

GUIDE TO **SUMMER** ACTIVITIES

Cornwall
2020





WELCOME

Summer this year is quite unique to other years so please do take a moment to look at some of the key messages below to help you: Stay Connected, join in and have fun.

Events will include opportunities to be involved with some of our partner organisations and friends!

Please get in contact if your child has additional needs so we can do our best to accommodate their participation.

To find out more – go to:
<https://www.cornwall.gov.uk/summer2020>

Booking Activities / Events

All events must be pre-booked, so book your spot early, as spaces will be limited due to social distancing regulations.

Please check the website prior to travelling to any event as activities may be subject to change.

Programme Updates

New activities will be confirmed throughout July and August and there may be changes to some of the existing activities. Always check the website for details before attending an event.

Contact Centre

If you are interested in a particular activity and have any questions please contact the relevant provider with your query or call the number below.

Phone: 01872 323241

Health & Safety (covid aware logo)



Together for Families and partners have given full consideration to the health and safety requirements for every activity and event. Keeping our children and young people safe remains our priority. This means

that all events offered for children, young people and families to attend physically, will follow up to-date government Covid-19 guidance.

Refreshments

Due to the locations and current Covid-19 restrictions please make your own arrangements for refreshments and ensure participants have sufficient hydration. We suggest a refillable water bottle.

CONTENTS

The Power of Green and Blue 5

Welcome 6

HeadStart 8

Beach Guardian 9

Cornwall Wildlife Trust 10

Cornwall Outdoors 11

Active Cornwall 12

Together for Families 13

Activities 14

Canoe Cornwall 16

Evaluation 19

Do it Yourself Outdoors 20

The Power of Green and Blue spaces



Getting outdoors and being active in green, and blue spaces, or even better both. It is a way of boosting mental wellbeing. Whether it's taking regular walks in the park, flying a kite on the beach, climbing rocks or mixing between the two, exercising in blue and green spaces is proven to have huge benefits for mental health. The Countryside Recreation Network states: 'There is substantial evidence that links the natural environment with good physical health and psychological wellbeing,' and that 'both physical activity and nature can positively affect wellbeing.' In Cornwall we are lucky to have 422 miles of coastline with plenty of green spaces inland. As a result of the school closures, getting children out in these spaces and interacting with their families and other young people will significantly help ease any anxiety as well as providing an opportunity to have fun and learn new skills.

Fancy a breath of fresh air?

Cornwall Outdoors has been working in partnership with Active Cornwall and Headstart Kernow to develop an exciting programme of outdoor activities to get you active, smiling and learning this summer. Come and have a go at canoeing, archery, climbing, cycling or take some time to relax and explore rockpools, moorlands, or one of our many beautiful coastal paths. An opportunity to challenge yourself to learn new skills and achieve things you didn't think possible.

Being outside feels good, surrounded by nature and sharing special moments with those closest to us helps us to stay positive, connected and maintain good emotional and physical health and wellbeing.

So, come and join us this summer to get active, have some fun, shake off the lockdown blues and get your sparkle sparkling!

NOTE: The programme is constantly developing, and we will be adding new activities and information regularly. There will be exciting opportunities to join sessions run by friends such as The Beach Guardians, the Cornwall Wildlife Trust and others who are coming to the party! So, WATCH THIS SPACE!

Covid-19

All activities will be carried out in line with DfE guidance and that of the National Youth Agency

<https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak>

<http://www.nya.org.uk/>

Covid-19 specific measures will include;

- Covid-19 risk assessment of centre and activities
- Medical consent form to include information on symptoms of Covid-19 and declaration of good health
- Daily briefing to YP on social distancing, sanitising and activity procedures
- Regular cleaning of activity equipment

There are a number of funded places available across all activities for children, young people and families living in Cornwall. If you want to find out more please email **porthpean@cornwall.gov.uk**

HeadStart Kernow



This work was developed as part of the Community, Engagement, Participation and Parents workstreams of the Headstart Kernow programme, in collaboration with Cornwall Outdoors and Active Cornwall, and is funded in part by the National Lottery Community Fund, the largest funder of community activity in the UK. Headstart Kernow is a partnership programme led by Cornwall Council to develop resilience and mental well-being in children, young people and their families throughout Cornwall.

