

# Be a busy Bee in the Summer Holidays



Ride on electrically powered boats & discover unique wildlife of the Broads.

Look out for marsh harriers, otters, kingfishers and many others.

Boat trips run (weather permitting) from the NWT Broads Wildlife Centre at Ranworth, visiting

Ranworth Broad, Cockshoot Broad and marshes of the Bure valley.

Cost are between £5 to £10 for adults & £3 to £6 for children.

Please phone 01603 270479 for further info and trip schedules (subject to sufficient bookings so please book)

## World Rowing Junior Championships 3 - 7 August 2011

The 2011 World Rowing Junior Championships look forward to welcoming you all to Dorney Lake, near Eaton. Norwich  
For more information and to buy tickets please visit - [www.wrjc2011.com](http://www.wrjc2011.com)



## Sainsbury Centre for Visual Arts 01603 593199

The Sainsbury Centre is a family-friendly place to visit! You'll always find fun things to do, with our free family resources available from Gallery Reception on request. We are buggy-friendly, our Gallery Café offers a menu for children, and high-chairs are available.

Each holiday we offer free creative activities for families to do together at the art table, and a booklet packed with fun facts, drawing, challenges and trails for you to do in the gallery and when you get home. Activities are designed by artists and are inspired by objects in our collections.

This holiday we're focusing on the eccentric flint, an unusual piece of flint from Guatemala, decorated with faces

26 July – 4 September 2011

11am – 4pm

In the Galleries

Free

Booking not required—drop in any time

## Holt Country Park

**Fun Dog Show**—Monday 25th July 2011 2pm–4pm  
Bring your Pooch  
**£2 per dog**— Prizes for dogs and their handlers

**BIRDSense**—Wednesday 3rd August 2011 11am  
Talk and aerial birds of prey display  
**£2 per child**  
(No dogs please)

**Shelter Building with Robin Hood and his Merry Men**

Friday 5th August 10am–1pm  
Build a shelter, learn survival skills and hunt with Big John and Friar Tuck for survival food.  
**£3 per child** for shelter building and kings banquet (food & refreshment)  
Under 3's free entry for shelter building but charge for refreshments

**Gladiator Trial with the Romans**

Monday 22nd August 2011 10.00am–12.30pm (last entrance 11.45)  
Can you defeat the gladiator and get a thumbs up from the Roman Emperor? Be prepared to get mucky and wet if you lose, so wear your old clothes!  
**Make a Roman Helmet and Sword**  
**£3 per child, under 3's free**

**MINI-BEAST HUNT**

Thursday 1st September 2011 10.00am–11.30  
Wildlife Quiz for all ages 11.30am–12.30pm. Lots of Prizes



## BeWILderwood Summer 2011

**Pippy's Peculiar Puppet Parade**

July 25<sup>th</sup> – 31<sup>st</sup>

Make your own costume and join in the Boggle band for dancing and delightful din!

**Mildred's Crocklebog Capers**

August 22<sup>nd</sup> – 29<sup>th</sup>

A celebration of all things Crocklebog..... Giggle through the Crocklebog Challenge, follow Mildred's Butterfly Bumble AND decorate an authentic Crocklebog handbag or tiara.

01603 783900

Please phone for opening times and prices



Norwich Puppet Theatre  
01603 629 921

Wizards & Elves Workshop

Abracadabra! Which mystical magical character will you bring to life?  
Using different materials and some expert help, create a spellbinding character to take home.

28th July 2011 @ 11.00am  
Price: £7.50  
Ages: 5+



Moving Shadow Puppet Workshop

In this workshop you will use an array of materials and expert guidance to create a fabulous moving shadow puppet!

