# The Buzz 9th June 2023



### Learning and Achieving Through Love, Courage and Respect

Dear parents, carers and children,

It was lovely to see everyone after the half term holiday. On Monday, the whole school took part in another **Hive Day**, in which they worked with children from different year groups and learnt how to be 'bucket fillers'. Showing acts of kindness, or saying kind things, fills the other person's bucket as well as your own. I have personally experienced the legacy of that day throughout the week: as I have been walking through the school, or sitting at my desk, children have enquired after my day: "How has your day been, Mrs Lennon?", "Are you having a good morning, Mrs Lennon?", and "Hope you have a lovely day!". They hold doors open, they share their belongings (thank you to those who offered me some sweets after school today, yum yum), and they help each other and members of staff. How polite and well-mannered they are!





On the subject of kindness, it was lovely to see so many help out at our third community **Spruce up our School for Summer** day on the first Saturday of the half term holiday. Children and their parents helped to weed, tidy, paint, sweep, cut, strim and more, and lots of jobs were crossed off the list. A huge thank you to you all for being so generous with your time. See later in this Buzz, as well as our Facebook page, for more information and photos.

This week, we held another **EARA group** meeting, during which we talked about our actions so far this year and what further actions they would like to carry out. Some of the older children said that, as it is Pride month, they would like to prepare and lead an assembly on this. They set to work during their lunchtimes, and are leading this on Monday morning. Some of the EARA group have noticed that some children in school have been putting themselves and their ability down, so they would like to prepare and lead an assembly about resilience and self-belief. Well done to the EARA group for showing such inclusivity and kindness.





Sharing a story is a lovely thing to do with your child, no matter whether they are in Reception or Y6. It's an opportunity for some quality time reading and talking about the book or poem, exploring the story, characters and vocabulary, looking at the pictures, and asking questions. We held our first Share a Story session with Ivy Bee class this afternoon, and will be holding further **Share a Story sessions** over the next few weeks (see the dates on p11 of this Buzz). We look forward to seeing you there!

I wish you all a lovely weekend, and I look forward to seeing you on Monday.

Best wishes,

Mrs Lennon and the Brighstone team

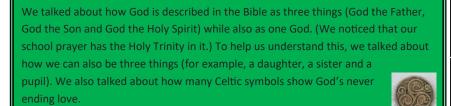
### Collective Worship - Respect

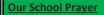
This week's Collective Worship theme is **Trinity—God's Never Ending Love**Last Sunday was Trinity Sunday, which is celebrated on the Sunday after Pentecost.

The season of Trinity lasts until the start of Advent, and the liturgical colour for

Trinity is green because it is the season of growth.

We discussed what 'trinity' means, and thought of lots of other words that start with 'tri', including triplets, triangle, triathlon, and tricycle. We thought of the Power of Three in stories and in other places, including our three school values, The Three Billy Goats Gruff, The Three Little Pigs, The Three Little Wolves and the Big Bad Pig, Goldilocks and the Three Bears, and Harry, Ron and Hermione! Can you think of any others?





We thank you, **God**, for your unfailing and never ending love for us.

**Lord Jesus**, please give us the courage to be lights in the world.

Holy Spirit, please help us to have the respect to show God's love to others and the world around us.

Amen

Can you spot the Holy Trinity in our prayer?



"O Lord, our Lord, Your greatness is seen in all the world!"

Psalm 8.9



### **School Dinners**

Children in **Year R, 1 and 2** are entitled to a 'universal' **free** school meal everyday.

Children in Years 3-6 are charged at £2.55 per day.

Baguettes now available on Tuesdays and Thursdays instead of JPs (ham, cheese or tuna)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese	Chinese chicken & Rice	Roast Gammon	Beef lasagne	Fish Fingers
Option 2	Tomato Pasta	Tomato Pasta	Tomato Pasta	Tomato Pasta	Veggie dippers
Dessert	Ice cream	Jelly	Shortbread	Flapjack	Oat cookie

### **Poetry Corner**

### **Worm Words**

"Keep still!" said Big Worm to Little Worm. "You're driving me round the bend."

"Don't be daft," said Little Worm. "I'm your other end."

**Tony Mitton** 



### **Grammar and Spelling Matters**

Each week we will include a mini grammar or spelling lesson so you know what your children are learning!

