

# activity GUIDE

Winter 2014/15



## SHORT BREAKS

Fun activities for children and young people  
with disabilities and/or additional needs

**This booklet provides a list of activities available through the Short Breaks programme (which are subsidised by the Isle of Wight Council).**

## **What is Short Breaks?**

Short Breaks is a statutory service funded by the Early Intervention Grant and aims to increase activity opportunities available for children and young people with disabilities and/or additional needs to participate in. This in turn provides a 'short break' for parents/carers while their child or young person participates in a safe, fun and enjoyable activity which meets their needs.

To achieve this, Short Breaks offers a range of after-school clubs, evening and weekend activities and overnight stays for children and young people (up to their 19th birthday).

Additionally, Short Breaks provides a range of facilities for families to use; including the beach hut at Shanklin beach, Short Breaks lodge at Noddes Point and the Short Breaks caravan at Lower Hyde along with hoists, Landeez wheelchairs which enhance accessibility on the Isle of Wight.

## **Short Breaks taster sessions**

Short Breaks child supporters offer one-to-one support along with a wheelchair accessible car to support children and young people participating in an activity of their choice for up to four sessions.

To receive Short Breaks taster sessions a representative from a public, commercial or voluntary organisation must refer the child or young person to the Short Breaks team. This includes; general practitioners, activity leaders, CAF lead professionals, Family Information Zone officers, teachers, teaching assistants, Short Breaks providers and many more.

## Are you eligible for Short Breaks?

Is your child or young person aged between 0 and 18 years (ie, havent passed their 19th birthday)?

Does your child or young person have a disability and/or additional needs and may require support to participate in leisure and recreational activities?

Does your child or young person live on the Isle of Wight and/or attend school on the Isle of Wight?

**If the answer to all these questions is yes, then your child/young person is eligible to receive short breaks.**

In order to be able to participate in short breaks activities you must apply for a gateway card.

The gateway card is free and will enable your child or young person to access the Short Breaks programme.

### Gateway card benefits

- Gives your child or young person access to a range of short breaks activities.
- Enables your child or young person and family to book our Short Breaks facilities (caravan, beach hut and lodge).
- The gateway card identifies to activity providers that your child or young person has a disability and/or additional needs and may require support to participate within the activity.
- The information you provide helps us plan short breaks so that there is a fair distribution across the Isle of Wight

### Contact

If you have any queries about meeting the eligibility criteria, you can visit the Family Information Zone (FIZ) Monday to Friday and speak to Lesley Forde, or call on 01983 821999.

For more information please contact the **Family Information Zone (FIZ)**

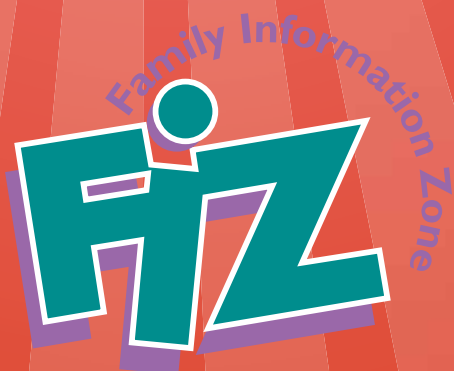
11 Orchard Street, Newport, Isle of Wight PO30 1JZ

**Tel:** 01983 821999

**Email:** [familyinfozone@iow.gov.uk](mailto:familyinfozone@iow.gov.uk)

Alternatively you can find more information and view our monthly updated Short Breaks programme online at [www.iwight.com/shortbreaks](http://www.iwight.com/shortbreaks)

You can register for a Gateway card at [www.iwight.com/shortbreaks](http://www.iwight.com/shortbreaks) or contact FIZ on 01983 821999.



# Key to activities



Arts and  
crafts



Water sports



Fishing



Youth club



Sports



Family-  
friendly



Horses



Siblings  
welcome



Outdoor  
activities



Accessible  
toilets



Play sessions



Accessible  
changing  
facilities



Swimming



Wheelchair  
accessible



Theatre



Hoist  
available



### Inspirational Arts

**Contact:** Lindsey Rudge

**Tel:** 07545 036234 or 01983 629453

**Email:** [inspirational.arts@live.co.uk](mailto:inspirational.arts@live.co.uk)



Free flow arts and crafts activities, sensory play items.

#### **Term time**

Medina House School, Newport

Every Monday, 3 to 5pm

Cost: £5 per child

#### **Half terms and holidays**

Gunville Church Hall, Gunville.

Every Monday (excluding Christmas break),

12.30 to 3:30pm

Cost: £6 per child.

Parents welcome, but not expected to stay.



