (every day in the school holidays) at 10.15am. Parents and Children can enjoy a movie at the cinema for the incredible low price of just £3.00 each.

Please note all adults must be accompanied by a child. You can easily spot Kids' Club showings on our website, as they are always shown with an orange KC next to the performance time. Tickets can be booked on the Savoy Worksop website.



www.savoyworksop.co.uk



GIRL'S RUGBY TRAINING

Mondays at 6:30pm

Aged 11-16 come and give it a try

Everyone welcome, no experience
required

SINCE 1898

WORKSOP JR BOYS & GIRLS RUGBY

WE ARE LOOKING FOR BOYS AND GIRLS AGED
BETWEEN 11-16 TO JOIN OUR NEWLY FORMED
JUNIOR RUGBY SECTION

IS BACK



TRAINING
MONDAY EVENING
6.30PM TO 7.30PM

FOR MORE INFO CALL
01909 484247

LOCATION STUBBING LANE, WORKSOP, S80 1NF

Rockin' Roller World

SATURDAY 27TH JULY

6pm to 10pm

a night at the
MOVIES

Movie music at it's best - come
and get your roll on!

£6.25 (plus skate hire if needed)



Summer Offers

They are HOT! HOT! HOT! (unlike the weater)

20% off our family summer saver card - now just £168 for 3 months unlimited entry for a family of 4 (includes skaters & spectators, excludes skate hire, offer runs until 12th July).

Student savers - skate for £4 anytime, everytime (excluding skate hire, age 16+ with student card/student app).

Party bookings - book a party Monday - Friday and get 20% off venue hire and 10% off party packages (limitations around days/time apply, see our website for party booking details).

Summer cinema and skate offer - book a cinema and skate party for up to 40 people for the summer holidays and pay £250, that's £50 off! Includes 1 hour of skating with skate hire, movie of your choice, a drink and 2 snacks. Great for celebrating the end of school at just £6.25 a head (based on 40 people)! We can even arrange to take payment from each person as you arrive. (excludes cinema releases, offer applies 22nd July to 6th Sept).

For more information, to make a booking or purchase a summer saver card contact us through our website www.rockinrollerworld.co.uk, email rockinrollerworld@gmail.com, message through Facebook or visit us



Cost of Living

Support, advice and information on services that can help you with money and finance, housing, families, energy, clothing, food and more.



www.bcvs.org.uk/colbassetlaw

Need Cost of Living Support?

Get in touch



0300 561 2800



advice@canns.org.uk



Citizens Advice North Nottinghamshire, 100 - 102 Bridge Street,
Worksop, S80 1HZ



**citizens
advice**

North
Nottinghamshire

Benefit Calculation Drop-in Session

Last Thursday of each month

9.30am - 3.30pm!

No appointment necessary!

Drop into our Worksop office and find out whether there are benefits you may be entitled to.

**Citizens Advice North Nottinghamshire
100 - 102 Bridge Street, Worksop, S80 1HZ**



**citizens
advice**

North
Nottinghamshire

Food Support

Summer Holidays 2024 Food Support in Bassetlaw



Devonshire Road Harworth -
Community Centre
Monday
2.00pm - 3.00pm
£5 for the first ever bag, and then
£3.50 per bag

Harworth, DN11 8HG

All food Hubs
are open to
all and there
is no
eligibility
criteria.



Workshop S80 2TS

St Paul's Food Hub
This will be changing to The Pantry from Tuesday 23rd July, below
is the opening times from that date.
Every Tuesday 2pm - 3pm
Every Wednesday 6pm - 7:30pm
Every Sunday 12:30pm - 1:30pm



Langold, S81 9RJ

Now Church Langold Food Hubs £5.00 per bag
Tuesday (Food Hub and Cafe)
9:30am - 12:00pm
Wednesday
10:00am - 1:00pm (Kids Stay and Play Session, Booking
required. Food Hub opening for those attending)
7:00pm - 8:00pm (Food Hub)
Week beginning 26th August - Everything Closed All Week