Mon 1st Aug 2011 @ 11.00am  
Price: £7.50  
Running time: 90 minutes  
Ages: 5+

Fun With Clay Workshop

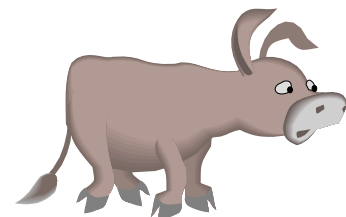
Thu 4th Aug 2011 @ 11.00am  
Price: £7.50  
Running time: 90 minutes  
Ages: 5+

Learning about simple modelling  
You have the chance to create a model head or a model of a fantastical creature - the choice is yours.  
This is the messiest of our workshops so please don't wear "Sunday Best"  
Please bring a small cardboard box with you to take your model home

The King's Got Donkey's Ears

A walk in the woods should be for fun, play or for a visit to Grandma's. Not so for Good King Orik. He went in smiling and came out cursed with the great big furry ears of a donkey! Shocked, embarrassed and very upset, the King hides away in his tower, desperately hoping that no one will find out the secret hidden beneath his hat. But Scruffibus, the King's wise and faithful dog, cannot bear to see his master upset and realises that something must be done!

28th Jul to 30th Jul 2011 @ 14.30pm  
Price: £3.00 - £20.00  
Ages: 4+  
Baby friendly show



**Pedal Power**

- \* Cycling is a perfect way to get around and explore Norwich.
- \* Lots of fresh air, beautiful scenery, dedicated cycle-paths, quiet lanes and back roads.
- \* Try the traffic free Marriott's Way between Norwich and Aylsham or the 9 mile Bure Valley cycle path which runs alongside the narrow guage railway from Wroxham to Aylsham.
- \* Best of all its free!
- \* [www.visitnorwich.co.uk/cycling](http://www.visitnorwich.co.uk/cycling)



# The Garage

14 ChapelField North  
Norwich  
Norfolk  
NR2 1NY  
01603 283382

**01 AUGUST 2011**

## **STREET DANCE MASTERCLASS!**

Master Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 13-19 years

Times: 10:00am - 3:30 daily

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**01 AUGUST 2011**

## **CREEPY CHARACTERS AND POSH PRINCESSES!**

Mini Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 8-12 years

Times: 9:00am - 2:30pm daily (Parents may drop children off from 8:30am)

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**02 AUGUST 2011**

## **GARAGE DANCE-FACTOR!**

Mini Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 8-12 years

Times: 9:00am - 2:30pm daily (Parents may drop children off from 8:30am)

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**02 AUGUST 2011**

## **STREET STYLE FASHION/COSTUME MASTERCLASS!**

Master Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 13-19 years

Times: 10:00am - 3:30 daily

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**03 AUGUST 2011**

## **BEAT IT!**

Master Mixers

A range of one day creative workshops led by exciting professional artists and performers: Dates: Monday 1st August - Friday 5th August

Ages: 13-19 years

Times: 10:00am - 3:30 daily

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**03 AUGUST 2011**

## **THE NEXT BIG THING!**

Mini Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 8-12 years

Times: 9:00am - 2:30pm daily (Parents may drop children off from 8:30am)

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**04 AUGUST 2011**

## **BREAKOUT!**

Master Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 13-19 years

Times: 10:00am - 3:30 daily

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**04 AUGUST 2011**

## **BREAKOUT!**

Mini Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 8-12 years

Times: 9:00am - 2:30pm daily (Parents may drop children off from 8:30am)

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

**05 AUGUST 2011**

## **ACTING MASTERCLASS!**

Master Mixers

A range of one day creative workshops led by exciting professional artists and performers. Dates: Monday 1st August - Friday 5th August

Ages: 13-19 years

Times: 10:00am - 3:30 daily

Cost: Individual Day: £25 (Discretionary £18.75) Or Full Week: £100 (£75.00 Discretionary)

# NORWICH CASTLE

01603 493625

One of the City's most famous landmarks, Norwich Castle was built by the Normans as a Royal Palace 900 years ago. Now a museum and art gallery, it is home to some of the most outstanding collections of fine art, archaeology and natural history.

Norwich Castle is packed with treasures to inspire and intrigue visitors of all ages. In the magnificent Norman keep, models, computers, sound and video bring history vividly to life.

## Stories, Sagas and Old Wives Tales

Tuesdays until 1st September 2011, 10.30am to 12.00pm & 2.00pm to 4.00pm

Norwich Castle

Join us for some fairy stories and Sagas from across time and the world.

