

Wild Summer 2021

Activities and ideas for children and families



Build a bug hotel

Kernow Connect
Summer Programme

Making Space
for Nature

Join a wildlife
watch activity

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Introduction

This year our booklet is very much focused on our environment, being outdoors, connecting with nature and engaging in fun activities for the whole family. Whether you decide to sign up to planned facilitated activities or step out on your own to try out some of the many suggestions we know you'll have fun.



Get close to Cornwall's wildlife

The Cornwall Wildlife Trust web site is a great place to find out about our wonderful wildlife that is all around us.

If you see any wildlife that's interesting to you, you can record your wildlife sightings with the trust...

[Submit a wildlife sighting | Cornwall Wildlife Trust](#)

.....

Your records will help build a rich picture of wildlife living in Cornwall and the Isles of Scilly, detail how widespread a species is and help improve and develop our understanding of the natural history of this beautiful county.

Or you might want to click on the A – Z of Species page and explore what might be on your own front doorstep...

[Wildlife Explorer | Cornwall Wildlife Trust](#)

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If you really want to get involved then the Actions for wildlife page

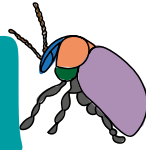
[Actions | Cornwall Wildlife Trust](#)

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gives some really great ideas on activities you can do together to encourage wildlife in to your garden.



How to build a bug hotel



With a few everyday items you can create your own luxury hotel for bugs. More information can be found at www.wildlifewatch.org.uk

You will need:

- Wooden pallets

x4



- Bricks



- Plastic bottles*



- Bamboo canes



- Straw



- Leaves



- Tiles



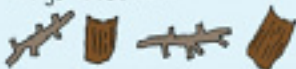
- Cardboard



- Stones/pebbles

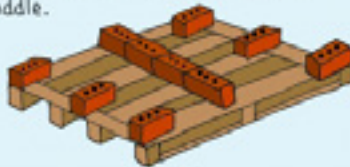


- Twigs/loose bark



*Use old plastic bottles for this, and always recycle after use.

- 1 Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



- 2 Place your next pallet on top of this and repeat the process for all of your pallets.



- 3 Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes/plastic straws and the other half with rolled up cardboard. Place these inside the hotel.



- 4 Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



- 5 Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name!