Started in 2016, Headstart is a five-year, £58.7 million National Lottery funded programme which aims to explore and test out new ways to improve the mental health and well-being of young people aged 10-16 working and prevent serious mental health issues from developing. Working together with local young people, parents, families, schools, charities, community and public services we design and test out new initiatives and interventions that aim to make a difference to young people's mental health, wellbeing and resilience.

What we do know is that there are huge benefits to being outdoors and the positive impact participating in activities outside can have on an individual's emotional, psychological and physical health and wellbeing. Mother nature's powerful way of helping ease stress and anxiety by providing us with all the beautiful blue and green spaces that surround us here in Cornwall. For further information on the work that we do here in Cornwall follow the hyperlinks below

Headstart Kernow Website <https://www.headstartkernow.org.uk/>

Start Now (Headstart website created and run BY young people in Cornwall FOR young people in Cornwall) <https://www.startnowcornwall.org.uk/>

Your Way <https://your-way.org.uk/>

Beach Guardian



Beach Guardian is an award-winning social enterprise, co-founded by the dynamic father and daughter duo: Rob and marine biologist, Emily. As an organisation, they aim to engage, educate and empower against plastic pollution,

through regular organised community beach cleans, school education activities and encouraging local businesses to support environmental initiatives.

The Beach Guardian summer sessions are held at Porthpean Beach across six days throughout the holiday, with different times allocated across the day.

They are suitable for age groups 6-12.



Cornwall Wildlife Trust Beach Rangers

The Your Shore Beach Rangers are working across Cornwall to engage and inspire the youth of Cornwall to protect the beautiful marine environment that surrounds us. The YSBR team is working with schools, colleges, youth groups, and local community groups throughout Cornwall, and inviting everyone to get involved. The future is in your hands!

Our Bright Future aims to tackle three big challenges facing society today; a lack of social cohesion, a lack of opportunities for young people, and a vulnerability to climate change.

Cornwall Wildlife Trust's Your Shore Beach Rangers project, funded by the Big Lottery Fund and in partnership with Cornwall College, is going to work within Cornish coastal communities and with young people from 2016 to 2021.



Cornwall Outdoors

Cornwall Outdoors is part of the Education Service within the Together for Families Directorate of Cornwall Council. Established in 1947 as a means to reunite and re-energise the young people of Europe after the Second World War, Cornwall Outdoors began with a set of tents in a field near Restormel Castle in mid Cornwall. Humble beginnings with a hugely ambitious aim, our belief remains the same; that being active and outdoors offers massive benefits to everyone, young or old.

We have outdoor centres based in mid, east and west Cornwall and work extensively with schools, youth groups and families delivering a wide range of outdoor activities in a variety of locations; sea, moorland, river, woodland. Our centres are all licensed by the Adventure Activities Licensing Authority, part of the Health and Safety Executive.

We are delighted to be working in partnership with Headstart Kernow, Active Cornwall and other partners to bring you this summer programme and we look forward to meeting you out there.

CORNWALL OUTDOORS

Active Cornwall



Active Cornwall is the leading organisation working across Cornwall and the Isles of Scilly solely dedicated to reducing

inactivity through physical activity and sport to transform lives. We understand, influence, connect and support to unlock the wider benefits that physical activity and sport can have to improve the quality of life for the people of Cornwall, specifically for PEOPLE who would benefit the most in PLACES that need it most. By working together WE can create the right conditions and opportunities for people to live an active, healthy and happy life.

Together for Families



**CORNWALL
COUNCIL**
one and all • onen hag oll

Together 
for Families

In Cornwall, we brought all of our children's services together under an integrated children's services directorate called Together for Families.