Punctuation: apostrophe for possession



### **Safeguarding**

If you have a concern about a child you can call the police on 999 if you feel they are at risk of immediate harm

Contact us: safeguarding@brighstoneprimary.org.uk Speak with our DSL Mrs Jones in the school office You can contact the NSPCC:

### Contact the NSPCC Helpline

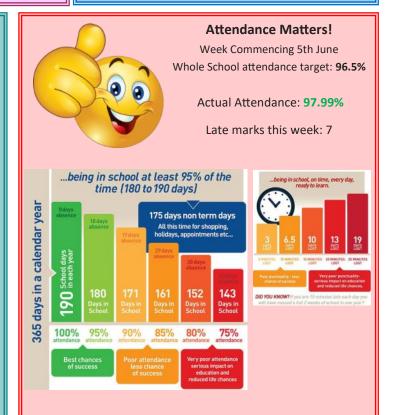
If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact us.

Call us or email help@nspcc.org.uk

0808 800 5000

Find out more

Or call children's services 0300 300 0117



# Golden Book

Bumble Bee	Max F - great participation in the Hive Day and continuing to think about kindness all week.  Luna for always trying hard in everything she does but particularly working independently in our maths work on position and direction.  Samuel for being a super learning partner in English this week and encouraging others.  Annie for talking to an adult when something had happened and sorting out the situation.
Honey Bee	<b>Charlotte R</b> - for consistently improving her handwriting and working really hard in English.
Ivy Bee	Mia - for really thinking about the challenges and calculations needed when tackling maths challenges.
Bee-Haviour and Sports Bee	<b>Max F</b> (R) - for demonstrating the Hive Day learning so beautifully and showing great passion in PE.





















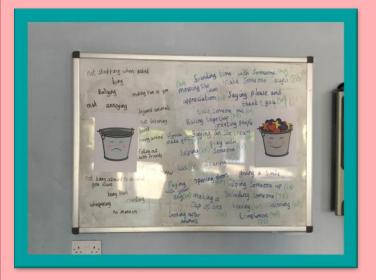


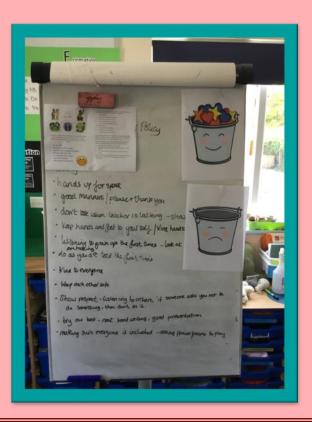
### On Monday we had a Hive Day.

In the morning the children learned about how to be "bucket fillers" with activities linked to the Carol McCloud story - Have you filled a bucket today? In the afternoon, children took part in sports activities such as 'backwards basket-ball' to test their resilience, sportsmanship and teamwork.

Throughout the day, there were lots of opportunities for the children to work collaboratively and for the older children to show their leadership skills - which they did beautifully.

It is always wonderful to see the children work together in their "hives" as they have the rare opportunity to work with children from all years R-6. The older ones really do look after the little ones.





### **Hive Day**















































# **Online Safety**

# Inappropriate or explicit content

Get advice on supporting children if they've seen harmful or upsetting content online



## Types of inappropriate or explicit content

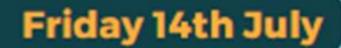
As children start to explore the internet, they may come across content that isn't suitable for their age, or that may upset or worry them. We've got lots of advice to help you and your child if they have seen explicit or harmful content. Take a look at

our <u>resources for supporting children</u> and understanding how they might feel if they see upsetting content.

We also have pages about how to identify and deal with different types of inappropriate and explicit content.

