

HEANOR



blend

youth project

raising aspirations, releasing potential



Summer Holiday

Monday 22nd July - Friday 30th August 2013

Activity Programme

Blend Youth Project Heanor 15 Mundy Street, Heanor, Derbyshire, DE75 7EB Tel: 01773 769980
E-mail: info@blendyouthproject.co.uk www.blendyouthproject.co.uk

Our summer programme is open to all young people of secondary school age 11-19. Please complete the enclosed booking/consent form marking clearly which activities you wish to attend and enclosing the required payment for activities which require pre-booking.

Please make cheques payable to 'Heanor Youth Project'

For all trips we will **meet 20 minutes before** at Blend.

If you have booked a space and are unable to attend, please do let us know as we are unable to refund any booked places we cannot refill.

Please note that the staff emergency contact for all trips will be: 07594 435 951

If you require any further information about any of the activities, please contact a member of the Youth Work team on 01773 749975



MONDAY

22/07/13

Free

3:30-5:30pm

DROP-IN Session with **cooking workshop**

Come along, make some new friends and have some fun. Make some chocolate from scratch.

22/07/13

Free

7pm - 9pm

DROP-IN Session

Come along, meet up with old friends, make some new friends and have some fun.

TUESDAY

23/07/13

Free

3:30pm - 5:30pm

DROP-IN with **Chocolate Roulette Challenge**

Take Part in a range of Chocolate challenges. Will you pick the trick or the treat?? 

24/07/13

Free

9:30am-12:30pm

Job Shop

Aged 16-25 and looking for work? We offer help with CV's, Job Search Interview skills and more.

24/07/13

£3

2pm-5:30pm

DROP IN Session with **Master Chef**

Prove your skills and cook a 3 course meal from a random bag of ingredients. **Consent Needed**

24/07/13

Free

2pm-5pm

5-a-side Football League @ Wilmot Street Park

Register your 5-a-side team on the day. Take part in the league over 5 weeks. Prizes for 1st, 2nd & 3rd.

25/07/13

Free

2pm-5:30pm

DROP IN Session with **Old School Games**

Build your own lego house, Discover the murderer in cluedo, race with sonic and much more...

25/07/13

Free

7pm-9pm

Blend Cup-Table Tennis @Ripley Blend

Meet@Blend at 6pm to be transported to Ripley to win back the cup for Heanor **Consent Needed**

26/07/13

Free

9am - 5:30pm

TRIP: Dovedale Challenge

Full day trip to Dovedale including team & individual challenges along the route! **Consent Needed**

26/07/13

Free

2pm-5:30pm

Multi Sports@Wilmot Street Park


Join us on the park as we play a range of sports including football, netball, badminton and more.

26/07/13

50p

7pm-9pm

DROP IN Session with **Smoothie Creations**

Come and create your own refreshing and fruity smoothie for only 50p 

Monday - 22nd July - Friday 26th July

Week 1

MONDAY

29/07/13

Free

2pm-5:30pm

Drop-In with **Up-cycling Fashion Competition**

Are you Creative? Come and create a fantastic outfit using old clothes. Prize for Winning Design.

29/07/13

Free

7pm-9pm

Drop-In with **Summer Construction School**

Learn some basic trade skills including brick work, plastering and wood work. **Consent Needed**

TUESDAY

30/07/13

Free

9:30am-3:30pm

TRIP: Markeaton Park


A trip to Markeaton Park with an opportunity to try different sports & have lots of fun. **Consent Needed**

30/07/13

50p

2pm-5:30pm

Drop-In Session with **Mocktail Making**

Come and create your own signature Mocktail for only 50p 

WEDNESDAY

31/07/13

Free

9:30am-12:30pm

Job Shop

Aged 16-25 and looking for work? We offer help with CV's, Job Search Interview skills and more.

31/07/13

£3

2pm-5:30pm

Drop-In Session with **Master Chef**

Test your culinary skills and cook a 3 course meal from a random bag of ingredients. **Consent Needed**

31/07/13

Free

2pm-5pm

5-a-side Football League @ Wilmot Street Park

Register your 5-a-side team on the day. Take part in the league over 5 weeks. Prizes for 1st, 2nd & 3rd.

01/08/13

Free

2pm-5:30pm

Drop-In Session with **Pool Coaching**

Improve your pool skills and learn some new tricks. **Sign up required.**

01/08/13

Free

7pm-9pm

Drop-In Session with **Pool Tournament**

Put your new skills to the test and compete against others in our tournament.