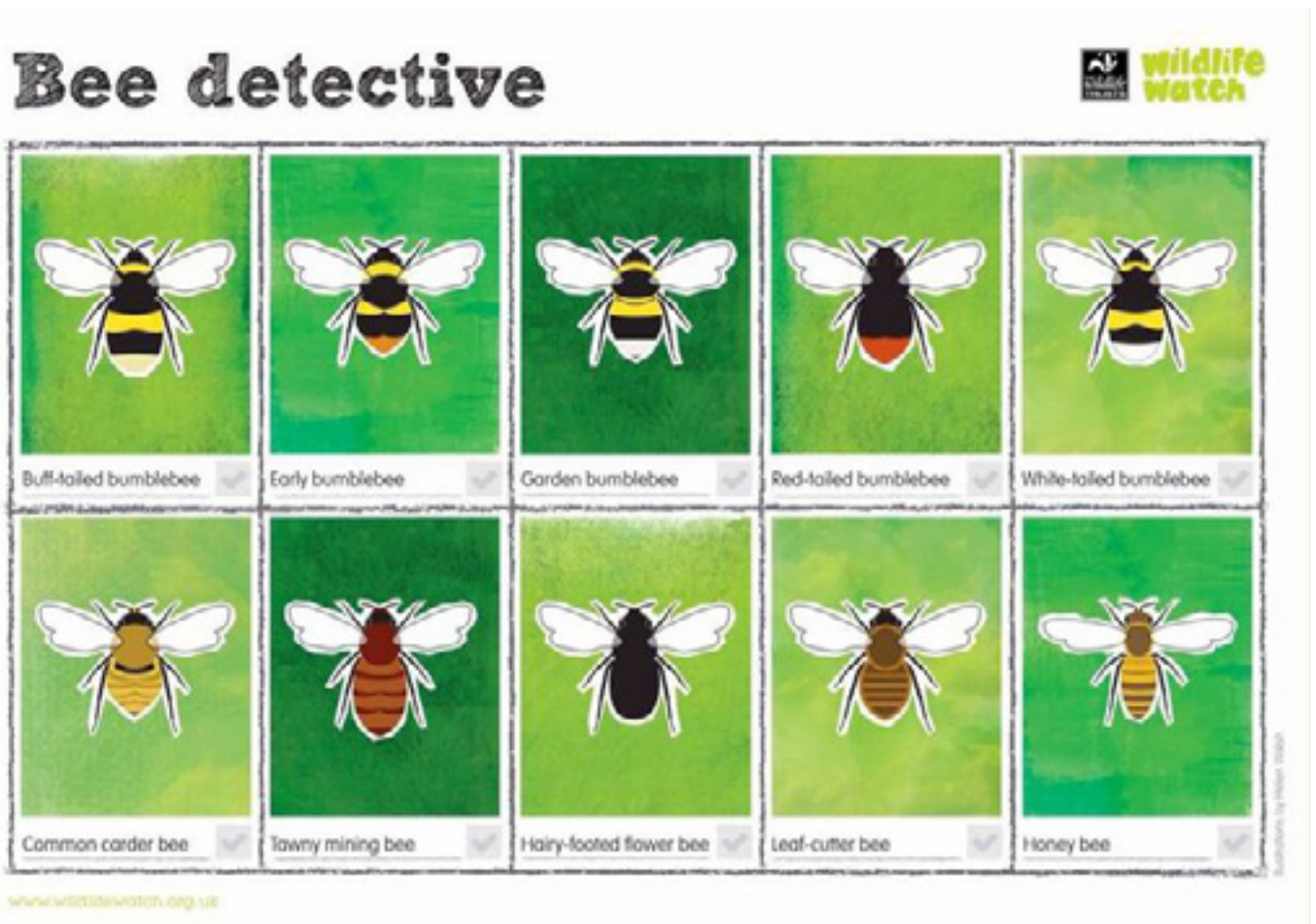
www.wildlifewatch.org.uk

Then, sit back,
relax and watch
the wildlife come
to visit!

How about joining in with a wildlife watch activity



Be a nature detective, download some spotter sheets .



 [wildlifewatch.org.uk/activities](https://www.wildlifewatch.org.uk/activities)

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Or even ideas that help us to be more environmentally aware with advice on how we can take steps to be as eco-friendly and kind to our planet as we can be.

We all love a picnic so why not try the following suggestions for a waste free lunch

- Bake your own treats to reduce packaging
- Take reusable, knives, forks, plates and cups.

“ Did you know It’s estimated that two billion single-use coffee cups are used each year in the UK, and this figure is expected to grow to 3.75 billion by 2025 ”

My Wild Life is a collection of short films celebrating the deep-rooted connection between people and the natural environment. The series features the extraordinary conservationists, naturalists, artists and communicators taking inspiration from Cornwall’s diverse habitats, from the heathlands of West Cornwall, to the rockpools of Porthleven and the variety of wild places in-between. At a time where we are less able to freely experience Cornwall’s natural surroundings, experience a connection to our rich wildlife and landscapes through the enthusiasm of those featured and the footage of their favourite wild places.

Take a look at the trailer

[👍 My Wild Life series](#)

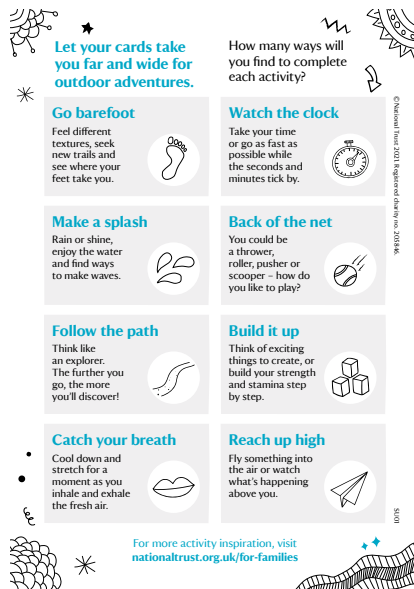
Plan a movie night in and watch the My Wild Life series.



Great opportunities to get out and about

There are some great opportunities to get out, about and active with the National Trust or you could download their activity cards and be your own wild adventurers.

Summer family activities for the school holidays | National Trust



“ Have fun with what’s around you and explore the simple things this summer. ”

The nature and me booklet is also packed full of ideas and suggestions to bring you that little bit closer to nature.