**Price:** Adult £3.10 - £6.00, Conc. £2.70 - £5.10, Young People (4-16) £2.30 - £4.40

Suitable for children young and old, especially the grown ups!

## Art Attack!

Sundays until 6th September 2011, 2.00pm to 4.00pm

Norwich Castle

Get creative and have a go at an array of different art and craft activities.

**Price:** Adult £3.10 - £6.00, Conc. £2.70 - £5.10, Young People (4-16) £2.30 - £4.40

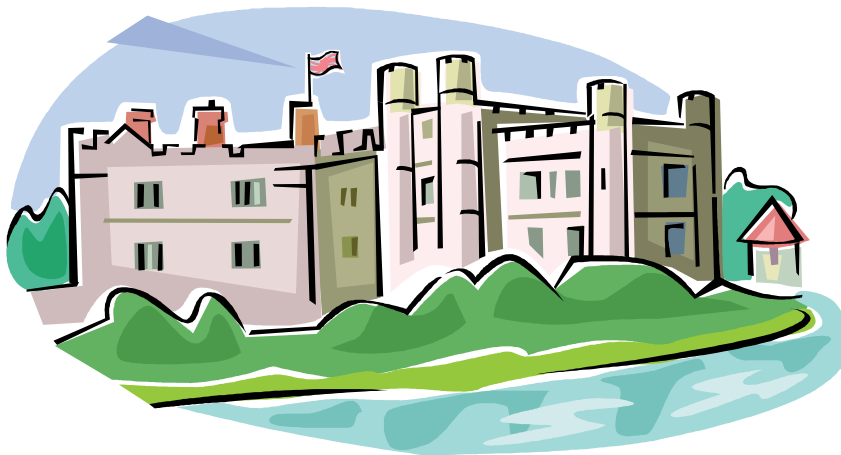
## Hands on History

Wednesdays & Fridays until 4th September 2011, 10.30am to 12.00pm & 2.00pm to 4.00pm

Norwich Castle

Meet characters you the every-world.

**Price:** Adult - £5.10, Young



from history as they show day objects from their

£3.10 - £6.00, Conc. £2.70 People (4-16) £2.30 -



## Access to Music

135-137 King Street  
NORWICH  
NR1 1QH  
01603 615 846

[www.atmnorwich.co.uk](http://www.atmnorwich.co.uk)



### Non Residential Course for 13 - 17yrs

Tuesday 26th - Saturday 30th July 2011

The Norwich Summer Band Factory course will be held at King Street in Norwich, where students have access to a state-of-the-art music studio, rehearsal rooms and equipment.

From Tuesday to Saturday our tutor team of industry professionals will lead sessions in composition and arrangement. The students will research songs, discuss ideas and compose original material. From Wednesday afternoon rehearsals are scheduled and the students will begin to focus on the detail of their songs.

Each band will get the chance to record a song using the latest recording equipment. Bands will also receive stagecraft sessions in preparation for their final performance. Bands will have the opportunity to video their performance at a BBC TV Studio at the The Forum in Norwich City Centre. The Norwich Summer Band Factory gig will be held on the Saturday at Open, 20 Bank Plain, Norwich on their large performance stage.

**Cost: £155** (Non Residential. Lunch not included)



## CINEMA CITY

### Saturday Kids Club

Adults go free - Saturday cinema Kids' Club:

Every Saturday at 10.30am.

Creative activities, fun and games are followed by a children's film at 11.00am.

The Club is suitable for 3 - 15 year olds.