This means education, health and wellbeing and social services including fostering and adoption are included under one directorate to ensure that each agency communicates effectively with the others.

Think of Together for Families as the place to go for children and families services in Cornwall.

We welcome your feedback. Please engage on our social media channels:

Facebook: www.facebook.com/TFFCornwall

Twitter: www.twitter.com/TFFCornwall

Instagram: www.instagram.com/tffcornwall



Porthpean Beach

Summer sessions August 2020



CORNWALL
OUTDOORS

Join the Beach Guardian team for a 2 hour fun-filled (and educational) beach session!

From beach cleaning to shark eggs, giant jigsaws to arts and crafts; the team has prepared an exciting taster into what it's like to work in marine conservation and as a marine biologist. If conserving the planet is a passion of yours and you enjoy spending time on the beach, then be sure to join us! **Max 15 per session**

Monday 3rd - 10.30-12.30

Wednesday 5th - 12.30-2.30

Friday 7th - 12.30 - 2.30

Monday 17th - 10.30-12.30

Wednesday 19th - 12.30-2.30

Friday- 21st - 12.30-2.30

All necessary equipment will be provided, including sanitiser and face masks which are distributed free of charge. It is not a requirement for you to wear a face mask, though if you feel safer, the team have re-usable masks to distribute, for you to keep afterwards. We only ask that you are sure to wash your hands thoroughly before and after each session. Please also bring appropriate clothing for all weather conditions, including waterproofs, sun hat and suncream. Sessions will still go ahead even in the rain! Additionally, please ensure you have a filled re-usable water bottle to keep hydrated.

email togetherforfamilies@cornwall.gov.uk to book



**There is a pay and display
car park close to the beach.
Please bring coins**

Website: www.beachguardian.org
Email: emily@beachguardian.co.uk
Facebook: Beach Guardian
Instagram: @BeachGuardian
Twitter: @PlasticWaive

Porthpean Beach

August 2020



CORNWALL
OUTDOORS

**Join the Your Shore Beach Rangers for a snorkel lesson
and safari at Porthpean beach.**

Build up your confidence in the water through a fun filled snorkel lesson where you will be taught how to use the equipment and how to get the most from your snorkel session plus get the chance to use those skills in a small snorkel safari to explore the rocky reef around the beautiful Porthpean. MAX 10 young people per session. Age 11+

Friday 21st August 1.30pm – 4.30pm

Monday 24th August 3.30pm – 6.30pm

All equipment can be provided if booked but please bring your own if you have it. Equipped required; FULL wetsuit (no shorties), mask, snorkel (no full face masks), fins. Please bring warm clothing to change in to after the snorkel. Young people participating must be confident swimmers. We will provide hand sanitiser. We ask that you are sure to wash your hands thoroughly before and after each session. Please be aware that if we are unable to get into the sea, we will run a rockpooling session, so bring appropriate footwear for that. Additionally, please ensure you have a filled re-usable water bottle to keep hydrated.

Email jennifer.sandiford@cornwallwildlifetrust.org.uk to book



**There is a pay and display
car park close to the beach.
Please bring coins**

Website: <https://beachrangers.com/>
Facebook: beachrangers
Instagram: beach_rangers
Twitter: YSbeachrangers

Carnyorth Outdoor Education Centre **CORNWALL** Summer activity programme 2020 **OUTDOORS**

Guided cycling, Climbing, Archery, Walking, Navigation, Watersports, Nature safari & rockpooling

Guided cycling 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 3rd, 10th, 24th & Sept 2nd - Venue: Carnyorth Centre, TR19 7QE

No better way to see the local sights of Carnyorth and its surrounding area than to be guided around by cycle. Join us for the morning or afternoon.

Climbing 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 4th, 11th, 25th & Sept 1st - Venue: Carnyorth Centre, TR19 7QE

Come and climb on our 8 metre mobile climbing tower. It is equipped with multiple climbs to suit any ability. Join us for the morning or afternoon.