## Special Branch with Goodleaf Challenge and Adventure

**Contact:** Abigail Fox

**Tel:** 0333 800 1188

**Email:** [info@goodleaf.co.uk](mailto:info@goodleaf.co.uk)

**SPECIAL  
BRANCH**



**Ages  
8-18**



### Woodland Days in Parkhurst Forest

Depending on ability, weather and need activities may include: Tree climbing; orienteering; shelter building; exploration, fire building and starting; backwoods cooking; tree identification; tracking; navigation exercises; sensory trail; assault course; team-building games; pioneering; knife, axe and saw skills; woodland craft; bivouacking (overnight); survival skills; and geocaching.

Sunday 2 November, 10am to 4pm

Sunday 29 March, 10am to 4pm

Cost: £15 per person.



### Premier School Sport Coaching

**Contact:** Donna Day

**Tel:** 07810 693182

**Email:**

premierschoolsportcoaching  
@hotmail.co.uk

**Website:** [www.premierschoolsportscoaching.com](http://www.premierschoolsportscoaching.com)



A carefully selected and exciting sports programme every other Saturday. Activities include:

**Climbing** - on the outdoor wall which allows climbing and lower level bouldering. A great physical activity will aspects of problem solving and team work.

**Archery** – Great for fine motor skills and body control. You receive a fantastic sense of achievement when you hit the target.

**Trampolining** – Great physical exercise and provide new skills and experiences for the young people.

**Dance** – For the more creative young people or for those who just like to dance to music. The young people will be taught aspects of street dance, contemporary dance and how to create their own routines.

**Cycling** – Following the British Cycling Go Ride Programme which provides a fun and safe way to introduce young riders to the world of cycle sport and provides a platform to improve bike handling skills.





All sessions are at Sandown Bay Academy.

Half day: £10 (10.30am to 12.30pm, or 1 to 3pm)

Full day: £20 (9am to 3pm – Includes a supervised lunch time. Pack lunch required).

**Climbing and trampolining:** 4 and 18 October.

**Cycling and dance:** 1 and 29 November, 10 January, 7 February and 7 March.

**Archery and trampolining:** 15 November, 13 December, 24 January, 21 February, 21 March.

### **Holiday sports programme.**

We can provide additional support for children with disabilities to integrate them in our school holiday programme. Activities include climbing, trampolining, archery, dance, laser combat and bush craft.

Half day: £10 (10.30am to 12.30pm, or 1 to 3pm)

Full day: £25 (9am to 3pm – Includes a supervised lunch time. Pack lunch required).

Sandown Bay Academy:

27, 28 and 29 October, 22 and 23 December, 16, 17, and 18 February and 30 and 31 March.

Oakfield Primary School:

27 and 28 October, 22 and 23 December, 16 and 17 February and 30 and 31 March.

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## Girls' Night

**Contact:** Becky Laidler

**Tel:** 01983 852722

**Email:**

[becky@stcatherines.org.uk](mailto:becky@stcatherines.org.uk)

**Address:** The Work Station, Ventnor Industrial Estate, Old Station Road, Ventnor, PO38 1DX

 St Catherine's  
Together a voice, a future

 **THE WORK**  
station



Ages  
12-18

Girls' Night is an opportunity for 12 to 18 year olds with additional needs to meet new friends and learn new skills including Arts & Crafts and Hair & Beauty in a fun, friendly and relaxed environment.

Girls' Night is run by The Work Station, the vocational training unit managed by St Catherine's, a local charity supporting children and young people with speech, language and communication needs.

Numbers for the activity are limited, so please book in advance.

Female siblings are welcome to attend. However, priority will be given to young people with additional needs.



Every Thursday, 6pm to 8pm during term times.

2, 9, 16 and 23 October; 6, 13, 20 and 27 November; 4, 11 and 18 December; 8, 15, 22 and 29 January; 5, 12 and 26 February; 5, 12, 19 and 26 March.

Cost: £4



## Island Youth Water Activities Centre



**Contact:** Helen Gilpin

**Tel:** 01983 293073



**Email:** [info@iywac.org.uk](mailto:info@iywac.org.uk)

**Website:** [www.iywac.org.uk](http://www.iywac.org.uk)



**Address:** Whitegates, Arctic Road,  
Cowes, Isle of Wight PO31 7PG



IYWAC is offering one-to-one watersports instruction in dinghy sailing and/or kayaking. No specialist equipment required, fully trained staff to guide you through learning a new sport.

Times to suit participant and centre availability.

Cost: £30 for a three hour one to one session – no charge for a sibling wanting to share the session.