Various prices



**open** **WHATS ON OVER THE SUMMER?**  
**2ND AUG-2ND SEPT**

<b>CLIMBING TUES-FRI</b> FAMILY AND JUNIOR 10AM - 1PM AGES 7+	<b>BOOKING ESSENTIAL / FREE</b> YOUTH CLIMBING 1PM - 4PM AGES 11-19
<b>TUESDAY</b> DIGITAL PHOTOGRAPHY 10AM - 1PM AGES 11-19	<b>BOOKING ESSENTIAL / FREE</b> MOVIE MAKING 1PM - 4PM AGES 11-19
<b>WEDNESDAY</b> FASHION RECYCLE 10AM - 1PM AGES 11-19	<b>BOOKING ESSENTIAL / FREE</b> RECORDING STUDIO 1PM - 4PM AGES 11-19
<b>THURSDAY</b> WANNA BE A DJ 10AM - 1PM AGES 11-19	<b>BOOKING ESSENTIAL / FREE</b> JEWELLERY MAKING 1PM - 4PM AGES 11-19
<b>FRIDAY</b> CREATE YOU OWN MAGAZINE 10AM - 1PM AGES 11-19	<b>BOOKING ESSENTIAL / FREE</b> RECORDING STUDIO 1PM - 4PM AGES 11-19
<b>DROP IN</b> TUES-FRI 10AM-6PM SAT 11AM-6PM AGES 11-19	<b>CONTACT US</b> TEL 01603 763111 EMAIL <a href="mailto:INFO@OPEN247.ORG.UK">INFO@OPEN247.ORG.UK</a> WWW.OPEN247.ORG.UK

OPEN-YOUTH VENUE / 20 BANK PLAIN / NORWICH / NR2 4SF

**OPEN**

**20 Bank Plain, Norwich, Norfolk, NR2 4SF**

**01603 763111**

**Active Norfolk's Holiday Zone**  
**A one-stop-shop for holiday activities in the County!**

Monday 25th July 2011

**Rackheath Village Hall 9.30am - 3.30pm** First child £12, second child £12.

Circus Zoolab. Suitable for 5-12year olds. [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Falcon Junior School, Sprowston 10.00am - 3.00pm** Cost of £15

Together we will make, draw, paint, and stick. Suitable for 5-8year olds.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Oasis Sports Club, Thorpe St Andrew 10.00am - 3.00pm** Cost £12

A fun day full of tennis. Suitable for 9+year olds [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



Tuesday 26th July 2011

**St Michaels CE VC Nursery and Infant School, Aylsham 9.30am - 3.30pm.** First child £12, second child £12.

A mixture of arts crafts and games activities. Suitable for 5-12 year olds.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Sprowston Community High School, Sprowston 10.00am - 3.00pm** .Cost £18.50. Suitable for 8+year olds

Indian cookery, make a creamy masala chicken curry, prawn pilau, curried flatbreads & apple pie samosas.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Oasis Sports Club, Thorpe St Andrew 10.00am - 3.00pm** Cost £12. Suitable for 5-8year olds

A fun day full of tennis. Practice your tennis skills through fun games and drills and then take part in an

exciting tennis singles and doubles tournament. [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Horsford Village Hall 10.00am - 3.00pm** Cost £15. Suitable for 8-12 year olds

Take part in an outdoor based bootcamp session. Run, jump, climb, crawl and throw your way to a fun fitness workout. Have a go at a bushcraft session which involves learning knots, putting up shelters, looking for some sticks to light a fire and how to filter dirty water.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

Wednesday 27th July

**Horsford Village Hall 9.30am - 3.30pm** First child £12, second child £12

Races and team games with a mixture of arts, crafts and games activities suitable for 5-12year olds.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



**Active Norfolk's Holiday Zone**  
**A one-stop-shop for holiday activities in the County!**

Thursday 28th July

**Falcon Junior School, Sprowston 9.30am - 3.30pm** First child £12, second child £12. Suitable for 5-12 year olds.

Come and take part in a fun dodge ball workshop and a mixture of arts, crafts and games activities

To book [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Broadland High School, Hoveton 10.00am - 3.00pm** Cost £18.50 Suitable for 5-8year olds

Chinese Cookery. Come along and make sticky lemon chicken with noodles, special fried rice and an orange cheesecake.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



Friday 29th July

**Sprowston Community High School Swimming Pool.** Cost £15. Times - 9.30-10.30, 10.30-11.30, 11.30-12.30, 1.15-2.15 & 2.15-3.15. Suitable for 8+year olds

