



# Wellbeing Support

## SUMMER ACTIVITIES SPECIAL

Northamptonshire Children's Trust have provided the following information on some of the exciting activities and events happening across the county during the summer holidays, most of which are FREE!

### Cookery for Families

Learn to bake and have some fun as a family from the comfort of your own home!

Tuesday 2nd August – Picnic Food For Families1

Tuesday 9th August – Healthy Snacks for Families

Tuesday 16th August – Picnic Food for Families

Thursday 18th August – Cookies

Tuesday 23rd August - Healthy Snacks for Families

Join our fun online workshops and use simple cooking skills to make tasty and healthy snacks. This session is most suitable for children up to 11 years and their families. Older children are welcome to join. Sign up for any of these free courses by visiting Northamptonshire Adult Learning Course List:

<https://courses.northantsglobal.net/AvailableCoursesList.Asp?COL=NameDisplay&SRT=ASC>

You will be sent an e-voucher to buy the ingredients from a local Tesco. Please look at all the other programmes we are offering from September and feel free to sign up to as many as you want.

### Let's Fish! Canal and River Trust Free Taster

#### Angling Sessions



Whether you've never fished before or you want to get back into it, find out more about our award-winning, free Let's Fish! Events. These are one-hour sessions and they are suitable for adults and children aged six or over. When we are not fully booked, we will allow walk-in participants on the same basis. To find out more about these sessions please visit:

<https://canalrivertrust.org.uk/enjoy-the-waterways/fishing/lets-fish>



## Strong Start – whole programme of Summer activities for under 5s

A programme of 1-hour weekly sessions for parents with children under 5 to promote school readiness for pre-school and school.

**Outdoor Pre-School Learners** Each week parents and children will have the opportunity to take part in a range of activities exploring school readiness skills in a local green space.

**Pre-school Learners** Each session children can take part in a craft activity, use resources, and play games linked to their learning.

The programme will include a variety of activity ideas to help your child develop the key skills they will need to start pre-school and school. For more information and to book please visit:

<https://www.eventbrite.co.uk/o/strong-start-team-26919372729>



The Town Council have organized a whole programme of activities over the summer holidays. Activities are all free to attend and mostly aimed at toddler through to teens, but there's something for the adults too! Just book a free place for each session via Eventbrite, details of which can be found on the Town Council webpage and on social media. All activities must be booked, find all the details by visiting:

<https://www.daventrytowncouncil.gov.uk/summer-activities.html>



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## Daventry Community Fun Day Wednesday 10th August 2022 – 10am - 2pm

Come along to DSLV school grounds for a whole lot of free fun. There will be a big range of Emergency Services vehicles present, lots of community organisations, ice cream and refreshments. The whole day is free and lots of fun.

Check the Daventry Town Council social media accounts for details closer to the event:

<https://www.facebook.com/DavTC/>

<https://instagram.com/daventrytowncouncil>

[https://twitter.com/Daventry\\_TC](https://twitter.com/Daventry_TC)

These are just a few of the events across our county during the summer holidays. For full details and further information on these events and many more, please follow this link:

<https://www.nctrust.co.uk/help-and-protection-for-children/protecting-children-information-for-parents/Documents/Stay%20Connected%20Newsletter%20NCT%20July%2022%20Summer%20Activities.pdf>

### **Other events in our local community include:**



## **Outdoor Family Church**


**Saturday 13th August 11am - 1pm.**

**Ashby, Braunston & Welton Churches**

Our three churches are working together to give families a fun way to worship God and learn more about Him. Meet at The Scout Den, Cross Lane, Braunston at 11am (follow the footpath from Cross Lane).


Outdoor family games and activities in the nearby woodland and field (or inside if the weather is really bad!). A short Bible story, lunch (bacon rolls provided or bring your own picnic). All families welcome (you don't have to live in one of the villages). No charge, but small donations towards costs are welcomed.

Any questions? Contact: [safeguarding@stmartinswelton.org.uk](mailto:safeguarding@stmartinswelton.org.uk)



## DAVENTRY COMMUNITY LARDER

**Find us on Facebook!**



**Daventry Community Larder**

**Venue: Southbrook Community Centre, Hood Rd, Daventry NN11 4JS**

**Open every Wednesday 13:30-14:15,**

**Visit us from 12:30-13:30 for snack and chat**

**For more information  
please email me at  
Southbrookcommunity  
@outlook.com**

**Opening Wednesday 27<sup>th</sup> July 2022 13:30-14:15, opens at 12:30**

Do you want to help the environment and save food from waste? Would you like your food budget to stretch further? Do you like a bargain? Would you like to be involved in a community driven project? Then look no further.....COME AND JOIN OUR COMMUNITY LARDER!

**Our Community Larder serves all the local communities and is open to EVERYONE!**

We operate a membership programme that provides access to surplus groceries at heavily discounted rates. A consistent supply chain is guaranteed as we are working closely with FareShare, to distribute surplus food from supermarkets and businesses.

We also work with local businesses helping to keep food waste in our area as low as possible.

**How it works**

Once joined, members can shop at our larder once a week and choose their items. However, if you are immobile or unable to attend the larder and need us to make up a bag and deliver, we can arrange for our volunteers to do this on your behalf.

We can happily try and accommodate preferences however they cannot be guaranteed as we do not know what we will be getting each week!

Free fruit / vegetables (subject to availability) are included with all memberships.

This is a community run service for the community by the community on behalf of the Hope centre and other local VCSE partners.

Buy forward memberships for others who may not be able to pay this month are a great way to share.

**What does it cost?**

Annual Joining Fee: £10 per membership

Membership Option 1 – Subscribed

- Up to 10 items each week for £17.50 for a calendar month
- Up to 22 items each week for £35 per calendar month



Membership Option 2 – Pay as you go

- Up to 10 items per session for £5
- Up to 22 items per session for £10

**How do I pay?**

For subscriptions pay by bank transfer – once you have registered we will give you the Community Larder bank account details so that you can pay direct. Also card facilities are being made available.

The Larders will always allow people in exceptional circumstances to access discounts and groceries in a discreet and dignified manner.

Wishing you all a wonderful summer holiday.

Stay safe and we look forward to seeing you all in  
September.