THURSDAY

02/08/13

£10

8am-6:30pm

TRIP: Welsh Mountain Zoo and Colwyn Bay

See what animals you can spot at the zoo then have fun on the beach. **Consent Needed**

02/08/13

Free

2pm-5:30pm

Water Wars @ Wilmot Street Park

Grab your Water Pistols and prepare to get wet!!!


FRIDAY

02/08/13

£2

7pm-9pm

Drop-In Session with **T-shirt and Cap Design**

Come and personalise your own T-shirt or Baseball Cap. 

Monday 29th July - Friday 2nd August

Week 2

MONDAY

05/08/13

Free

2pm-5:30pm

Drop-In Session with the 'Great Senses Challenge'

Come and take part in a range of Challenges that will test your taste, smell and sight.

05/08/13

Free

7pm-9pm

Ladies Night

Calling all ladies!! Join us for a night of pampering, Jewellery making, nail painting and relaxation.

TUESDAY

06/08/13

£5

9am-2pm

Canoeing at Carsington Water

Half day canoeing trip at Carsington Water.

Consent Needed

06/08/13

Free

2pm-5:30pm

Drop-In Session with Indoor Archery

Test your archery skills and see if you can beat your peers in a competition of precision. ©

WEDNESDAY

07/08/13

Free

9:30am-12:30pm

Job Shop

Aged 16-25 and looking for work? We offer help with CV's, Job Search Interview skills and more.

07/08/13

£1

2pm-5:30pm

Drop-In Session with Mug Design

Design and Customise your own mug to take home with you.

07/08/13

Free

2pm - 5pm

5-a-side Football League @ Wilmot Street Park

Register your 5-a-side team on the day. Take part in the league over 5 weeks. Prizes for 1st, 2nd & 3rd.

08/08/13

Free

2pm-5:30pm

Drop-In Session with Graffiti Workshop

Come along and take part in a Graffiti workshop with our profession Artist.

08/08/13

Free

7pm-9pm

Drop-In Session with 'Bear Grylls Survival'

Could you survive on the streets? Come along and build your own shelter.

09/08/13

Free

9:30am-4:30pm

Picnic and Games @ Carsington Water

A full day trip which will include walking and fun & games. Don't forget your picnic! Consent Needed

09/08/13

Free

3:30pm-5:30pm

Blend Olympics @ Wilmot Street Park

Come and join us and take part in a range of sports such as javelin, long jump and hurdles.

09/08/13

Free

7pm-9pm

Drop-In Session with Giant Board Games

Create your own giant versions of some classic board games such as snakes and ladders. ©

Monday 5th August - Friday 9th August

Week 3

MONDAY

12/08/13

Free

2pm-5pm

Fishing @ Shirley Park

Help us catch some fish at Shirley Park. Coaching and equipment supplied. **Consent Needed**

12/08/13

Free

2pm-5.30pm

Drop-In Session with Mario Kart Championship

Join us for the ultimate racing challenge who will come out on top?? Prize for Winner

12/08/13

Free

7pm-9pm

No Girls Allowed

Test your Manliness in a range of challenges! Who will come out as the alpha male?

12/08/13

Free

7pm-9pm

Summer Construction School

Learn some basic trade skills including brick work, plastering and wood work. **Consent Needed**

13/08/13

£5

9am-2pm

Outdoor Climbing and Rock Scrambling

Join us for a half day of Climbing, Aseiling and rock scrambling at Black Rocks. **Consent Needed**

13/08/13

Free

2pm-5.30pm

Community Action Project

Spread some happiness as we play sports with senior citizens from the community. **Consent Needed**

14/08/13

Free

9.30am-12.30pm

Job Shop


Aged 16-25 and looking for work? We offer help with CV's, Job Search Interview skills and more.

14/08/13

Free

2pm-5.30pm

Drop-In with Bracelet and Jewellery Design

Come and create your own pieces of Jewellery for yourself, family or a friend. 

14/08/13

Free

2pm-5pm

5-a-side Football League @ Wilmot Street Park

Register your 5-a-side team on the day. Take part in the league over 5 weeks. Prizes for 1st, 2nd & 3rd.

15/08/13

£1

2pm-5.30pm

Drop-In Session with Picture Frame Design

Come and paint your own customised picture frame to take away with you.

15/08/13

Free

7pm-9pm

Blend Movie Night

Come and watch a movie. Movie Snacks available to purchase on the cafe bar.

16/08/13

£7

9am-6.30pm

Trip: National Media Museum

A full day trip to the National Media Museum. Price includes transport & access to IMAX cinema.