Workshop, S80 1UJ

Workshop Town Academy
HAF Holiday Camps from 29th July to 16th August at four locations
Workshop / Tuxford / Doncaster / Creswell (Free School Meal Families -
FREE + breakfast & lunch)
For more details please visit the website:
www.worksoptownacademy.co.uk/hafsummer2024



Food Support

COMMUNITY PANTRY VAN

10 am

Fitzwilliam centre,
Magna lane, Dalton
S644HH



12.45 pm

Lime Tree Nursery Carlton,
90 Doncaster Road,
Carlton-in-Lindrick,
Worksop,
S81 9JU

3 pm

Lime tree nursery, The Hall,
75 Ryton Road,
North Anston,
S25 4DL

Every
Tuesday



£4 for a box of food.
Bring your own bag.
Open to all.



Langwith Pantry



LANGWITH

PANTRY

INCORPORATING

RHUBABY

**Old Caretaker's house
Langwith Parish hall,
Portland Road**

Thursdays 1pm-6:30pm
Fridays 8:30am - 1:30pm

Food Bags £5

Holiday activities and food



FREE* FUN Summer Tennis Sessions

Ages 7-16 with breakfast & lunch

8.30am – 1.00pm

6th, 8th, 13th, 15th, 20th, 22nd, 27th and 29th August

Fun, free, learn new skills and make friends.

Free healthy meals and snacks included.

*Free for children in receipt of means tested free school meals with a unique HAF code otherwise it's £25 per session.

Retford Tennis Club voted LTA Nottinghamshire club of the Year 2023



NOTTINGHAMSHIRE TENNIS



Retford

TENNIS CLUB



Nottinghamshire County Council

Funded by



Department for Education

For more info contact
retfordtennisclub@gmail.com
or call 07983 538503

Scan the QR code to book

For more info contact
retfordtennisclub@gmail.com
or call 07983 538503



Walking Tennis

Wednesdays 10.00am
followed by tea and biscuits

Get Out Get Active
Bassetlaw

SATURDAY MORNING Tennis Coaching Open to all!

£5 members

£6 non members

10.00am for all age groups - pay per week

No equipment needed

Come and learn the tennis basics at Retford Tennis Club! No time or membership commitment. Simply pay for each session as and when you can attend! All bookings must be made through the website and no later than the day before.

Book online now at retfordtennisclub.co.uk Hospital Road, Retford Notts DN22 7BD

Holiday activities and food

Get involved this **Summer**

Nottinghamshire 2024



Are you claiming benefits- related free school meals and looking for holiday clubs this summer?

The HAF programme supports the wellbeing of children aged between 5 to 16 years focussing on physical and mental wellbeing by providing a variety of activities during school holidays. Included in each session is a meal, this may be breakfast or lunch depending on the programme offered.

The aim of the Nottinghamshire Holiday Activities and Food programme is to support children to eat healthily, keep active and meet friends. We also support families to access help and advice when needed.



Eligible children and young people will be able to access up to 24 days holiday activity each year.

The programme offer is wide and varied. Current activities include:

- **multisports**
- **dance**
- **drama**
- **craft sessions**
- **virtual reality**
- **activity days**
- **high ropes**
- **forest school**
- **cooking with children and families.**

Providers are DBS checked and Ofsted registered where required. There are several checks that providers must pass to be a deliverer of the programme, to ensure your child is in the safest of hands.



How to book places on the HAF Nottinghamshire programme

To book places, you will need a unique HAF code, which can be requested here:

Register for a HAF code

or your school may be able to provide it to you.

Once you have your HAF code

visit HAF online

What's on in your area

Find out about which HAF clubs are available near you



FREE* Fun Summer Tennis Sessions

Ages 7-16 with breakfast & lunch

8:30am - 1.00pm

August 6, 8, 13, 15, 20, 22, 27 and 29th

Fun, free, learn new skills and make friends.
Free healthy meal and snacks included.

*Free for children in receipt of free school meals.

*With unique code. Otherwise - £25 per session.