Nature and me | National Trust

Visit some great lakes

There are a number of great SW lakes you can visit across Cornwall and Devon this summer to get away from the hustle and bustle of everyday life and submerge yourself in nature.

SW Lakes also offers a number of free activity sheets to keep you and your family busy this summer or download their 101 things to do this summer.

Spark your children's imagination for the outdoors and experience a summer holiday like no other with our ultimate 'to do' list.



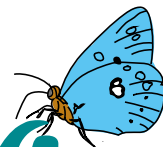
[Free Activities | South West Lakes Trust \(swlakestrust.org.uk\)](https://www.southwestlakes.co.uk)



“ Let your children run free, roll down hills, jump in puddles, find bugs, make mud pies and explore our off-road trails by bike or foot ”

Discover an amazing range of wildlife, climb trees, build dens, skim stones and much more at the lakes.

Have a go at making a Cornish Pasty



Cornish Pasty Recipe

This recipe is for six good sized Cornish pasties.

Ingredients

For shortcrust pastry (rough puff can also be used):

500g strong bread flour
(it is important to use a stronger flour than normal as you need the extra strength in the gluten to produce strong pliable pastry)
120g lard or white shortening
125g Cornish butter
1 tsp salt
175ml cold water

For the filling:

450g good quality beef skirt, cut into cubes
450g potato, diced
250g swede sliced
200g onion, sliced
Salt and pepper to taste (2:1 ratio)
Beaten egg or milk to glaze

Method

1. Rub the two types of fat lightly into flour until it resembles breadcrumbs.
2. Add water, bring the mixture together and knead until the pastry becomes elastic. This will take longer than normal pastry but it gives the pastry the strength that is needed to hold the filling and retain a good shape. This can also be done in a food mixer.
3. Cover with cling film and leave to rest for 3 hours in the fridge. This is a very important stage as it is almost impossible to roll and shape the pastry when fresh.
4. Roll out the pastry and cut into circles approx. 20cm diameter. A side plate is an ideal size to use as a guide.
5. Layer the vegetables and meat on top of the pastry, adding plenty of seasoning.
6. Bring the pastry around and crimp the edges together (see our guide to crimping)
7. Glaze with beaten egg or and egg and milk mixture.
8. Bake at 165 degrees C (fan oven) for about 50 - 55 minutes until golden.

Top tips:

Beef skirt is the cut traditionally used for Cornish pasties. This is the underside of the belly of the animal. It has no gristle and little fat, cooks in the same amount of time as the raw vegetables and its juice produces wonderful gravy.

Use a firm waxy potato such as Maris Piper or Wilja. A floury potato will disintegrate on cooking.

How to crimp

Crimping is one of the secrets to a true Cornish pasty.
A good hand crimp is usually a sign of a good handmade pasty.



1. Lightly brush the edge of the pastry with water.



- 2 Fold the other half of the pastry over the filling and squeeze the half circle edges firmly together.



3. Push down on the edge of the pastry and using your index finger and thumb twist the edge of the pastry over to form a crimp.



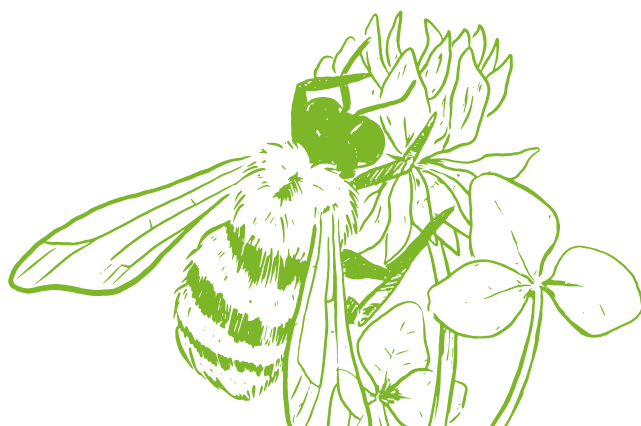
4. Repeat this process along the edge of the pastry.



5. When you've crimped along the edge, tuck the end corners underneath.



Delicious fun
that's also
better for the
environment as
a picnic treat
(no packaging)



Activities and Programmes across Cornwall this summer



If you want to sign up to and get involved in planned activities, then there are a number of programmes and opportunities you can sign up to, below are just a few....