An introduction to scuba diving. Explore the underwater world and learn to breath underwater. Have a go at wearing fins, masks and scuba air tanks, dive round the pool and play some fun underwater games.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



Monday 1st August

**Hillside Avenue Primary School, Thorpe St Andrew** Cost first child £12 & second £12. Suitable for 5-12year olds.

Come along and learn some circus skills with Steve Stupid and take part in a mixture of arts, crafts and games

[www.broadland.co.uk/t2t](http://www.broadland.co.uk/t2t)

**Whitlingham OEC, Trowse** Cost £30 Suitable for 8-16year olds

Sail the Great Broad in our dinghies and have a go at building your own raft to paddle across the water. No previous experience required. [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

Tuesday 2nd August

**Sprowston Community High School 10.00am - 3.00pm** Cost £18.50 Suitable for 5-8year olds

Make delicious homemade Scotch eggs, tuna pasta salad, chocolate marshmallow fingers and fruit kebabs - perfect for a summer picnic.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



**Active Norfolk's Holiday Zone**  
**A one-stop-shop for holiday activities in the County!**

Wednesday 3rd August

**Easton College, Norwich** 10.00am - 2.00pm **FREE**

4 hours of activities, which will include bungee trampoline, climbing wall, bouncy slide, archery, trampoline, various crafts, sports, games, tots ball pond and lots, lots more.

Free for all the family so come along.

**Sprowston Community High School** 10.00am -12.00. £6 per session/£10 the day. For 8+year olds

Dodgeball is a fun and fast game played by people of all different abilities. The session focuses on enjoyment and consists of warm up games, skills and different dodgeball games.

The five D's of dodgeball: **dodge, duck, dip, dive and dodge.** [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Sprowston Community High School** 1.00pm-3.00. £6 per session/£10 the day. For 8+year olds

Come and have a go at Rollerhockey with Norwich City Rollerhockey Club, who are celebrating their 30th anniversary this year. Take part in skills, drills, cone work and games.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Thorpe St Andrew School** 10.00am - 11.30am £6 per session For 5-8 year olds

11.45am - 1.15pm £6 per session For 9+ year olds

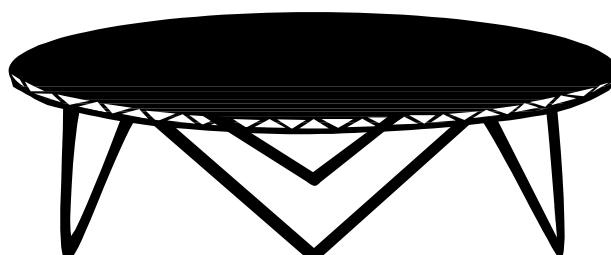
Trampolining for beginners. We will cover how to mount the trampoline correctly, the correct way to bounce and stop, learn basic moves and landing with progressions (shaped jumps, seat drops, front drops, etc.) and finish with games.

1.30pm - 3.00pm £6 per session For 5-8 year olds

Trampolining – intermediate, previous experience needed who have attended Beginner session or member of a local club. The session will recap on basic moves, landings, shaped jumps, seat drops, front drops and

introduce new moves and linking moves – back drops, swivel hips and finish with games

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



**Active Norfolk's Holiday Zone**  
A one-stop-shop for holiday activities in the County!

Friday 5th August

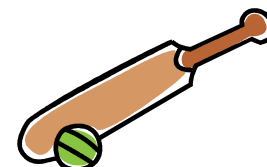
**St Faiths Centre, Horsham St Faiths** 9.30am - 3.30pm. 1st child £12 & 2nd child £12, 5-12year olds.

Come and take part in a volleyball workshop and a mixture of arts, crafts and games. [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

**Sprowston Cricket Ground, Sprowston** 10.00am - 3.00pm Cost £12. For 5-8year olds

A cricket course for boys and girls of all abilities. To include bowling, fielding and batting skills

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



Monday 8th August

**Ormiston Victory Academy, Costessey** 10.00am - 12.00pm. £4.20 per session. For 5-12year olds  
To book Costessey Parish Council on 01603 742958 between 09.00 - 17.00

Time to get messy making a range of animals, flowers, boats, airplanes etc. in fact anything you can think of from air drying clay, which can be taken home and painted.