Retford

TENNIS CLUB



For more info contact
retfordtennisclub@gmail.com
or call **07983 538503**

Funded by
 Department for Education

Hospital Road, Retford, Notts DN22 7BD

CARDIO TENNIS

A fun, sociable group fitness class with a tennis twist



Great music, great cardio, and great people.

Hit lots of tennis balls, build skills, and work up a sweat.

*Open to anyone!
All ages and abilities...*

Retford

TENNIS CLUB

Monday evenings

Non members: **£7.00**

Members: **£6.00**



Health & Wellbeing

MENTAL HEALTH BASSETLAW

Dedicated to prioritising your mental health in Bassetlaw.



Bassetlaw
Place-Based
Partnership

www.mentalhealthbassetlaw.org

The Bassetlaw Mental Health Website is a comprehensive website dedicated to providing all mental health support services available in Bassetlaw in one convenient location.

It features dedicated sections aimed to specific groups, including LGBT +, veterans, young people and more, ensuring everyone can find the support they need.

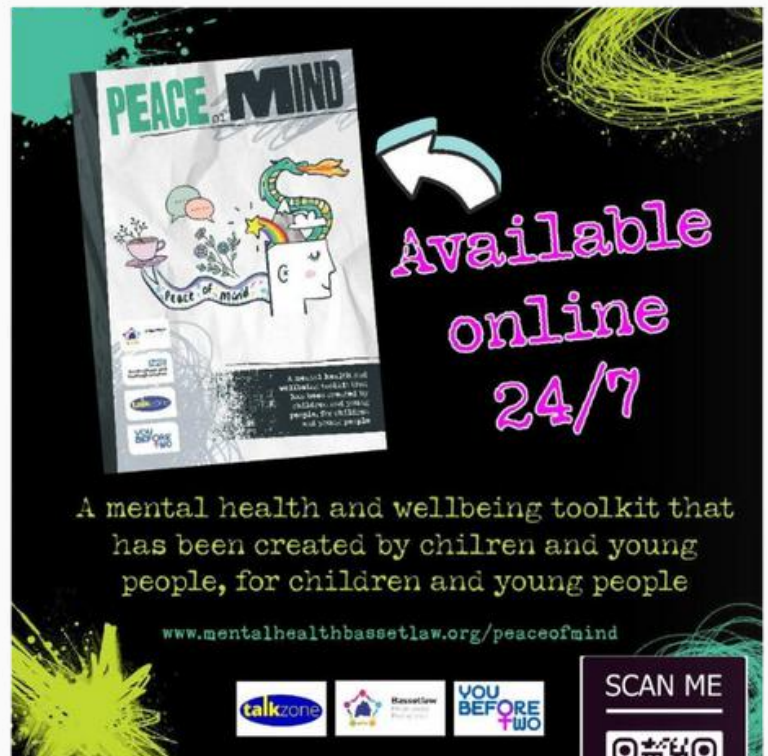
The site also offers a variety of downloadable resources, including a Mental Health Support Flyer that lists all available services. This flyer can be easily printed for personal use or distributed to those in need.



Health & Wellbeing

The Bassetlaw Peace of Mind Toolkit has been co-produced with children and young people to provide support, guidance and advice to young people experiencing mental health concerns including depression, anxiety and more.

The toolkit is available online 24/7.



Available online 24/7

A mental health and wellbeing toolkit that has been created by children and young people, for children and young people

www.mentalhealthbassetlaw.org/peaceofmind

talkzone Bassetlaw YOU BEFORE TWO

SCAN ME

www.mentalhealthbassetlaw.org/peaceofmind



A range of specialist services for children and young people aged 11-25 who identify as LGBT+ (lesbian, gay, bisexual, trans and any other sexual orientation or gender identity), or may be questioning this.

www.centreplace.org.uk

Health & Wellbeing

talkzone

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

These services provide a safe space to talk and offer support for children and young people focusing on anger, low moods, confusion, anxiety, loneliness, self-harm, bullying, relationship/family breakdowns, low self-esteem, or issues around sexual orientation or gender identity.