### Wight BlueSky Arts



**Tel:** 01983 882820

**Email:** info@blueskyarts.co.uk

**Website:** www.blueskyarts.co.uk

**Address:** The Old School Building,  
New Road, Wootton



BlueSky Fun Club is a play centre specifically designed for children with disabilities. It is a safe and supported environment where parents can feel comfortable leaving their children under the supervision of our experienced team. Group drama activities to enhance self-esteem and confidence and a variety of stimulating play options, to achieve positive participation and lots of fun.

Fun Club runs every Saturday, 50 weeks per year with additional days on Mondays 10am to 2pm in all school holidays for ages five to 13.

Cost: £10 per child. Break time drinks and fresh fruit included. £ 2.50 meal deal available.

Booking advised to ensure availability.

Upon booking a session please state if you require one to one support for your child.

On-site café, delicious meals and snacks.





## Sally's Riding School

**Contact:** Sally

**Tel:** 07974 861674 or 01983 872260

**Website:** [www.sallysridingschool.com](http://www.sallysridingschool.com)

Ages  
6-18

**Address:** Nodes Point Holiday Park or Fourlands Field Road, Bembridge (weather permitting)

Horse riding taster sessions available. Come and try one of our memorable rides that are on offer at Sally's riding school. Equipment provided.

Saturdays 11 to 11:30am and 11:30am to 12pm.

Cost: £10 per child.





### **Scallywags Fun Club**

**Contact:** Sarah Wherry

**Tel:** 01983 530433

or 07977 709088

**Email:** [Scallywags0@btinternet.com](mailto:Scallywags0@btinternet.com)



Providing a wide range of play opportunities for children aged to 16 years. Areas divided into play zones:

- Activity zone (three to eight years)
- Youth zone (eight to 16 years)
- Chill zone (all ages)
- Physical zone (all ages)

Activities include: Bouncy castles; den making; cookery; art & craft; computers; theme days; roleplay; party fun & games; woodwork; go-carts; sand/water play; snooker; music; disco; Lego; endless toys.

## Hallowe'en theme week

October half term  
(27 to 31 October)

Party games, dressing up parade,  
gruesome cookery, design creepy  
jewellery, and much more.



Also open February half term 2015.

**Lake club** – held at Broadlea Primary School,  
Newport Road, Lake Open Monday to Friday, 8am to  
6pm, during term time and school holidays.

**Newport club** – held at Nine Acres Primary School,  
South View, Newport. Open Monday to Friday, 8am  
to 6pm, during school holidays only.

Holiday times:

October 2014: 27 to 31 October

Christmas 2014/15: Closed

February 2015: 16 to 20 February

Easter 2015: 30 March to 10 April.

Cost per session:

One child for three-hour session: £7

Two children for three-hour session: £13

Additional hours are £3 per hour.





### Medina Leisure Centre

Tel: 01983 523767

Medina Leisure Centre,  
Fairlee Road, Newport



#### Short Breaks fun swimming sessions

First and third Fridays of the month, 6 to 7pm

Open to all. No booking required

Cost: £2.60 per child – parent/carers free.

All ages.

#### One-to-one swimming lessons

vailable first and third Friday 6pm or 6.30pm.

Ten lessons, each one 30mins long. One-to-one tuition. Booking required. Cost: £100





## Lego Club

**Contact:** Gillian Elsom

**Tel:** 07795 517049

**Email:** legoclub.iw@hotmail.co.uk



Every fortnight on Saturday mornings from 10am to 12pm at the Riverside Centre, Newport:  
2014 dates: 11 and 25 October, 8 and 22 November, 13 December. 2015 dates to be confirmed.



Cost: £5 per child



**Ages  
4-18**

Does your child with autism or Asperger syndrome enjoy playing with Lego?

Would they benefit from some support in developing their social skills?

The sessions use Lego to encourage play and social interaction between children on the autistic spectrum. The focus of the sessions will be to help small groups of children to work together to build Lego models, having fun whilst developing social and communication skills.

The three aims of the Lego Club are to:

- improve social interaction, communication and confidence for ASD children;
- provide short respite for parents/carers;
- enable siblings of ASD children to interact.





### JR Zone

Manners View,  
Newport

Tel: 01983 559272

Email:

info@jrzone.co.uk

Cost: £3 per child.

Dedicated evening sessions on first and third Monday of each month, 5 to 8pm (JR Zone remains open to the general public until 6pm).

**Hallowe'en Party** Monday 3 November, 5 to 8pm (replaces regular play session),

**Christmas Party** Monday 22 December, 5-8pm (in addition to normal December play sessions).

Tickets £4.95 per person, and must be bought in advance.