**Ormiston Victory Academy, Costessey** 1.00pm - 3.00pm. £4.20 per session. For 8-12year olds  
To book Costessey Parish Council on 01603 742958 between 09.00 - 17.00

If you have never tried Archery before it's time to have a go! Sessions are designed for beginners and improvers.

**Drayton Village Hall, Drayton** 9.30am - 3.30pm. 1st child £12 & 2nd child £12, for 5-12year olds.

Come and take part in a street dance workshop, arts crafts and games activities [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

Tuesday 9th August

**Broadland High School, Hoveton** 10.00am - 3.00pm. Cost £15. For 8+year olds

Cake Making and Sugar Craft, come along and make your own cake, using sugar craft. Create your own design, either your favourite animal, television character or pattern - the choice is yours!

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

Wednesday 10th August

**Bob Carter Centre, Drayton** 9.30am - 3.30pm. Cost £6. For 8+year olds

Badminton skills. An introduction to basic badminton techniques and simple tactics through structured play and fun games.

[www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

## Thursday 11th August

**Sprowston Community High School** 10.00am - 3.00pm. Cost £18.50. For 5-8year olds

Come along and make creamy spaghetti carbonara, garlic bread, pizza pittas and pineapple tiramisu. To book please go to [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

## Friday 12th August

**Costessey Community Centre** 12.00pm - 2.00pm. Suitable for all the family for free!

Come and take part in a funny musical romp through the world of Robin Hood and his Merry Men.

**Firside Junior School, Hellesdon** 10.00am - 3.00pm. Cost £15. For 8+years old

Blue. A day exploring the colour blue in Art & using different shades of blue like Monet and Picasso - while listening to music by Blue! [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)

## Monday 15th August

**Ormiston Victory Academy, Costessey** 10.00am - 12.00pm. Cost £4.20. Basketball for 5-12year olds

To book Costessey Parish Council on 01603 742958 between 09.00-17.00

Shoot some Hoops and learn this fast enjoyable team game.

## Tuesday 16th August

**Roxley Village Hall, Thorpe St Andrew** 10.00am - 3.00pm. Cost £18.50. For 5-8year olds

Come along and make sandwiches, cheese scones, button biscuits and meringue clouds for your very own tea party. [www.broadland.gov.uk/t2t](http://www.broadland.gov.uk/t2t)



## Wednesday 17th August

**Ormiston Victory Academy, Costessey** 10.00am - 12.00pm. Cost £4.20. For 5-12year olds

To book Costessey Parish Council on 01603 742958 between 09.00-17.00

Roll up Roll up! A fun session of **Circus Skills**, juggling, plate spinning and much more!

**T-shirt Painting** 1.00pm - 3.00pm. Cost £4.20. For 5-12year olds

To book Costessey Parish Council on 01603 742958 between 09.00-17.00

Paint and decorate your own t-shirt using special fabric paint. Please bring a white, cotton t-shirt.

## Other useful information and contacts:

Active Norfolk  
01603 732333  
info@activenorfolk.org  
[www.activenorfolk.org](http://www.activenorfolk.org)

This is a great, easy to navigate website packed full of fun holiday activities and ideas revolving around physical exercise.

Norfolk Museums and Archaeology Service  
[www.events.museums.norfolk.gov.uk](http://www.events.museums.norfolk.gov.uk)

Norfolk- time to Explore  
01603 213999  
[www.visitnorfolk.co.uk](http://www.visitnorfolk.co.uk)

Holiday Playschemes  
[www.norfolk.gov.uk/childrens\\_services/childcare](http://www.norfolk.gov.uk/childrens_services/childcare)  
0344 800 8020

Hellesdon- A Sure Start Children's Centre  
01603 890216  
[www.hellesdon.childrencentre.org](http://www.hellesdon.childrencentre.org)