Appointments for counselling and mental health and well-being support are provided across Bassetlaw in a range of venues, we can also provide telephone and video appointments.

www.centreplace.org.uk/talkzone



Health & Wellbeing



NOTTINGHAMSHIRE CRISIS SANCTUARIES

Workshop Sanctuary
6 Hardy Street, Workshop, S80 1EH

5pm - 10pm
Wednesday and Sundays

You can also call 0330 822 4100
every day from 4pm - 11pm



Nottinghamshire Healthcare
NHS Foundation Trust



Health & Wellbeing

A promotional graphic for Healthy Family Teams. On the left, a photograph shows three children smiling, with their hands raised in front of them, creating colorful handprints in shades of blue, green, pink, and orange. The background is a solid blue. On the right, the text 'HEALTHY FAMILY TEAMS' is written in large, white, bold, sans-serif capital letters. Below this, it says 'Part of the Healthy Families Programme' in a smaller white font. In the top right corner, the NHS logo is present, with 'Nottinghamshire Healthcare' and 'NHS Foundation Trust' written below it. To the right of the main text is the 'Chat-Health' logo, which features a stylized figure holding a globe. At the bottom left, there are social media handles: an Instagram icon followed by '@nottshealthyfamilyteams' and a Twitter icon followed by '@NOTTSHFT'. At the bottom right, the 'Parentline' logo is displayed in a white, cursive font.

Nottinghamshire Healthy Families Teams work closely with local GP practices, early years settings, schools, midwives, children's centres, social care, and other services in each area.

They make sure there are good links and that, when required, parents and young people can be offered the full range of support they may need.

This service is provided to all families living in Nottinghamshire with a child between 0-19 years old. It also covers expectant mums and young people attending Nottinghamshire schools up to the age of 19 years.

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

Health & Wellbeing

An advertisement for the NHS Healthy Start Scheme. At the top right is the NHS logo. Below it, five cartoon characters are lined up: an apple, a yellow tin of vitamins, a blue and purple Healthy Start card with the NHS logo, a green broccoli, and a blue milk carton with a yellow straw. Below the characters, the text reads: "Get help to buy food and milk with the NHS Healthy Start Scheme". At the bottom, it says "Apply online at www.healthystart.nhs.uk".

Get help to buy food and milk with the NHS Healthy Start Scheme

Apply online at
www.healthystart.nhs.uk

The NHS Healthy Start scheme helps young families and those who are pregnant to access healthy food, milk and vitamins.

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. We'll add your benefit 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



HELPING OLDER CHILDREN AND YOUNG PEOPLE WITH ASTHMA

Includes The Seven Wonderful Asthma Tips

S.W.A.T



1. Keep your reliever with you

2. Take your preventer every day (even when well)

TAKE EVERY MORNING and EVENING



3. Use your



4. Ensure good inhaler technique

5. Avoid triggers



6. Attend reviews

It's good to talk



7. Tell others

For more information go to movingonasthma.org.uk



Sun Safety



THE 5 S'S OF SUN SAFETY



How to stay safe in the sun



SLIP

on clothing - your first line of defence!



SLOP

on SPF 30+, 4 or 5 star UVA sunscreen.
Don't forget to re-apply every 2 hours.
Sun cream has a shelf-life of 3 years.



SLAP

on a broad-brimmed hat.



SLIDE

on quality sunglasses.



SHADE

from the sun when possible.