Archery 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 4th, 11th, 25th & Sept 1st - Venue: Carnyorth Centre, TR19 7QE

Have some fun on our target archery range. Join us for the morning or afternoon and test your skill against your family and friends

Coastal path walk 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 12th - Venue: Carnyorth Centre TR19 7QE

Help yourself to the 'Ground mine tour'. This is a guided walk recording the industrial history and sights of the area.

Moorland walk/learn to navigate 10am - 3pm - Max 10 persons - £40pp

Dates: August 5th, 13th, 26th - Venue: Venue: Carnyorth Centre TR19 7QE

Whatever the weather, whatever your navigation ability, let's go out and learn a new skill, whilst walking in some of Cornwall's most rugged landscapes.

Watersports 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

August 7th, 14th, 28th - Venue: Meet at Newlyn Pier, TR18 5HW

A grand splash about on the Newlyn waterfront.

Nature safari/rockpooling 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons

August 6th, 27th - Venue: Meet at Newlyn Pier, TR18 5HW - £20pp

Roll up your sleeves and your trouser legs, we're going rockpooling.

- Specialist equipment will be provided. Please dress appropriately for the days weather
- Minimum age 9+, must be accompanied by parent/guardian or responsible adult
- Advance bookings only, via Susie 01726 72901 | Email: porthpean@cornwall.gov.uk



Cornwall
Outdoors



More details to be found at:
www.cornwalloutdoors.org

Delaware Outdoor Education Centre **CORNWALL** Summer activity programme 2020 **OUTDOORS**

Bushcraft, Archery, Mountain Biking Skills, Indoor Climbing Moorland Navigation & Canoeing on the River Tamar

Archery 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 6th, 11th, 20th, 25th - Venue: Delaware Centre, PL18 9EH

Have some fun on our target archery range. Join us for the morning or afternoon and test your skill against your family and friends.

Bushcraft 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 6th, 11th, 20th, 25th - Venue: Delaware Centre, PL18 9EH

Get involved in creating your own camp fire from just a few basic tools. Cook popcorn and hot chocolate on your very own camp fire.

Mountain Biking 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 4th, 18th, 27th & 1st Sept - Venue: Delaware Centre PL18 9EH

Learn the essential skills of good mountain biking. Learn to turn, balance and lift your bike over our skills track obstacles.

Indoor Climbing 10am - 12 noon -or- 1.30pm - 3.30pm - Max 5 persons - £20pp

Dates: August 4th, 18th, 27th & 1st Sept - Venue: Delaware Centre PL18 9EH

Come and climb at our indoor climbing gym. It is equipped with multiple climbs to suit any ability.

Moorland Navigation at Roughtor 10am - 3pm - Max 10 persons - £40pp

Dates: August 5th, 19th & 2nd Sept - Venue: Meet at Roughtor car park, PL32 9QJ

Whatever the weather, whatever your navigation ability, let's go out and learn a new skill whilst walking in some of Cornwall's most rugged landscapes.

River Tamar canoe journey 10am till 3pm - Max 10 persons - £40pp

August 13th & 26th - Venue: Meet at Calstock Quay, PL18 9QA

There's nothing like a day out on the river Tamar. Paddle your rafted canoe along the banks of this wonderful tidal river.

- Specialist equipment will be provided. Please dress appropriately for the days weather
- Minimum age 9+, must be accompanied by parent/guardian or responsible adult
- Advance bookings only, via Susie 01726 72901 | Email: porthpean@cornwall.gov.uk



Cornwall
Outdoors



More details to be found at:
www.cornwalloutdoors.org

Summer Outdoors August 2020

CORNWALL OUTDOORS



Join Canoe Cornwall for outdoor activities this summer

Survival Activity Days

Learn to survive and develop skills to self rescue in the wilderness on our day courses. Knife work, fire, shelter, traps and spears and navigation.

Location: Trelissick, Truro

Age: 11yrs -16yrs

Dates: Throughout August, contact to select a date.