NSPCC: <a href="https://www.nspcc.org.uk/keeping-children-safe/">https://www.nspcc.org.uk/keeping-children-safe/</a>
<a href="https://www.nspcc.org.uk/keeping-children-safe/">online-safety/inappropriate-explicit-content/</a>





PARENTS WE NEED YO

PLEASE COME AND SHARE YOUR SCIENCE
CAREER WITH OUR CHILDREN, BY
PRESENTING A SHORT EXPLANATION OF
WHAT YOU DO AND HOW SCIENCE ENABLES
THIS. PROPS ARE WELCOME. IT'S A GREAT
OPPORTUNITY FOR THE CHILDREN TO ASK
QUESTIONS ABOUT WHAT YOU DO AND



ENNESS@BRIGHSTONEPRIMARY.ORG.UK

# School News

### **Community Spruce Up Our School for Summer day**

We had a hugely successful day last Saturday for our 'Spruce up our School for Summer' community day. Lots and lots of jobs were completed, including:

Washing doors, windows and window frames, weeding beds and paths, sweeping the playground, cutting and strimming grass, trimming hedges, clearing invasive climbing plants from walls, clearing and tidying the school 'secret' garden, clearing and tidying the Reception and Y1/2 outside areas of weeds and leaves, sanding and painting the Reception class balustrades and handrails, sanding and painting the frame around the playground mosaic mural, clearing nettles from the school field, and crecoting the preschool and BSA shed.

Phew! A huge thank you to everyone who very generously contributed their time and materials. Thank you to: Emily (thank you for helping to organise it), Mike and Quinn, Heather, Martha, Annie and Rufus, Mark and Ila, Jo, Richard, Henry and Helena, Rose and Giles, Keith, Carolyn, Robin, Tristan and Molly, Rosanna and Emma, and Mrs Lennon and Simon.

We couldn't have done it without you!

































If your message is **urgent** or about **attendance** contact Mrs Pelosi in the **office**: **01983 740285** 

office@brighstoneprimary.org.uk Office Hours 8am - 4pm If you would like to speak with the **Headteacher**Mrs Lennon, you can find her at the school gate
every morning or you can call 740285 to make an
appointment with her



For general enquiries you can call or email the office, text the school messaging service or send a message to our school Facebook page: <a href="https://www.facebook.com/BrighstoneCEPrimarySchool">https://www.facebook.com/BrighstoneCEPrimarySchool</a>
Our Facebook page is open so you do not need a

personal account to view it

If you have concern regarding safeguarding or your child's mental health and wellbeing please contact Mrs Jones. You can speak to her on the playground every morning, call into the school office or email m.jones@brighstoneprimary.org.uk

safeguarding@brighstoneprimary.org.uk

If you have concerns about your child's **learning** and progress, email the class teacher in the first instance and allow at least 1 working day for a reply:

Years~R,~1~&~2-teacher.bumblebee@brighstoneprimary.org.uk~Years~3~&~4-teacher.honeybee@brighstoneprimary.org.uk~Years~5~&~6-teacher.ivybee@brighstoneprimary.org.uk~

Our **Newsletter** is published every Friday with key information for parents and carers. You can find it on our school website: https://www.brighstoneprimary.org.uk/category/the-buzz/



If you have a safeguarding concern about a child outside of school hours you can call the police on 999 if you feel they are at risk of immediate harm or contact Children's Services on 0300 300 0117

### **Gates**

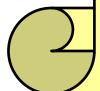
The gates are closed at 3pm every day, rather than at the end of clubs. Please collect your children from after-school clubs from the hall door, except for the bell ringers (St Mary's Church) and cricket club (Warnes Lane).

Many thanks.



### Key dates this year

- Friday 16th June: Mufti day in return for cakes for Northcourt Manor Open Gardens
- Friday 16th June: Honey Bee story time session with parents (2.25pm)
- Monday 19th—Wednesday 21st June: Y4 Kingswood residential
- Friday 23rd June: Sports Day (details to follow nearer the time)
- Tuesday 27th June: Tony Peek Poetry Workshops
- Thursday 29th June: Y6 Leavers' Service at Portsmouth Cathedral (letter to follow nearer the time)
- Friday 30th June: Bumble Bee story time session with parents (2.25pm)
- Tuesday 4th and Wednesday 5th July: High school transition days
- Tuesday 4th July: Whole school transition morning
- Friday 7th July: Reports go home
- Tuesday 11th July: Forest Day
- Tuesday 11th July: Parents Evening
- Friday 14th July: Science Day
- Monday 17th—Tuesday 18th July: Y6 Corfe residential (details to follow)
- Thursday 20th July: School closed for staff development day
- Friday 21st July: School closed for staff development day









Made with PosterMyWall.com







### Have you seen Tax-Free Childcare (TFC) - What is it?

Government support for working parents, including the self-employed, in the UK working at least 16 hours at the National Minimum Wage.