All participants remain in the care of their parent or guardian throughout their time at JR Zone.

Café remains open until late during evening play sessions for hot food, drinks and snacks.





## Vectis Blue Disability Football Team



**Contact:** Janet Mackay

**Tel:** 01983 865377

**Email:** janetmackay1940@hotmail.co.uk



Football club for children and young adults with all disabilities.

Rew Valley sports centre, Ventnor

Thursday during term time.

Cost: £2 per child (Transport available for a small charge)

### **Times**

Four to 12 years: 5 to 6pm,

12 to 18 years: 6 to 7pm



### **Bodster – Equine Assisted Learning CIC**



**Contact:** Jo and Giles  
Boddington

**Tel:** 07790 305108 or  
07887 876138



**Email:** joandgi@googlemail.com

**Website:** [www.eaqbodster.co.uk](http://www.eaqbodster.co.uk)



**Ages  
5-18**

Our courses involve a series of fun activities where learners interact with the ponies/horse on the ground. **There is no riding involved during**

**sessions.** The learners who come help to devise the activities they take part in. For example they may spend some time simply observing the horses in the field and noting what they hear, see and smell. They may make an obstacle course which they then work as a team to take the horse/ pony around. They may work with other learners to put a headcollar on a horse or they may carry out an experiment with various food types to see what the horses like.

The learners look at how to safely lead a pony and how to communicate with it calmly and gently. We often devise as a group with learners leading games where we work as a team. Some learners may work with a horse in the 'round pen', working on how



Bodster Equine Assisted Learning Centre





through their behaviour they can encourage a horse to choose to be with them loose without a headcollar on. The learners who carry out this type of exercise can then relate this to their everyday lives and look at how they can through their behaviour affect how people behave around them.

Courses run every Saturday from 4 October to 20 December 2014, and 10 January to 28th March 2015

**(Please note** dates may be subject to change, please contact us to confirm).

Half-day sessions (10am to 12.30pm or 12.30 to 3pm):  
£7.50 per learner.

Whole day session (10am to 3pm): £15 per learner.

Half-hour **one-to-one sessions** are available for £7.50 per learner, please contact us to find out more.

**Pony fun days** available during school holidays, please contact us to find out more.

If coming for the morning session on a Saturday feel free to bring a drink and snack for tea break.

If coming for a Saturday afternoon or all day session please bring a pack lunch.



### Isle of Wight College

**Contact:** Julie Bell or Jane France

**Telephone:** 01983 550811

**Email:** Julie.bell@iwcollege.ac.uk or jane.france@iwcollege.ac.uk



### Boomwhacker Orchestra!



Come and be part of a boomwhacker orchestra! Each session you will be practicing using boomwhackers to create music. These plastic tubes are colour coded to particular notes making them easy to play. They are very versatile and it is simple to play popular tunes as well as composing original tunes as a group.



**Ages  
11-18**

The group will also be working towards a mini-performance as a boomwhacker orchestra which may involve other simple instruments such as drums, shakers, kazzoo's etc.

Autumn term: Tuesdays – 4 November to 16 December.

Spring 2015 term: Tuesdays – 6 January to 10

February, 24 February to 24 March.

Time: 4.30 to 6.30pm

Cost: £3 per session





## **Cookery fun at our cookery school!**

Come along and take part in a fun cookery session at our cookery school. In the Autumn term we will be making cookery items in preparation for the festive period, and in the Spring term preparing a range of items chosen by the young people themselves.

All equipment and ingredients provided.

Autumn term: Tuesdays – 4 November to 16 December.

Spring 2015 term: Tuesdays – 6 January to 10 February, 24 February to 24 March.

Time: 4.30 to 6.30pm

Cost: £4 per session

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## Natural Enterprise

**Contact:** Carol Flux or  
Tracy Underwood

**Telephone:** 01983 296244

**Email:** Carol.flux@naturalenterprise.co.uk  
or tracy.underwood@naturalenterprise.co.uk

**Website:** www.naturalenterprise.co.uk and  
gifttonature.org.uk



Ages  
5-15





## **Wild art In the Wood**

Castle Copse, East Cowes

Activities to be tailored to attendees but based around: Woodland wildlife encounter; painting with nature's colours (charcoal, berries, mud etc); tree dressing and clay tree faces; sensory activities (eg, hug a tree, scavenger hunt, rope walk, Mirror treetop walk); headdresses and masks made from natural materials and put on a fashion show.

Older age group: Practical conservation/habitat management activity; willow whittling (with potato peelers).

Thursday 30 October 2014 (5-10yrs) and Friday 31 October 2014 (11-15yrs). Both events 10am to 1pm.