Max: 12 spaces

Time: 0930hrs to 1600hrs

Price: £30 pp

Into the Wild Woodland Games

Bird box activity

Campfire grub

Outdoor adventure stories

Location: Trelissick, Truro

Age: 7yrs to 11yrs

Dates: Throughout August,
Contact to select a date.

Max:12 Spaces

Time: 0930hrs to 1600hrs

Price: £30 pp

Archery and Spear Throwing

Learn the ancient art of Archery and test your skills with Medieval spear throwing in a shield wall!

Location: Trelissick, Truro

Age: 11yrs – 16yrs

Dates: Throughout August, contact to select a date.

Max: 12 spaces

Time: 0930hrs to 1600hrs

Price: £30 pp

We will provide hand sanitiser. We ask that you are sure to wash your hands thoroughly before and after each session. Additionally, please ensure you have a filled re-usable water bottle to keep hydrated.

Email jay@canoecornwall.org.uk or Phone: 07749870923 to book



www.canoecornwall.org.uk
mob :07749870923
www.facebook.com/canoe.cornwall
www.instagram.com/canoe_cornwall

OTHER EVENTS

CORNWALL
OUTDOORS



Evaluation Form

Thank you for attending our Summer Sessions. We are always looking to improve things and we value your feedback. Please let us know out of five stars how many you would give for the day, and leave any comments by emailing togetherforfamilies@cornwall.gov.uk or speak with your instructor.



SUMMER ACTIVITIES IN CORNWALL
2020

CORNWALL
OUTDOORS



HEADSTART
KERNOW



Together for Families

Do It Yourself Outdoor Fun – suggested self-led outdoor activities

Don't worry if you can't make it to one of our sessions. You can still get outdoors, get active and have some fun. Check out some of these websites for some great ideas on what you can do outside. Don't be put off by the school/education references on the websites, there are some really fun activities for young people and families to try. Make sure you pay attention to any safety advice included in the activity.

Wildlife Trust:

<https://www.wildlifetrusts.org/looking-after-yourself-and-nature>

Countryside Classroom

<https://www.countrysideclassroom.org.uk/blog/279>

Field Studies Council

<https://www.field-studies-council.org/primary-activities/>

The Wilderness Foundation

<https://wildernessfoundation.org.uk/activity-zone/>

Make an egg carton crab



You will need

- One section of egg box (already cut out)
- Four pipe cleaners (orange is a great crab colour!)
- Two googly eyes
- Paints and brushes
- Double sided sticky tape
- Scissors
- Pencil
- Felt pen

You can make other creatures too... think about centipedes and ladybirds.

1 Paint the egg box section inside and out to make the crab's body. Leave to dry for a few minutes.

2 Cut eight pipe cleaner legs (all the same length) plus three longer pieces.

3 Make two holes for eye stalks with a pencil, and poke one long pipe cleaner through to make two eye stalks. Stick the googly eyes onto the tips of the eye stalks.

4 Twist the other two long pipe cleaners together, make two holes in the front of the body and poke the twisted pipe cleaner through to make claws.

5 Stick four leg pipe cleaners onto double sided tape and then stick them under the body to poke out. Repeat on the other side with the other four pipe cleaners.