For children aged 0-11 or until 16 if disabled. (Preschool/ Breakfast/Afterschool/Holiday Club)

- Parents and carers can earn up to £100k each per year and still be eligible for TFC.
- For every £8 a parent pays into an online account, the government will add an extra £2.
   Up to £2,000 per child per year or £4,000 each year if the child has a disability.
   This is for parents who aren't receiving Tax Credits, Universal Credit, or childcare vouch-



### Setting up an account and payments

- Parents apply for an account through: childcarechoices.gov.uk.
- HMRC confirm via email, and you can set up their TFC account.
- Accounts can be opened at any time of the year and can be used straight away.
- Parents search for provider in the 'Your Tax-Free Childcare account' section of the account homepage by name, address, postcode. (Niton Preschool, School Lane, Niton PO38 2BP)
- Parents pay money into the TFC account. The top up will be added automatically.
- The government top-up is applied to deposits made for each child, not household.

Parents can get up to £500 every 3 months (up to £2,000 a year) for each child to help with the costs of childcare.

- Parents pay the childcare provider directly through the childcare account using bank transfer.
- For every £8 a parent pays into this account, the government will pay in £2 to use to pay the provider.
- Parents can use Tax Free Child to pay for additional childcare costs:

Our preschool consumable charges: You pay £16.00 Government pays £4.00.

### Home to School Transport – Academic Year 23/24

This applies if your child is part of the phased transfer group (year 7 or Reception from September 23).

To best ensure your child has transport in place from September 23 you will need to apply for home to school transport to your child's new school by 25/06/2023.

If your child has an EHCP, you'll need to apply by 15/07/2023.

If your child is already in receipt of transport, you will not need to reapply unless your child has moved address or school.

If you submitted a form after the above deadlines, kindly be aware transport may not be in place for the start of the year and you might be expected to make your own arrangements until such time as transport is arranged by the Team.

Apply for home to school transport (iow.gov.uk) on the Isle of Wight council's website using the online forms which can be found under school transport. You will need to be logged into to your account for the form to load up for you to complete.

https://www.iow.gov.uk/schools-and-education/home-to-schooltransport/apply-for-home-to-school-transport/

Once you have applied this will be processed by School Admissions and they will contact you if eligible for Local Authority Funded Home to School Transport.

**Kind Regards** Transport Team (01983) 823780 Email transport.info@iow.gov.uk

### John Constable's The Cornfield

John Constable's The Cornfield is on display, free, at 64 High Street, Newport, from 9-5, up to and including Sunday 11th June. 64 High Street is the old Edinburgh Woollen Mill, now the offices of the Newport and Carisbrooke Community Council.

More information, an audio description and 5 minute meditation can be found on https://www.nationalgallery.org.uk/exhibitions/across-the-uk/constable-visits

Also, from 10-1 every day from now until Saturday, at the Museum of Island History in the Guildhall, we have an exhibition of rural life photos by James Dore, from the late Victorian / Edwardian period, together with some artefacts. Entry is free thanks to funding from the National Gallery. There will be family friendly activities available on Saturday 10th June.













Come along to a fun games evening suitable for all the family



### **Beetle Drive**

Can you and your partner be the first to draw the beetle?



### Thursday 29th June Brighstone School Hall

Play starts at 6pm

In aid of local Scouts attending the World Scout Jamboree in South Korea this summer

Tickets £3 per person
£10 for a family of 4 or 5
Pay on the night
Text 07795 001700 to reserve your seats



### Raffle

Refreshments







### **CROSSING THE BAR**

### Event weekend 9/10/11 June

Crossing the Bar is an arts and community programme. It links coastal walking with the heritage, environment and landscapes of the local area.

It will lead into the opening of a new national trail - the England Coast Path.

This year New Carnival is working in 6 areas on the Isle of Wight, with schools, community groups and heritage partners. There are short and long walks in 6 areas, highlighting the Tennyson Heritage Coast from Ventnor to Totland Bay and celebrating IOW's amazing and varied coastline.

Your school, Brighstone Primary School, is involved in the Brighstone and Compton Bay area. Honey Bee class from your school have taken part in a site visit and are also working with New Carnival artists in school.