The Emotional Health and Wellbeing Partnership (EHWP) is back! Last year we brought you Summer Activities 2020, our awesomely spooky Autumn Activities brochure and festive Doing December Differently packs. This year joining the line-up, our delightful Step into Spring brochure kick started 2021, and this summer we're delighted to announce that we have joined up with the Time2Move programme to provide a variety of activities across Cornwall for young people and their families.

Activities can range from football to kayaking and tennis to dance, wilderness walks and creative skills! There is absolutely something for everyone.

To search and book activities just head here

 www.activecornwall.org/children-young-people-families/t2m-holiday-programme

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If you have been given a Free School Meal (FSM) Voucher code you can use that to book your free place.

The EHWP recognise that some families in Cornwall that don't meet the FSM threshold would still struggle to access these activities, therefore parents/carers or key workers can contact Headstart Kernow to discuss eligibility and get a unique EHWP code to book a place!

 headstartkernow@cornwall.gov.uk

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Time 2 Move

The summer holidays are looking brighter for children and young people in Cornwall thanks to an exciting partnership

Cornwall Council and Active Cornwall have joined forces to deliver nutritious food alongside sport and physical activity, under the brand 'Time2Move Holiday Programme'. The programme is open to **all** children and young people aged 5 to 16 but targets children eligible for Free School Meals and aims to tackle the triple inequality of poor diet, physical inactivity and social isolation.

Now live all activities can be viewed through the following link where you will see over 50 providers offering activity across Cornwall.

<http://activecornwall.org/children-young-people-families/t2m-holiday-programme>

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Have fun
with friends this
summer and attend
a Time2Move
holiday programme
near you.



Kernow Connect Summer Activity Programme

A summer of fun and friends 2021 for young people aged 11 – 19 years and 19 – 25 years with SEND

We are delighted to be able to offer summer activities! This summer we will focus on reconnecting children and young people with their friends by offering opportunities to get together in a safe a relaxed way. We are offering fun activities that focus on getting together, having fun and supporting our wellbeing.

A few things to note and how to book –

if possible, please email your booking to kernow.connect@actionforchildren.org.uk

As places are limited, bookings will be taken on a first come first served.

We also have a limited number of places for those who qualify for free school meals. To book your place use the link provided by Time 2 Move and enter your code.

You can only book onto an activity in your area.

You'll receive an email after the closing date to confirm if you have been allocated a place on your chosen activity.

Full details of the activity will also be provided

There will be 2 weeks for you to make your booking - please do this by **Wednesday 21 July**.

Due to Coronavirus measures, places are limited for all of our activities. We will try to accommodate as many families as possible but cannot guarantee places. If you have any questions please do not hesitate to contact us.

We have worked very hard to make our activities as safe as possible, but we need your help....

- ➡ We will send you a list of our assumptions that you will need to sign - we are assuming that children and families have not felt ill or had a temperature leading up to the activity
- ➡ If a child has been poorly or has a cold, unfortunately they cannot attend
- ➡ A staggered drop off and pick up time to limit contact between families
- ➡ 1 parent will be asked to sign your child in
- ➡ Please can adults wear a face covering, to keep everyone safe
- ➡ We will be taking children's temperatures on arrival
- ➡ Young people are welcome to wear a face covering
- ➡ Where possible, young people to maintain social distancing

27 July

10.30am - 2.30pm

Tamar Trails Centre

This activity is for young people in Torpoint area

The activities could include any of the following, the big zip, Jacobs ladder, archery, ropes course 1 and balance beam

Packed lunch will be provided

Meet for transport location TBC 9.30am drop off by 3.30pm

28 July

10.30am - 2.30pm

Verticle Blue Adventures

This activity is for young people in the Penzance area

A two hour paddleboard session in Porthleven Harbour

Packed lunch will be provided

Young people are asked to bring wetsuits if they have them and towels

Meet for transport 9:15 Penzance Train station drop off by 14:30

29 July

12:30 pm-4:30pm

Swamp Circus Trust

This activity is for young people in the Falmouth area

Learning new skills with Swamp Circus

Packed lunch will be provided

Meet at the Draceana Centre at 12:30

3 August

9:15 am – 4:00 pm

Shoreline Bude

This activity is for young people in the Bude area

Kayaking in the morning

Abseiling in the afternoon 

Packed lunch will be provided

Young people will need to bring a full set of spare clothes

Meet at the Crescent carpark in Bude at 09:00

4 August

9:30 am – 11:30 am

Shore Surf School

For young people in Camborne area

A two hour surf lesson at Godrvey Hayle

Hot lunch will be provided on site after surfing.