16/08/13

Free

2pm-5.30pm

Drop-In with Traversing Wall Challenge

Come and take part in the traversing wall challenges. Prize for the winner.

16/08/13

£1

7pm-9pm

Drop-In Session with BBQ

Come and join us for some fun & burgers. 

Monday 12th August - Friday 16th August
Week 4

MONDAY

19/08/13

Free

2pm-5.30pm

Multi Sports@Wilmot Street Park

Join us on the park as we play a range of sports including football, netball, badminton and more.

19/08/13

Free

7pm-9pm

Drop-In Session with **Health MOT**

How healthy are you? Get your body MOT a tonight with advice & support from a range of professionals.

TUESDAY

20/08/13

£5

9am-2.30pm

Gorge Scrambling

A half day trip at Beeley Gorge. A great chance to try something new! **Consent Needed**

20/08/13

Free

2pm-5.30pm

Cakes and a Car Wash Fundraiser

Invite your friends and family with cars down to the back of Blend as we try raise some cash.

WEDNESDAY

21/08/13

Free

9.30am-12.30pm

Job Shop


Aged 16-25 and looking for work? We offer help with CV's, Job Search Interview skills and more.

21/08/13

Free

2pm-5.30pm

Drop-In Session with **Table Tennis Tournament**

Test out your table tennis skills as you take on your peers in a table tennis battle. 

21/08/13

Free

2pm-5pm

5-a-side Football League @ Wilmot Street Park

Register your 5-a-side team on the day. Take part in the league over 5 weeks. Prizes for 1st, 2nd & 3rd.

22/08/13

Free

2pm-5.30pm

Drop-In Session with **GCSE Results Advice**

Happy or Worried about your results?? Pop into Blend to receive help with your next steps.

22/08/13

Free

7pm-9pm

'Battle of the Bands'

In a band, MC or individual performer compete in our battle, prize for winner. **Sign up required.**

23/08/13

£10

8am-7.30pm

City Trip: Manchester **Consent Form Needed**

A full day trip exploring the City of Manchester and taking in the sights. Cost includes bus & train travel.

23/08/13

Free

3.30pm-5.30pm

Wimbledon Tournament@Wilmot Street Park


Could you be the next Andy Murray?? Take part in our tennis tournament.

23/08/13

Free

7pm-9pm

Drop-In Session with **Wimbledon Baking**

Join us as we cook scones with jam and cream. Enjoy the traditional strawberries and cream. 

Monday 19th August - Friday 23rd August

Week 5

MONDAY

26/08/13

All Day

Bank Holiday

Blend will be closed.

TUESDAY

27/08/13

£5

11:30am-4pm

Mountain Biking **Consent Needed**

An energy fuelled half day of biking at Carsington Water. Cost includes transport & all equipment.

27/08/13

£3

2pm-5:30pm

Drop-In Session with **Caribbean Cooking**

Come, cook some Jamaican cuisine. Ya Mon!!

Consent Needed



WEDNESDAY

28/08/13

Free

9:30am-12:30pm

Job Shop

Aged 16-25 and looking for work? We offer help with CV's, Job Search Interview skills and more.

28/08/13

Free

2pm-5:30pm

Blend Cup - **Sumo Wrestling**

Compete for Heanor Blend's honour as we sumo wrestle Ripley for the cup. **Sign up required.**

28/08/13

Free

2pm-5pm

5-a-side Football @ Wilmot Street Park

Bring your mates and join us for a game of 5-a-side football.

29/08/13

£1

2pm-5:30pm

Drop-In Session with Lunch Menu

If u are feeling peckish why not try a fresh wrap or sandwich from our lunchtime specials.

29/08/13

Free

7pm-9pm

Drop-In Session with **Fear Factor Quiz**

Test your General Knowledge in a quiz but beware of the revolting, gruesome consequences.

THURSDAY

30/08/13

£25

8:30am-6:30pm

Trip: Alton Towers

Full Day Trip to Alton towers. Cost includes transport & Park Entry **Consent Needed**

30/08/13

£1

7pm-9pm

Drop-In Session with **'Beats and Burgers'**

Make some Beats with Cody or enjoy a burger for only £1



FRIDAY

Monday 26th August - Friday 30th August

Week 6

Blend Youth Project,

RIPLEY BRANCH: 38 Nottingham Rd, Ripley, Derbyshire. DE5 3DJ: Tel: 01773 749975

HEANOR BRANCH: 15 Mundy Street, Heanor, Derbyshire. DE75 7EB: Tel: 01773 769980

E-mail: info@blendyouthproject.co.uk

www.blendyouthproject.co.uk

Registered Charity Number 1123173

Company Registration Number: 05558271

Heanor Summer Programme 2013

Name:	Tel:
Address:	Emergency Tel:
Postcode:	Age:
Date of Birth:	School Year Group:
School:	

MEDICAL INFORMATION ABOUT THIS YOUNG PERSON

a) Any conditions requiring medication or regular treatment? Yes No

Please provide us with details of condition and medication /treatment and instructions:

.....