The walk and event day in Brighstone is Saturday 10 June.

- The short, guided walk in Brighstone starts at 2pm from Warnes Lane car park, next to the school field
- This walk is led by island storyteller Sue Bailey, so there will be a few story stops alone the route
- The walk finishes back at the school field. On your return expect flags, music and a short performance.

PLEASE NOTE: ALL children and young people MUST BE ACCOMPANIED at this event.

Full details of the walks (all free to join) at:

Crossing the Bar - Eventbrite Bookings

The walks are open to everyone and in all areas, not just for those children and families involved in the art activities.

Any questions please email: alison@thenewcarnivalcompany.com

### Girls rugby

Non-contact rugby sessions



- Team work
- Respect
- **Enjoyment**
- **Discipline**
- **Sportmanship**

**AGES 7-11** 

Girls only training is every other Sunday between
September and April

Contact rugby sessions also available

Registration day 3rd September 2023, 11am @ IWRFC, Wootton, P033 4NQ

Register your interest:

vectisrfccoaching@gmail.com

Join the pack www.vectisrugby.co.uk









We are actively seeking boys and girls under the age of 18 to join our junior section and as a special introductory offer we are offering the following benefits:

- · Free Saturday morning tuition by our PGA golf professional.
- Starting date will be Sat 24th June 10.00am 2023
- · Free Junior membership to those who attend the classes.
- · Junior golf equipment will be provided.
- · Discounted playing rates for parents.

Golf is a healthy outdoor activity and you will have the opportunity to play on one of the most picturesque settings in the country.

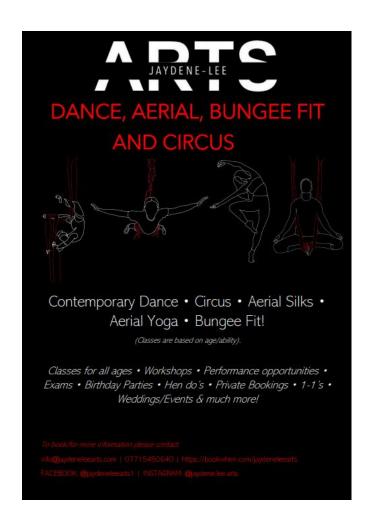
Pre –registration will be required, so if you wish to participate, please contact the club secretary on:

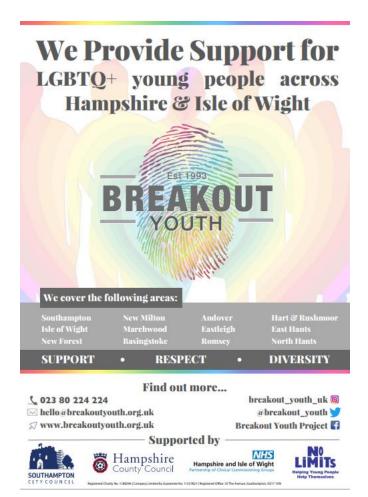
Tel.01983 755295 Freshwaterbaygolfclub.co.uk













MOBILE; 07890463771





**OUR FUN SESSION WILL BE:** WHEN: Every Wednesday. 5pm to 6pm

COST: £4 for the 1 hour session

To Book: Text your child's name, school, year group

and parent name

to 07594 389531

WHERE: The Bay CE Primary School, Sandown

solution ders affected &



WESSEX

wightfibre

NHS Isle of Wight

### Space4U

A safe haven for young people aged 11-17\* living on the Isle of Wight

- · Out of Hours emotional and practical support with mental health.
- · Help to explore your current situation
- · Learn self-management techniques
- Enable you to make positive changes

### Monday's

East Newport Family Centre

Furriongs Newport PO30 2AX

### Tuesday's

(5pm-8pm by appointment) (4pm-7pm by appointment) Sandown Family Centre 98 The Fairway Sandown PO36 9EQ

Contact us today to find out more:







nolimitshelp.org.uk



SCAN ME



www.nolimitshelp.org.uk 023 8022 4224



DOES YOUR CHILD WANT TO BUILD THEIR A SPORTING ENVIRONMENT?



IF YOU'VE ANSWERED YES TO ANY OF THOSE QUESTIONS, WE'VE GOT THE PERFECT SOLUTION!