Young people are asked to bring wetsuits if they have them and towels

Meet for transport 8:45am Camborne Train station carpark drop off by 2:00pm

5 August

10.00am – 4.00pm

Footsteps of Discovery Survival Matters

Young people in St Dennis / St Stephen area

Survival Skills with Footsteps of Discovery in Nantillio Woods. Learn how to cope if you are stranded somewhere Challenge yourself and learn some Bushcraft and useful life skills and have fun.

A hot lunch will be provided

Meet for transport 9.15am drop off by 4.30pm

10 August

5.00pm – 6.00pm

Giant Slip and Slide

This activity is for young people in the Bodmin area

Young people will have an hour's private slip and slide usage.

A picnic or BBQ will be provided

Meet for transport 3.30pm drop off by 8.00pm



10 August

Times TBC

Verticle Blue Adventures

This activity is for young people in the Hayle area

A two hour paddleboard session in Porthleven harbour

Packed lunch will be provided

Young people are asked to bring wetsuits if they have them and towels

Meet for transport location and times TBC

12 August

12:30pm – 4:30pm

Probus Skate Park

This activity is for young people in the Probus area

Session at the skate park

Choice on day of hot meal

Young people need to bring their own equipment (Skate board, knee/elbow pads and helmets)

Pick up at 11:45 at the sports ground in Probus drop off about 5pm

24 August

10:30am – 2:30pm

Tamar Trails Centre

This activity is for young people in the Looe area

Meet for transport location TBC

The activities could include any of the following, the big zip, Jacobs ladder, archery, ropes course 1 and balance beam

Packed lunch will be provided

25 August

2.00pm – 9.00pm

Flambards

Meet at the entrance to Flambards at 1:45 pm

This activity is for young people in the Helston area

Enjoy the rides and watch the evening fire works

The Kernow Connect will contribute £4 towards food

26 August

12.00pm- 3.00pm

Goal in One

This activity is for young people in the Par area

An afternoon playing football golf

A pasty lunch will be provided

Meet for transport location TBC 11.00am drop off by 4:00pm

Come and join us at one of our residentials. Places are limited and will be a first come first served.**See details below:****17 – 18 August**

1 night

Adventure International

This activity is for young people in North Cornwall/ Restormel

Young people will take part in canoeing and high ropes during along with evening games.

They will have lunch on arrival, dinner, breakfast and lunch on departure

Transport TBC once place has been allocated

18 – 19 August

1 night

Adventure International

This activity is for young people in Caradon/ Restormel

Young people will take part in canoeing and high ropes during along with evening games.

They will have lunch on arrival, dinner, breakfast and lunch on departure

Transport TBC once place has been allocated



1 – 2 Sept

1 night

BF Adventure

This activity is for young people in Carrick/Kerrier
Young people will take part in canoeing and Via Ferrata during along with evening games.

You will have lunch on arrival, dinner, breakfast and lunch on departure

Transport TBC once place has been allocated

2 – 3 Sept

1 night

BF Adventure

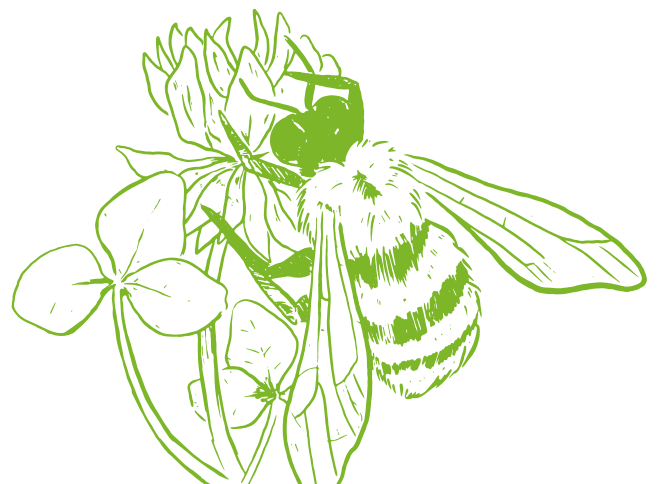
This activity is for young people in Penwith/Kerrier
Young people will take part in canoeing and Via Ferrata during along with evening games.