.....

.....

b) Is this young person allergic to any medication or foods? Yes No

If yes, please give details of these:

.....

.....

.....

c) When did this young person have their last Tetanus injection?

I will inform the Group Leader as soon as possible of any changes in this young person's medical or other circumstances between now and the commencement of the trip.

DECLARATION

1. I confirm the above named to be in good health and I consider them fit to participate
2. I agree to the above named receiving medication as instructed and any dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present. I understand that Valley CIDS have not arranged any personal accident cover for young people involved.

Signed.....Date.....

Relationship to this young person.....

- I am over 18 and give my consent to participate in the activities selected on the reverse of this form.
- I.....Give permission for the above named to attend the **the marked events and trips on the reverse of this form**

Signed.....Date.....

Relationship to this young person.....

- Please tick if you do not wish for your child to have their photo taken**
(Photos will be used for Blend Youth Project/Valley CIDS publicity and promotion only)

Date	Activity	Cost	To Book (please tick)
24 th July	Master Chef 2pm-5:30pm Cook a 3 course meal from a random bag of ingredients.	£3	
25 th July	Blend Cup Table Tennis @Ripley Blend 6pm-9pm Help us to reclaim the Blend Cup from the current champions.	FREE	
26 th July	Dovedale Challenge 9am-5.30pm Complete a range of team challenges as we walk through Dovedale <i>Bring a packed lunch, a waterproof coat and a rucksack.</i>	FREE	
29 th July, Aug 12 th & Sept 2 nd	Summer Construction School 7pm – 9pm <i>Wear clothes you don't mind getting dirty.</i>	FREE	
30 th July	Markeaton Park 9.30am-3.30pm Come along for some fun and games@the park <i>Bring a packed lunch, a waterproof coat and a rucksack.</i>	FREE	
31 st July	Master Chef 2pm-5:30pm Cook a 3 course meal from a random bag of ingredients.	£3	
1 st August	Pool Coaching 2pm – 5pm Improve your pool skills and learn some new tricks	FREE	
2 nd August	Welsh Mountain Zoo and Colwyn Bay 8am – 6.30pm <i>Bring a packed lunch, a waterproof and a rucksack</i>	£10	
6 th August	Canoeing 9am – 2pm <i>Bring a packed lunch, and a complete change of clothes!</i>	£5	
9 th August	Picnic and Games@Carsington Water 9.30am-4.30pm Come along for some fun and games by the waterside. <i>Bring a packed lunch, a waterproof coat and a rucksack.</i>	FREE	
12 th August	Fishing@Shiple Park 2pm – 5pm Meet us@Shiple Park for a day of fishing coaching. All levels welcome. <i>Bring a waterproof coat and a rucksack. Fishing Equipment Provided.</i>	FREE	
13 th August	Outdoor Climbing and Rockscrambling@Blackrocks 9am – 2pm Challenge yourself to complete some outdoor climbing. <i>Wear Trainers and clothes you can move in. Bring a packed lunch, a waterproof coat and a rucksack.</i>	£5	
13 th August	Community Action Project 2pm – 5:30pm Spread some happiness as we play sports with residents of a local care home.	FREE	
16 th August	National Media Museum 9am – 6.30pm <i>Bring a packed lunch.</i>	£7	
20 th August	Gorge Scrambling 9am – 2.30pm A chance to engage in an active sport as you scramble upstream. <i>Bring a packed lunch, a waterproof coat, rucksack and a complete change of clothes!</i>	£5	
23 rd August	City Trip to Manchester 8.30pm – 8pm <i>Bring a packed lunch, a waterproof coat and a rucksack.</i>	£10	
27 st August	Mountain Biking. 11.30am – 4pm <i>Bring a packed lunch, a waterproof coat and a rucksack.</i>	£5	
27 th August	Carribbean Cooking Workshop 2pm – 5pm	£3	
28 th August	Blend Cup Sumo Wrestling 2pm – 5pm <i>Help us to reclaim the Blend Cup from the current champions.</i>	FREE	
30 th August	Alton Towers 8.15am – 6.30pm <i>Bring a packed lunch, or money to buy lunch, a waterproof coat and a rucksack to carry it!</i>	£25	