



Activities during Half Term

10th February 2023

Dear Parents/Carers,

We wish you an enjoyable Half Term and we will see you back at Nursery on Monday 20th February.

In the meantime in this newsletter we have included many activities and freebies for you and your children to keep you busy during Half Term and in the following weeks. Please check the dates as booking may be needed.

Enjoy!

Special points of interest:

- Half Term dates
- What's happening in the Community, free courses and free food during Half Term

Alton Activity Centre
Contact Cheryl: 0787 054 5675 @Ellisfield Drive, Roehampton, SW15 4DR

February Half Term Time: 12pm - 5pm Age range: 7 - 13 years old

What's on: Monday 13th February - 17th February 2022

Monday 13th February

Mile End Go-Karting
(Over 1.52cm+)
12pm - 5pm

Tuesday 14th February

Canvassing Painting Making
Biscuits/Pancake
&
Football Tournament
12pm - 5pm

Friday 17th February
National History/Science Museum
12pm - 5pm

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2023
COURTESY OF MONEY SAVING CENTRAL

ASDA CAFE
Kids eat for £1 all day, every day with no adult spend until the end of March 2023

HUNGRY HORSE
Kids eat for £1 on Mondays. Then Tuesday to Friday between 3 - 5pm selected Kids' meals are £1 & larger meals are £1.50.

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

ANGUS STEAKHOUSE
One free children's meal per paid adult meal 12-5pm daily throughout the holidays

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK
Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

MORRISONS
Spend £4.99 & get one free kids meal all day, every day.

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

YO! SUSHI
From February half term, kids eat free all day at YO! Sushi with any adult £10 spend

SA BRAINS PUBS
Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS
Under 12's eat for free with any adult meal. During the school holidays

IKEA
Kids get a meal for 95p or £1.50 from 11am - All day, every day.

FARMHOUSE INNS
Kids eat for £1 is currently on until Jan 31st but expected to be extended

TESCO CAFES
Likely but not yet announced

Base - Roehampton
Contact Sandra - 07930 962721 or Pal-07795126917 @ 33-35 Danebury Avenue, Roehampton, SW15 4DR

February Half Term Time: 1pm - 8pm Age range: 8 - 16 years old

What's on: Monday 13th February - 17th February 2022

Monday 13th February

T-Shirt-Printing
Cooking - Spaghetti Bolognese's
Kahoots - win prizes
Pool Tournament
1pm - 8pm

Tuesday 14th February

Canvassing Painting Baseball Caps
Design/Biscuit making & decorating
Cooking - Chicken & Rice
&
1-8pm
Pool Tournament

Wednesday 15th February

Winkdames
Cooking - Jacket potatoes
Kahoots - win prizes
Pool Tournament
1pm - 8pm

Thursday 16th February

Dress workshop
Cooking - Fish & Chips
Regeneration mapping model
Pool Tournament
Card design
1pm - 8pm

Friday 17th February

Trip to Gravity VR
By invitation
2pm - 6pm

Free food for children or just £1.

Check the dates and T&C

Roehampton Warm place for families at the Children Centre Monday-Friday

Free Workshops "Empowering Women" from 31st January to 14th March 2023.

31 January (Tuesday), 09:30-12:30.
Rebuilding relationships: how to restore relationships with the people around you; exploring why relationships break down and practical steps to restore them.

7 February (Tuesday), 09:30-12:30.
Managing your emotions: how to keep your mind and body well during stressful times. Learning techniques and opportunity to reflect on what works best for you.

21 February (Tuesday), 09:30-12:30.
Improving your active listening skills: helping you to understand others better and giving you tools to use at home and work.

28 February (Tuesday), 09:30-12:30.
Straight talking: how to get results by saying things that people might not want to hear. Learning a technique to say it in a constructive way.

9 March (Thursday), 09:30-12:30.
Expressing yourself: understanding and expressing your needs and feelings so that others can understand you better, increasing your confidence to say what you need to say.

14 March (Tuesday), 09:30-12:30.
Dealing with conflict: reflecting on conflicts that have affected you and using exercises, you will learn skills to improve the way that you react to disagreements.

31.01-14.03.2023 | PORTSWOOD SPACE, SW15 4ED

Wandsworth
Mediation
Service

Free workshops: 'Empowering Women'

Life skills to help you express yourself in everyday conflict.

- Women only - all women welcome!
- For Roehampton community as priority.
- A safe and confidential space with female-only facilitators.
- Teas and coffees provided.



ALTON ACTIVITY CENTRE FREE ACTIVITIES FOR WOMEN

Self Care workshop for Women
every Friday 10:00-11:30 Yoga,
Breathwork, Meditation and Sound
Healing

Candle Light into Spring Classes
every Saturday evening 7-8pm

Coffee morning every Wednesday
from 10am to 12pm

FREE

YOGA WITH VERENA NASH


Women's Yoga Classes Roehampton

Candle Light Into Spring Classes

Self Care For Women Classes

Saturday Evenings 7-8pm
January 28th
February 4th, 11th, 18th
March 4th, 11th, 18th, 25th
April 1st, 22nd, 29th
May 6th, 13th, 20th, 27th