You will have lunch on arrival, dinner, breakfast and lunch on departure

Transport TBC once place has been allocated



Fun activities that focus on getting together, having fun and supporting our wellbeing .



Kernow Connect

Activities Booking Form

Places are limited and can be booked by emailing the completed form to Kernow.connect@actionforchildren.org.uk

PLEASE NOTE – you will need to complete the consent form and will receive an email confirming your place.

Area	Activity	Date	Session Time	Transport required	Tick to confirm interest
Torpoint	Tamar Trails Centre	27 July	10.30am – 2.30pm	Yes / No	
Penzance	Vertical Blue adventures	28 July	10.30am – 12.30pm	Yes / No	
Falmouth	Swamp Circus	29 July	12.30pm – 4.30pm	Yes / No	
Bude	Shoreline extreme sports	3 August	9.15am – 4pm	Yes / No	
Camborne	Shore surf School	4 August	9.30am – 11.30am	Yes / No	
St Dennis/ St Stephen	Footsteps of Discovery	5 August	10am – 4.00pm	Yes / No	
Bodmin	Giant Slip and Slide	10 August	5pm – 6pm	Yes / No	
Hayle	Vertical Blue Adventures	10 August	TBC	Yes / No	
Probus	Mount Hawke Skate Park	12 August	12.30pm – 4.30pm	Yes / No	
East Cornwall and Restormel	Adventure International – Overnight Stay	17 August	Lunchtime – lunchtime	Yes / No	
East Cornwall and Restormel	Adventure International – Overnight Stay	18 August	Lunchtime – Lunchtime	Yes / No	
Looe	Tamar Trails Centre	24 August	10.30am – 2.30pm	Yes / No	

Area	Activity	Date	Session Time	Transport required	Tick to confirm interest
Helston	Flambards	25 August	2pm-9pm	Yes / No	
Par	Goal in One	26 August	12pm-3pm	Yes / No	
West Cornwall and Carrick	BF Adventure – Overnight stay	1 September	Lunchtime-Lunchtime	Yes / No	
West Cornwall and Carrick	BF Adventure – Overnight stay	2 September	Lunchtime-Lunchtime	Yes / No	
Indicate any special dietary requirements:					

Young Persons Name: _____ Age: _____

Address: _____

Postcode: _____

Email: _____ Tel No. _____

Parent's Name: _____

Please complete Consent form overleaf



Parental Consent Form

This Form may be used to obtain parental consent on an annual basis for Category A activities. Action for Children defines Category A activities as those which are low risk and routine. Examples of such activities include: trips to parks, monuments, museums etc; walking in non-remote country on marked paths; trips to shopping centres; public sports facilities; swimming in supervised public swimming pools.

An outline programme of activities that are likely to be undertaken in the forthcoming year must accompany this form.

Name of Action for Children Project: **Action for Children Kernow Connect**

Annual Consent to participate in Category A Activities from **1 July 2021 until 1 July 2022.**

As parent/carer of I have read, fully understood and am satisfied with the details supplied about the outline programme of activities that are likely to be undertaken in the forthcoming year and agree to my son/daughter taking part in it/them. I understand that if I do not want my son/daughter to participate in a particular activity I must inform the project/school in writing in advance.

Please tick as appropriate:

☐

I know of no medical reason why s/he should not participate in these activities.

☐

My son/daughter has the following medical / health condition(s) which should not prevent them participating but which Action for Children staff need to be aware of:

.....

☐

My son/daughter has the following medical / health condition(s) which may prevent them participating and which Action for Children staff need to be aware of:

.....

☐

I agree to my son/daughter participating in swimming activities in supervised public swimming pools. His/her swimming ability is Beginner / Intermediate / Good / Proficient (please delete as appropriate).

I am aware that Action for Children only provides cover against proven or agreed negligence by the organisation and its employees and that I should consider making my own insurance arrangements for personal accident cover for my son/daughter.

Signed: Date:

Go Beyond

Go Beyond are a national children's charity providing free Day Breaks (previously residential camps) for children aged 8 to 15 years old, who are experiencing challenges in their lives and are in need of some positive fun.