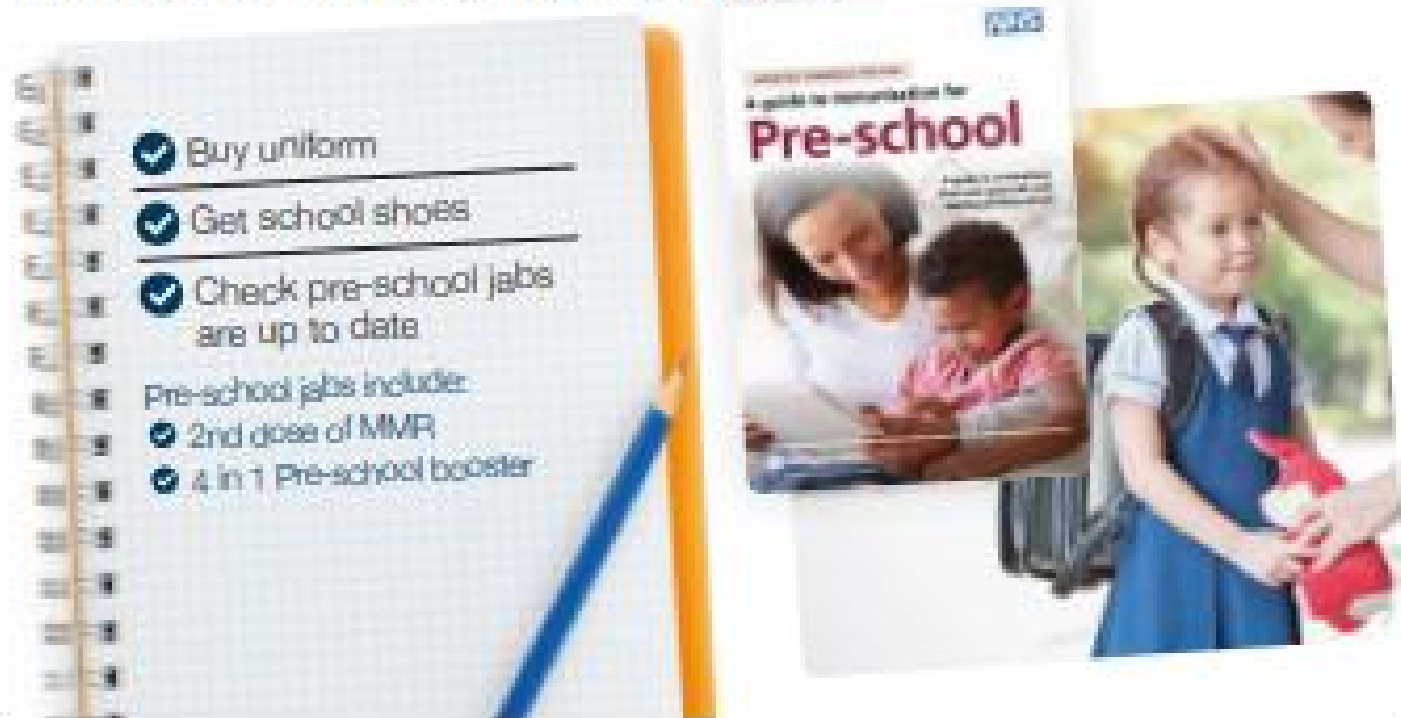


UK Health
Security
Agency

NHS

Starting a new school?

Your child will be learning and playing with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jabs.



- ✓ Buy uniform
 - ✓ Get school shoes
 - ✓ Check pre-school jabs are up to date
- Pre-school jabs include:
- ✓ 2nd dose of MMR
 - ✓ 4 in 1 Pre-school booster

If you are not sure if your child has had all their routine vaccinations, check their personal health record (Red Book) or contact the GP surgery. To get the best protection for your child, they need to have had two doses of MMR vaccine. For a checklist of the vaccines and the ages at which they should ideally be given visit:

www.nhs.uk/vaccinations

MMR for all leaflet



qrco.de/MMRFORALL

Preschool immunisations



qrco.de/PreSchool

immunisation

Helping to protect everyone of every age

Health & Wellbeing

Unwell? Choose well

 Self Care	 Pharmacy	 NHS 111	 GP Practice	 Urgent Care	 A&E or 999
Minor ailments should be treated at home	Local expert advice	Non-emergency help	A skilled team of medical professionals	Urgent Treatment Centres	For emergencies only
Minor cuts and grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Use NHS 111 online if you're unsure what service you need	Lasting symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains x-rays Cuts & burns Fever & rashes	Choking Chest pain Blacking out Serious blood loss