6 Draw on a smiley mouth!

www.wildlifewatch.org.uk

**CORNWALL
OUTDOORS**



**HEADSTART
KERNOW**



Together for Families

Do It Yourself Outdoor Fun – suggested self-led outdoor activities

Beach art

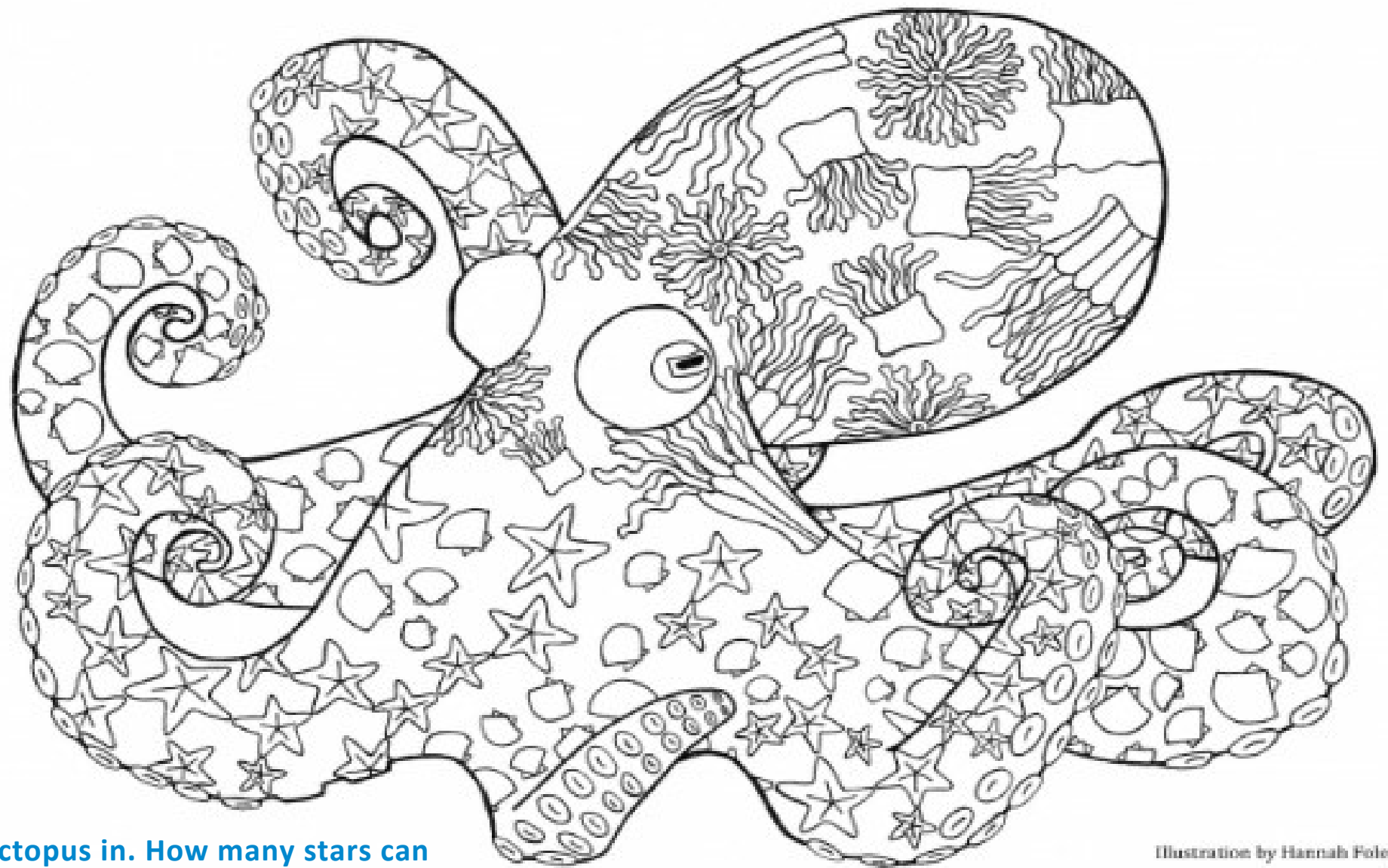
You can't take it with you, but it can be lots of fun. Use stones, driftwood, shells and seaweed to create your own beach art. Maybe draw a fish in the sand, or a mermaid, and use whatever comes to hand to fill in the gaps and make your own unique piece of art - just remember to take a photo before the evidence of your labours get washed away with the tide.

Engaging in outdoor play feeds the mind and body, and could help you begin to build your confidence in being outdoors again.

These websites can tell you more

Nature Play: <http://www.nature-play.co.uk/child-led-play.html>

Parent Zone Scotland: <https://education.gov.scot/parentzone/learning-at-home/learning-through-play/>



Colour this octopus in. How many stars can you count?

Illustration by Hannah Foley