The centre, based near Tywardreath, has just re-opened and is available for small groups of children and young people from the same school bubble, offering Day Breaks and inspiring activities from Monday to Friday.



August 2021

At our Coastal Centre, Par

We are a national children's charity providing free Day Breaks for children aged 8 to 15 who are experiencing difficulties in their lives and are in need of a positive and fun experience in a safe environment.

Transport could be included, dependent on your location and circumstances.



We normally work in COVID secure, small groups of 7 to 10 young people and accept individual or group referrals.

Our breaks make a lasting difference to children's lives, giving memories that last a lifetime, hope and the belief that anything is possible.

Young people must be referred by an adult professional who knows them well.

To apply to get involved in a free, five day, non-residential break, ask your support professional to contact Carl on **07525 277985** coordinators@gobeyond.org.uk or they can use the referral form at www.gobeyond.org.uk/breaks/refer/

Go Beyond is the operating name of Country Holidays for Inner City Kids, a Company registered in England and Wales under Company Registration Number 03985540. Registered charity in England and Wales (10809530 and in Scotland (SC040536).



Making Space for Nature in Cornish towns



More about this project can be found on our website

[Making Space for Nature - Cornwall Council](#)

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but we've found Let's Talk a little more visual so have been updating with more details here;

[Making Space for Nature Summer Events Programme - 2021 | Making Space for Nature | Let's Talk Cornwall](#)

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Urban Ranger, Green Gardening Sessions through our Key Dates section:

[Making Space for Nature | Let's Talk Cornwall](#)

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Summer events programme 2021

Photographic Exhibition:

Falmouth Art Gallery and The Princess Pavilions, Falmouth.

An abstract view on the nature around us, posing the question how can we more deeply appreciate it? Photographs by Falmouth University student, Daniel Wheeler, captured during a placement with Making Space for Nature (GI4G2).

Throughout June. Gallery open 10am – 4pm, closed Sundays.

Booking is not needed to attend this exhibition.

St Austell Green White Gold Festival:

Cemetery Park, St. Austell.

Take part in a treasure hunt and find out about our green gardening volunteering opportunities.

Saturday 26 June 10am – 4pm. Booking is not needed to attend this event.

Cornish Hedging Workshop:

Tregonigie Woodland, Falmouth, TR11 4SN.

Come along to learn a practical skill whilst helping restore old Cornish hedges in this cherished urban woodland.

Saturday 3 July 9.30am – 12.30pm or 1.30 – 4.30pm. Maximum 10 people per session, so to guarantee your place, please email spacefornature@cornwall.gov.uk You are welcome to come along on the day.

BioBlitz:

St Martin's Churchyard, Liskeard, PL14 3AQ.

Join us in a race against the clock to find as many different species as possible whilst learning some identification skills from experts.

Saturday 17 July 10am – 1pm (early birds can join from 8am to see the mammal traps opened). For more information and to book call **01872 302250** or email **erccis@cornwallwildlifetrust.org.uk**

Woodland Spruce Up:

Lanchard Woods, Liskeard, PL14 4JL.

A hands-on session to keep paths and glades clear at this recently reinvigorated river-side woods.

Saturday 24 July 11am – 1pm. For more information and to book call 07749712452 or email **spacefornature@cornwall.gov.uk**

Family Fun Day:

Kinsman Estate, Bodmin.

A chance to find out more about upcoming Making Space for Nature enhancements to the site. A full day of activities organised by the Tenants and Residents Association.

Saturday 31 July. To find out more please email **lc111communityhub@gmail.com**

Nature and Wellness:

Castle Park, Liskeard, PL14 4JL.

Come and explore a range of ways that engaging with nature can benefit your mental, social and physical health. Taster sessions and demonstrations including yoga, natural orienteering wood working.

Thursday 12 August 3 – 7pm Booking is not needed to attend this event. If you would like to be involved as a provider please contact **07749712452** or email **spacefornature@cornwall.gov.uk**

Nature Celebration:

Beacon Park, Falmouth, TR11 2AB.

You can get involved with caring for our wonderful Cornish nature. Come along to find out how at this showcase of organisations working in sector.