Nottinghamshire Healthcare
NHS Foundation Trust

DURING A MENTAL HEALTH CRISIS

talk to people you can trust

If you need urgent mental health support your NHS is here for you. Call our 24/7 mental health crisis line on: 0808 196 3779

Text NOTTS to 85258

for free, confidential support, 24/7

Health & Wellbeing

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 Healthcare
NHS Foundation Trust

LIVING WITH AN ALLERGY

www.healthforkids.co.uk

An allergy is when your body has a reaction to a particular food or to something in the environment



Health & Wellbeing

NHS

Nottinghamshire
Talking Therapies



Feeling low, worried, or stressed?

We are here for you

At NHS Nottinghamshire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage. If you are aged 17 ½ years or over and registered with a GP in Nottingham, Bassetlaw, or Nottinghamshire we can help you find the tools you need to get life back on track.

Contact us now, it is **FREE and confidential.**



www.notts-talk.co.uk



0333 188 1060



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

Health & Wellbeing



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

IN SAM'S NAME
MENTAL HEALTH PEER SUPPORT GROUP

JULY MEETINGS

MONDAY 8TH JULY

MONDAY 22ND JULY

TIME

19:00

RETFORD

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

Health & Wellbeing

**A MEN'S TALKING GROUP
BASED IN BASSETLAW**

In Sam's Name



#ALREYTBOD

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



info@insamsname.co.uk

WORKSOP & RETFORD LOCATIONS

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

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

Health & Wellbeing



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

**IN SAM'S NAME
MENTAL HEALTH PEER SUPPORT GROUP**

JULY MEETINGS

THURSDAY 4TH JULY

THURSDAY 18TH JULY

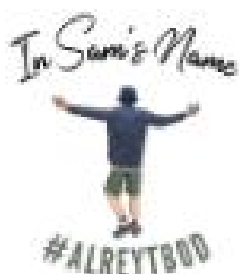
TIME

19:00

WORKSOP

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

Health & Wellbeing



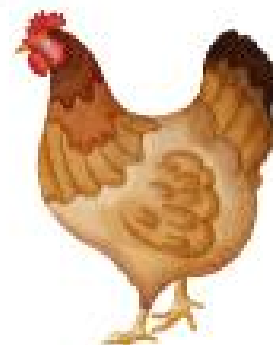
In Sam's Name Visit to Rhubarb Farm

Sunday 18th August - 11.00am - 2.00pm

Group Meeting Space | Group Farm Activity | Group Lunch

All welcome - Men, Women & Families.

Please email info@insamsname.co.uk
if you would like to come along.



Cancer Screening

NHS

Cervical Cancer Symptoms:

- Vaginal bleeding after sex
- Vaginal bleeding after menopause
- Vaginal bleeding between periods or periods that are heavier
- Vaginal discharge that is watery and or that contains blood
- Pelvic pain or pain during sex
- Difficult or painful urination or blood in the urine
- Dull backache
- Swelling of the legs
- Pain in the abdomen
- Feeling tired



What if we checked our bodies as much as we checked our phones?

Visit aurorawellbeing.org.uk/cancer-info for guidance and more information

Phone screen *VS* Cancer screen
Only *one* could save your life

AURORA
Wellbeing Services



Bassetlaw
Place Based
Partnership

South Yorkshire and Bassetlaw
Integrated Care System
CANCER ALLIANCE



Cancer Screening

NHS

Bowel Cancer Symptoms:

- Bleeding from your bottom and/or blood in your poo.
- A persistent and unexplained change in bowel habit.
- Unexplained weight loss.
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy.



What if we checked our bodies as much as we checked our phones?