WE PROVIDE A SAFE. ENJOYABLE ENVIRONMENT WHERE CHILDREN CAN HAVE FUN WHILST IMPROVING THEIR FOOTBALL SKILLS.

- TO ALLOW CHILDREN TO HAVE FUN THROUGH FOOTBALL
- TO IMPROVE CONFIDENCE AND SOCIAL SKILLS.
- TO LEARN AND IMPROVE BASIC FOOTBALL SKILLS: CONTROL
- TO DEVELOP AGILITY, BALANCE, CO-ORDINATION, SPEED (ABC'S).

Our fully FA qualified coaches have up to date First Aid training and are DBS checked. Each session will be packed full of fun games played in teams, and as individuals, to help children build friendships as well as independence.

To Book: Text your child's name, school, year group and parent name to 07594 389531



Mondays Christ Church Totland, PO39 OES 2pm - 4pm

# Libraries are here to help

Jo and Louise from the Isle of Wight Library service will be at Our Place on Monday 22 May to chat with you about the great services and activities libraries offer, including:

- Books
- E-books and e-audio books
- Magazines and newspapers
- Free computer and Internet access
- Regular groups and activities for adults and children
- Local information and much more!

Come along and and try out some of the library apps and online services. You will be able to join the library on the day!





**Booking advised** 



Starting on Friday 28th April, Mr Goldsmith will be running eight Dynamos Cricket sessions for children aged 8-11 at Cowes Cricket Club.

The sessions are open to all children aged 8-11 (not just from Brighstone) and will run between 5.15pm and 6.15pm each Friday evening, with the final session taking place on Friday 16th June.

The cost of the eight-week programme is just £20 - to sign up your child, please click on the following link - https://ecb.clubspark.uk/
Dynamos/Course/3967cab0-ff75-4535-94ed-8c5393c65e6e. For signing up, your child will receive a personalised playing shirt, Topps Cricket Attax Cards and access to the Dynamos App.

Any children that sign up could end up as part of the Cowes U11 hardball squad, whilst any girls that sign up will be part of the Cowes U11 Girls Dynamos squad for the 2023 season.



https://ecb.clubspark.uk/AllStars/Course/a4c8988d-ce72-437d-a8bd-888bd84ff51c?fbclid=IwAR3vYJNdKPleQK3CxmUPaD8u0NCyAQ4m1CToJMc3LFLN8\_Ejq7QEsj0KmU

https://ecb.clubspark.uk/Dynamos/Course/6b41c358-8843-4ea4-996c-ee8b87aec96f?fbclid=IwAR0IiUvF8mcUprEC-

# Join us for All Stars at Ventnor CC Steephill Rd, Ventnor, PO38 1UF Open to 5-11 year olds Tuesdays 4 - 4.45pm Starting Tuesday 23rd May Phone Ruth on 07917306984 for details or sign up online.







### CHILDREN'S SHOW SCHEDULE 2023

### SPRING SHOW Saturday 1st April

Wilberforce Hall, Main Road, Brighstone 1.30pm to 4.00pm Presentations at 4.00pm

### 125th BHS MARQUEE IN NEW SUMMER SHOW Saturday 15th July

Recreation Field, New Road, Brighstone Marquee opens 1.30pm Presentations at 4.00pm

### AUTUMN SHOW Saturday 7th October

Wilberforce Hall, Main Road, Brigstone 1.30pm to 4.00pm Presentations at 4.00pm

### SPRING SHOW

Please state your age on the entry form, then it will be taken into consideration.

- 72. A Painting or Drawing for King Charles's Coronation.
- A driftwood model of a dinosaur.
- 74. 4 Fairy Cakes, made and decorated.
- Floral art An Easter Posy. 75.
- 76. 4 Decorated Rich Tea Biscuits, Coronation Themed (judged on decoration only).
- 77. Handwriting:

God save our gracious King! Long live our noble King! God save the King! Send him victorious, Happy and glorious, Long to reign over us, God save the King.

### **AUTUMN SHOW**

Please state your age on the entry form, then it will be taken into consideration.