Saturday 14 August. For more information and to book call **07483158016** or email **spacefornature@cornwall.gov.uk**

Liskeard Unlocked Tea Treat:

Castle Park, Liskeard, PL14 4JL.

Join us for a new take on the traditional tea treat with food supplied for all through the Real Junk Food Project. Activities include a teddy bears picnic, natural crafts, nature trail and fresh food demonstration.

Saturday 18 September 2-5pm. Booking is not needed to attend this event. Find out more at **www.visitliskeard.co.uk/whats-on/**

Website: www.cornwall.gov.uk/spacefornature

Email: spacefornature@cornwall.gov.uk

Enjoy fun activities without spending money

Tempo Time Credits have teamed up with Together for Families and Headstart Kernow to offer you an exciting opportunity to volunteer your time and help your community.

Why volunteer?

It has already been proven that giving your time and feeling valued, improves health, happiness and future prospects. The principle is simple:

You will be encouraged to use your skills and interests to play an active role in your community and earn Time Credits. These can be exchanged for community, cultural and leisure activities in the local areas, including selecting from the many outdoor activities provided on the Headstart Kernow programme.

If this is something which you would love to be involved in, then please contact one of the Cornwall Time Credits team who will discuss the project further with you.

Helen Smith helensmith@wearetempo.org
Kelly Taylor kellytaylor@wearetempo.org



Other great resources to see what's going on in Cornwall



[Activities in Cornwall for families | Blackbird Pie Magazine](#)

Summer Reading Challenge

This year the Reading Agency are teaming up with the WWF to bring you a special summer full of fun, wild adventures and heroes. A summer of inspirational stories to make you think about why and how we look after our planet is important.

You can take part in the Challenge by signing up online or at your local library.



Summer Reading Challenge 2021



[Summer Reading Challenge](#)



Support for young people

StartNow Cornwall is created and run by young people in Cornwall for young people in Cornwall, filled with lots of ideas and suggestions to help and support you not just over the summer but all year round.



 **StartNow Cornwall**



Check out
Transition
Mission

Top tips from young people
in Cornwall about the move to
secondary school

#YouGotThis

Young People Cornwall

Young People Cornwall will be facilitating summer drop in hubs across the county and these will provide CYP with an alternative place to go to over the summer to seek information advice and support for their mental health needs. Hubs will be facilitated by trained Youth workers and Wellbeing Practitioners. There are also some fun activities planned across all our centres.

DROP-IN SUPPORT HUBS

COMMENCING JULY 26TH

AREA	DAY	TIME	ADDRESS
Penzance	Monday	3-5pm	Lescudjack Centre, Penzance, TR18 3PE
Redruth	Tuesday	3-5pm	Hideaway 77, Redruth, TR15 2BL
Truro	Monday	4-6pm	Zebs, The Leats, TR1 3AG
St Austell	Friday	4-6pm	The House, St Austell, PL25 4DB
Liskeard	Monday	12-2pm	The House, St Austell, PL25 4DB
	Thursday	3-5pm	Liskerrett Centre, Liskeard, PL14 4AP
Newquay	Friday	3-5pm	Newquay Youth Centre TR7 2RG
	Wednesday	2-4pm	

A SAFE PLACE FOR CHILDREN AND YOUNG PEOPLE WHO ARE FEELING DOWN AND/OR STRUGGLING WITH THEIR EMOTIONS.

YPC will provide open access drop in sessions throughout the summer holidays. These sessions will be run by trained workers who will help young people aged 11-25 who are struggling with their thoughts and feelings. They will provide information and advice and will support them to access services as needed.

Intercom Trust and the School Nurse Service will be guests at certain venues over the summer. Please get in touch to find out where and when.

Contact: 01872 222447 | 07422 505646 | camille.smith@ypc.org.uk

RNLI

If you're planning to go to the beach this summer then the Royal National Lifeboat Institution have a great resources section aimed at supporting to keep children and young people safe in and around water. For more information and fun activities go to

[Youth Education - Helping You Teach Children Water Safety](#)



Helping young people who are struggling with their thoughts and feelings





Find out more about the
5 Ways to Wellbeing
Summer Challenge at...

www.startnowcornwall.org.uk

If you would like this information in another format or language please contact:

Cornwall Council, County Hall, Treyew Road, Truro, TR1 3AY

e: equality@cornwall.gov.uk

t: 0300 1234 100