Visit aurorawellbeing.org.uk/cancer-info for guidance and more information

Phone screen *vs* Cancer screen
Only *one* could save your life

AURORA
Wellbeing Services



Bassetlaw
Place Based
Partnership

South Yorkshire and Rotherham
Integrated Care System

CANCER ALLIANCE



Social Prescribing Link Workers



Social Prescribing Link Workers take the time to discuss with patients the many voluntary, community and statutory services that may help to improve a persons health and wellbeing alongside any existing medical treatment.

Social Prescribing Link workers can help to:

- **Identify groups which may offer additional support to help patients understand and manage their medical condition**
- **Access community social groups by giving a patient a named contact and specific group information**
- **Access benefits, debt and welfare advice**
- **Address loneliness and isolation issues by encouraging participation with local activity groups**
- **Access information on a wide range of services for the whole family**

If you would like support from a link worker, please contact Bassetlaw Community and Voluntary Service.

01909 476118 | bcvs@bcvs.org.uk

Coming Soon

Bassetlaw Focus on Farmers Open Evening

If you are a from the farming, rural, or agricultural community in Bassetlaw and would like to get involved in Bassetlaw Focus on Farmers and find out more, there is an Open Evening taking place on 10th September, at Idle Valley in Retford.

Find out more here: www.bassetlawfocusonfarmers.org.uk

Bassetlaw Focus on Farmers



SAVE THE DATE

Tuesday 10th September (World Suicide Prevention Day)
7pm - 9pm | Idle Valley, Retford

Find Out More, Get Involved,
Make a Difference

Guest Speaker: Richard Bartle

Hear how Richard Bartle, who is originally from Bassetlaw, got involved with a similar project - We Are Farming Minds - by hosting a wellbeing event on his farm in Hereford.



Guest Speaker: Riders Minds

Hear from Riders Minds - an online bespoke resource dedicated to supporting the mental health and wellbeing of the equestrian community.



Guest Speaker: Paula Graham

Paula is leading on the coordination of this project and has a strong background in both wellbeing and rural life. She will update everyone on future plans, and give an overview on using the NHS App when you have a busy lifestyle.



PLUS

More to be announced



Register your interest here:
www.bassetlawfocusonfarmers.org.uk/event



Coming Soon

North Leverton Windmill Weekend



Saturday 7th & Sunday 8th September

Family Fun weekend including your favourites.

Wheels@The Windmill (Saturday and Sunday 12:00 to 16:00)

**Music @ The Mill (Saturday from 16:30),
Local Craft Market (Saturday & Sunday 12:00 to 16:00)
Tractor Run (Saturday Run to be back at the Windmill for 12:00)**

**Fun Dog Show (Saturday 13:00 to 15:00)
Children's Entertainment, Exhibits, and lots more.
Food and Drink available**

Coming Soon



Night at the Dogs Fundraiser

Focus on Young People in Bassetlaw

**OWLERTON STADIUM
SHEFFIELD**

Focus
on Young People
in Bassetlaw

A NIGHT AT THE DOGS!
Hosted by
Focus on Young People in Bassetlaw
SATURDAY 5TH OCTOBER
First Race 7 p.m.

ENTRANCE & RACECARD **CHICKEN AND CHIPS** **DRINK**

£15pp **RAFFLE ON THE NIGHT**

For Tickets & Info:
e: support@foypib.org.uk
t: 01909 531504

SCAN ME

Penistone Road, Sheffield S20 2BL

The poster features a dark background with glowing yellow and orange geometric shapes. At the bottom, there is a photograph of three greyhounds running on a track. The text is primarily in white and red, with the Focus logo in green and purple.

Coming Soon

Bassetlaw Multicultural Association

Annual Festival - 14th September

SAVE THE DATE

Saturday 14th September 2024 // 11-5
Bracebridge Field, Worksop

Worksop Multicultural Festival



**BASSETLAW
MULTICULTURAL
ASSOCIATION**

**LIVE MUSIC
CRAFTS & STALLS
COMMUNITY INFO | DANCING
INTERNATIONAL CUISINE
HEALTH INFORMATION
BOUNCY CASTLE
MAGICIAN & MORE**

**For enquiries please email
worksopmulticulturalevent@gmail.com**