- 118. A Christmas Card.
- 119. 4 Christmas or Halloween cup cakes made and decorated.
- 120. A driftwood reindeer.
- 121. My favourite pot plant, grown by entrant.
- 122. An Autumn painting or drawing A4 max.
- 123. A model made from Lego, no bigger than 30cm x 40cm
- 124. Handwriting:

Rain, rain go away, Come again another day. Rain, rain go away, Little Johnny wants to play.

### SUMMER SHOW

### CHILDREN'S CLASSES

Prize money for children's classes: 1st \_£1.50, 2nd - £1, 3rd - 50p. Your age must be displayed clearly, then it will be taken into consideration.

Classes 156 and 163 must be arranged by the exhibitor on site without assistance.

### For ages 9 and under:

- 151. Something new from something old.
- 152. My pet a painting/drawing A4 max.
- 153. My favourite "snapshot" (must be taken by entrant).
- 154. A creature made from a vegetable
- 155. A creature made from driftwood and shells.
- 156. Garden flowers in a teapot.
- 157. A miniature living garden (in a bowl or pot).
- 158. 4 decorated biscuits (judged on decoration only).
- 159. 4 pieces of flapjack, any variety.

### For ages 10 to 16

- 160. A miniature scarecrow maximum size 30 cm.
- 161. Still Life a drawing or sketch.
- 162. My favourite "snapshot" (must be taken by entrant).
- 163. A miniature herb garden (in a bowl or pot).
- 164. A miniature building made from driftwood and shells.
- 165. A carrot cake.
- 166. 4 decorated fairy cakes.

### For all ages up to 16

- 167. New class for 2023 Grow a squash any variety. 168. Handwriting:

Incy, wincy spider climbed up the spout, Down came the rain and washed the spider out, Out came the sun and dried up all the rain, And incy, wincy spider climbed up the spout again.

### CHILDREN'S ENTRY FORMS (ALL ENTRIES ARE FREE)

### **AUTUMN SHOW 2023**

Entry forms must reach the Show Secretary no later than Wednesday prior to the show. Please post your entry in the box at The Village Shop, Brighstone or hand to the Show Secretary at Bluebells, North Street, Brighstone.  NAME (BLOCK CAPITALS) AGE
SUMMER SHOW 2023
Entry forms must reach the Show Secretary no later than Wednesday prior to the show. Please post your entry in the box at The Village Shop, Brighstone or hand to the Show Secretary at Bluebells, North Street, Brighstone.  NAME (BLOCK CAPITALS) AGE
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# **QHS**



### What is the Living Well & **Early Help Service?**

We are focussed on identifying and providing support for people before they reach crisis and working with communities to build capacity to provide that support

Working in Partnership to reach all communities of the Isle of Wight

ASPIRE

Pan T∰gether





We focus on the individual - on their strengths, passions and capabilities building on their existing support networks, family and friends within their community



ASPIRE WOODWORK GROUP MAKING BAT BOXES



LIVING WELL & EARLY HELP 5 KEY PRINCIPLES

Community

Resilience

Relationships

**Person Centered** 

**Partnership** 

We will support people to look for practical solutions wherever possible and focus on what the person can do for themselves using their skills automatically looking for a service response.



Pan Tigether



West Wight



At the community level, the service will strengthen partnerships between local organisations involved in community wellbeing, including parish and town councils, local community organisations and Islandwide organisations (statutory and voluntary) that operate at local levels.

The aim is to establish semi-autonomous community 'hubs', similar to those already existing in areas like Ryde, West Wight, Ventnor and Pan, throughout the Island. The nature of the hubs will vary, depending on the needs and resources of each area.

CRAFTERNOON SESSION

### **BUILDING STRONG COMMUNITIES**

We promote and encourage connections, developments and contributions by individuals and the community. By spending time identifying the strengths, passions and capabilities of individuals, services and places we support communities to help themselves and create local solutions.







reception@lweh.org.uk 01983 240732

### INDIVIDUALS - EVERYONE HAS STRENGTHS, PASSIONS & CAPABILITIES

skills, knowledge and passions. Living Well & Early Help identifies, encourages and nurtures individuals to utilise them. Deficit approach define communities and individuals in negative terms. An Asset approach accentuates positive capability to identify problems and activate solutions.