**Every Friday morning
10:00 - 11:30am**
during term time from
now until mid July 2023




**IMPROVE YOUR WELLBEING
STRENGTHEN AND REJUVINATE YOUR BODY AND MIND**

Where: Alton Activity Centre, Ellisfield Drive, SW15 4EZ
Cost: FREE
What to bring: Water, blanket (optional if you get cold in winter), wear comfortable, layered clothing


For more information please contact Verena: verenanash@hotmail.com

"I really enjoy Yoga sessions with Verena. She communicates so well and makes you feel very comfortable. Verena is a kind spirit with a gentle soul, thoughtful and patient. Her tailored yoga practice is a great mix of strength, flow, deep breathing and relaxation. She works with all levels. If you have the opportunity, do not hesitate to join a class with her. At the end of every class you will feel a sense of relaxation and peace. I recommend her classes to anyone who needs to relieve stress after a long week of work or just to unwind." Mira Kubecka

Candle Light Into Spring Classes sponsored by



Self Care For Women Classes sponsored by



London Zoo is offering family tickets for £3 until the end of March for families in receipt of benefits!

<https://www.londozoo.org/plan-your-visit/community-access-scheme>

March activities at the Children Centre **requires booking in advance**



Official

A HEALTHIER FUTURE FOR ROEHAMPTON

A free community-led health & wellbeing event for everyone in Roehampton

With support from

11am - 4pm

Roehampton Sport & Fitness Centre
Laverstoke Gardens, SW15 4JB

25th February, 2023

WHAT YOU CAN EXPECT

- Blood Pressure, BMI, Diabetes ✓
- Cost of Living Information & Help ✓
- Employment Opportunities ✓
- Drug & Alcohol Services ✓
- Wellbeing Support ✓

& MUCH MORE!

ABOUT THE EVENT

Roehampton based Estate Art alongside the NHS, WGEN and it's partners welcome you and the community to a locally led event focussing on health and wellbeing. A special thank you to the local schools for their wonderful art bags which will be given out on the day!

Our community is facing many health inequalities that we must tackle together. Come along for your benefit and for a healthier and happier Roehampton.

GET IN TOUCH estateartsw15@gmail.com #HEALTHIER ROEHAMPTON

learn to love to read

Let's chat, play, sing and read together!

Relaxed sessions with Learn to Love to Read for parents and children aged 2 to 4 years

Help your child start school ready to read

Eastwood Children's Centre, Roehampton

10:30-11:00 am
Wednesday 1st,
8th, 15th and 22nd March 2023

Please sign up on our website
<https://www.learn2love2read.org.uk/pages/151-training-and-events>

All attendees receive books and resources each week

Open Day

Friday 24 February 2023

Upholstery Training Programme

South Thames College is setting up a free training programme for unemployed adults.

You will

- Learn a range of professional techniques for upholstering
- Complete an individual upholstery project
- Gain a qualification and learn how to set up your own business

If you would like to find out more, contact kate.turney@sttc.ac.uk

Open Day Information:

- Friday 24 February
- Arrive at 10am. The day will run from 10am to 2pm
- You will complete a written assessment and learn some upholstery techniques on the day

To be run at: Southside Shopping Centre, Wandsworth SW15 4TF

Please get in touch for more details.

Free Upholstery and work skills training for adults

Open Day
24 February 2023

Location:
Inside Southside Shopping Centre, Garratt Lane /Wandsworth High Street SW15 4TF

Start Upholstery

Who is the Course for?

The course is for adults (over 19) who are unemployed or working part-time, and are interested in learning Upholstery and how to set up a business. It is open to any new learners of Upholstery.

You are required to have minimum level 1 reading and writing skills in order to undertake the written element of the course.

What are the dates and times of the course?

The course runs from 24/2/23 to 7/7/23

Creating a Business Start-Up, the written section runs alongside the craft sessions.

The course runs every Friday from 9:30 - 3:00pm with a break for lunch. Full attendance is expected.

What does the course include?

The programme is designed to introduce you to some basic techniques in upholstery so that you are able to upholster a simple chair or stool initially. You will then go on to plan another project which builds on the skills learned. Alongside this, you will attend sessions on how to set up a business.

Where does the course take place?

The course takes place in Southside Shopping Centre, in the upstairs of the venue that used to house GAP, opposite Poundland

Do I get a qualification?

The craft course is not accredited; you can focus on the personal skills you need to develop.

You will get a level 2 qualification in Creating a Business Start-Up.

How much is the course?

The whole programme is free to those who are on active benefits or working part-time and earning less than £23,502

The course fee for those who are earning more than £23,502 is £300

Do I have to attend all the classes?

If you enroll for the course, you need to commit to attending all of the sessions until July. If you have any reason to think you will not be able to do so, please contact Kate at below email before you enroll.

What can I do after this course?

You can continue to practice and develop your upholstery skills in one of the college's onsite upholstery courses. You can also enroll for:

- Creating a Professional Online presence
- Bookkeeping and accounting
- Introduction to project management
- Visionnaires (online course with access to experienced entrepreneurs)
- Other craft courses: soft furnishings, interior design

How do I enroll?

You will need to attend the Open Day and then, if you meet the criteria, you will be given the codes to enroll at the college.

Please contact Kate Turney to express your interest in joining the Open Day kate.turney@sttc.ac.uk