Cost: £5 per child

## **Go Wild!**

Pan Mill Meadows, Newport

Activities to be tailored to attendees but based around: Bug survey (bug bingo) and sensory games (eg, smelly cocktails, scavenger hunt); building a home for bugs and making bee bombs

Older age group: Make a bird box; practical conservation tasks; taking a bird feeder to take home

Thursday 19 February 2015 (5-10yrs) and Friday 20 February 2015 (11-15yrs). Both events 10am to 1pm.

Cost: £5 per child

A parent/carer must accompany the child on all activities.

### **Short Break lodge available for short stays**



The lodge is large, wheelchair accessible and can sleep up to six people. It is situated at Park Resorts, Nodes Point, Lower Green Rd, St Helens, Isle of Wight PO33 1YA.

**The lodge will be closed from 3 November 2014 and will re-open on the 22 March 2015.**

**Bookings now available for 2015.**

**For further information or to see availability please visit [iwight.com/shortbreaks](http://iwight.com/shortbreaks) or contact the short breaks unit on 01983 823168.**





Tariff- 2014/15	3 nights	4 nights	Per night
2 Sept to 24 Oct	£122.40	£163.20	£40.80
24 Oct to 3 Nov	£198.90	£265.20	£66.30
3 Nov to 22 Mar		CLOSED	
22 Mar to 13 Apr	£198.90	£265.20	£66.30
13 Apr to 22 May	£124.86	£166.48	£41.62
22 May to 1 June	£202.89	£270.52	£67.63
1 June to 20 July	£124.86	£166.48	£41.62
20 July to 2 Sept	£232.26	£309.68	£77.42
2 to 23 Sept	£124.86	£166.48	£41.62
23 Oct to 2 Nov	£202.89	£270.52	£67.42

These prices will be increased by 2% on the 1 April 2016

**Cleaning is £25 per unit on top of the price paid.**

**Arrival is after 4pm and the departure time is 10am.**

Please note this is a non-profit venture and all income is used to cover essential costs and charges

We will require a £50 non-refundable deposit to secure your booking plus the £25 cleaning charge.

VAT is included in all prices quoted above.

### **Short Break Caravan available for short stays**



The caravan is situated at Park Resorts, Lower Hyde, Shanklin, Isle of Wight, PO37 7LL, it is close to the beach, town centre, transport links and local entertainment.

**The caravan will be closed from 3 November 2014 and will re-open 22 March 2015.**



## Bookings now available for 2015.

For further information or to see availability please visit [iwight.com/shortbreaks](http://iwight.com/shortbreaks) or contact the short breaks unit on 01983 823168.

Tariff- 2014	3 nights	4 nights	Per night
2 Sept to 24 Oct	£91.80	£122.40	£30.60
24 Oct to 3 Nov	£168.30	£224.40	£56.10
3 Nov to 22 Mar	CLOSED		
22 Mar to 13 Apr	£168.30	£224.40	£56.10
13 Apr to 2 May	£93.63	£124.84	£31.21
22 May to 1 June	£171.66	£228.88	£57.22
1 June to 20 July	£93.63	£124.84	£31.21
20 July to 2 Sept	£202.89	£270.52	£67.63
2 to 23 Sept	£93.63	£124.84	£31.21
23 Oct to 2 Nov	£171.66	£228.88	£57.22

These prices will be increased by 2% on the 1 April 2016

**Cleaning is £25 per unit on top of price.**

**Arrival is after 4pm and the departure time is 10am.**

Please note this is a non-profit venture and all income is used to cover essential costs and charges

We will require a £50 non-refundable deposit to secure your booking plus the £25 cleaning charge.

VAT is included in all prices quoted above.



### Landeez wheelchairs

These wheelchairs are to be used on the beach or in the forest



The Landeez is an all-terrain wheelchair that rides easily over sand, snow and gravel. Great for the beach, its marine grade stainless steel frame will not rust or corrode, even in saltwater. The Landeez can be adjusted to fit a small child or large adult, and the ballistic nylon seating is removable and washable. Highly transportable and easy to store, the Landeez can be disassembled in seconds.

Available on loan from Dinosaur Isle, Sandown tel 01983 404344, or from Waterside Pool, Ryde tel 01983 563656.

Wheelchairs can be hired up to one day per family, per week.





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**Family Information Zone (FIZ)**

11 Orchard Street

Newport

Isle of Wight

PO30 1JZ

**Tel:** 01983 821999

**Email:** [familyinfozone@iow.gov.uk](mailto:familyinfozone@iow.gov.uk)

If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.