### SERVICES - PEOPLE ORGANISED AROUND ASSETS. Services are generally professionals or paid services who are structurally organised. They include government agencies and private business, as well as schools, etc. They can all be valuable

resources. The assets of these institutions help the community capture valuable resources and establish a sense of civic

### PLACE - PEOPLE LIVE WHERE THEY LIVE FOR A REASON.

Land, buildings, heritage, public and green spaces are all examples of assets of the community. Individuals tend to be in a specific place for a specific reason. The people living in a community are most likely to know what its strengths are and how to utilise them

### CONNECTION - PEOPLE SUPPORTING PEOPLE.

Small informal groups of people, such as clubs, groups and common interest activities are critical to the delivery of the Living Well and Early Help Service. They don't need complicated processes. They are just coming together around a common interest of their

### VISIBILITY - BEING PART OF THE COMMUNITY.

The Living Well & Early Help workers are based within the community working in agile way within defined localities finding spaces within community hubs, libraries, cafes etc. People should be able to approach workers individually as well as being referred in by any person or service. The Living Well & Early Help service supports people to develop their own solutions and ways of achieving their best possible lives, drawing on family and community resources, before considering commissioned or statutory services. Living Well and Early Help workers invest time in building relationships and understanding what a person's idea of their best life is. It also helps people to develop and build their own capacity and connections, so that they

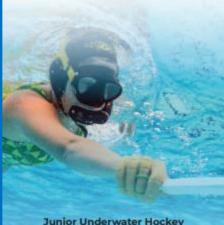
### DEVELOPMENT - INDIVIDUALS CONNECT INTO A COMMUNITY.

DEVELOPMENT - INDIVIDUALS CONNECT INTO A COMMUNITY.

Living Well and Early Help recognises that the exchange between people sharing their passion, gifts, skills and assets creates connections, and these connections are a vital asset to the community. It takes time to find out about individuals; this is normally done through building relationships, person by person. The social relationships, networks and trust form the social capital of a community. The Living Well and Early Help service knows the value of these assets and the importance of building relationships to increase the social capital within each unique community.



Underwater Hockey is a great way to stay fit and still enjoy the pool. No two games will ever be the same, so why not try something different? We promise you won't get bored!



### **Junior Underwater Hockey**

There are many junior Underwater Hockey teams around the country. It's a great way for children to enjoy the game and get some exercise at the same time.

Underwater Hockey is a team sport so there is a great opportunity for children to make some friends along the way.

As long as you are a confident swimmer, you should be able to play Underwater Hockey.

Many clubs have a free taster session! Contact your local club to find out.

### How To Get Involved

There are over 100 teams across Great Britain so finding your local team shouldn't be too difficult! There are details below to show you your local team contact.

There are details on our website as well gbuwh.co.uk

Or you can find us on social media, feel free to send us a message, and we can help you find a team.



### You can find details for your local club here:

Photo Credits: Chris Alwin, Vicki VanDer Westhulzen Risianova, Gabriel Holguin, Australia UWH, Canada UWH & Spain UWH



Underwater Hockey

(Octopush







@gbuwh





















### What Is Underwater Hockey?

Underwater Hockey is a team game played on the bottom of the swimming pool!

There are two teams competing to get a small weighted puck into their opponents' goal. The game is played exclusively on the bottom of the pool so players need to hold their breath whilst playing.

Team work is so important in Underwater Hockey, each team has 6 players and 4 rolling substitutes.

Players use a small stick to move the puck. This stick is the only way a player can move the puck.

### What Equipment Do You Need?

Players wear a mask, snorkel, fins, water polo hat, and glove. Fins allow players to swim much faster meaning the game can move extremely quickly even underwater.

Don't worry though if you want to give Underwater Hockey a try, many clubs have equipment they can lend out to new players.

### Who Can Play?

Underwater Hockey can be played by almost any age of player! Junior clubs tend to welcome players above the age of 8 years old. The only real requirement for Underwater Hockey is that you can swim!

Many clubs also offer free taster sessions.

### Team GB Underwater Hockey

Underwater Hockey was founded in Great Britain, and the British teams have been to many World Championships over the years.

There are currently 4 different categories, which are then split again into male and female teams.

Under 19s, Under 24s, Elite, and Masters.

Great Britain has an amazing history representing their country around the world. With some players having multiple medals to their name.

Underwater Hockey is played around the world, with over 40 countries across 6 continents playing the sport.

