

Supporting Special Children and their Relatives and Friends

## SUMMER PROGRAMME 2018



**BOOKING IS ESSENTIAL FOR ALL ACTIVITIES  
PLEASE MAKE BOOKINGS/PAYMENTS BY FRI 13<sup>th</sup> JULY AT THE LATEST**

### How to Book:

- Choose your activities and email or call Scarf to make a booking (07874 221249 or [scarfnewforest.org@gmail.com](mailto:scarfnewforest.org@gmail.com))
- Once we have confirmed if you have a place or are on a waiting list, please pay for your activities in advance either by bank transfer or posting a cheque (see bank details below on booking form), by Fri 13<sup>th</sup> July at the latest.
- Alternatively, complete the booking form below and post it to Scarf together with a cheque (or make a bank transfer), however remember posting takes a few days and some activities fill up quite quickly.
- Please ensure your membership for 2018 is up to date before the summer if you would like to come along to an activity.

### **WEEK 1 – w/c 23<sup>rd</sup> July**

**Thursday 26<sup>th</sup> July, 2-4pm**

**Skylight Kitchen Cookery Workshop (picnic theme!): Durlston Court, 52 Becton Ln, Barton on Sea, New Milton BH25 7AQ**

We have 8 places on our cookery workshop with Rachel from Skylight Kitchen. This will take place at the Galley kitchen at Durlston Court. Rachel is going to enable all participants to cook a variety of treats for a picnic, including mini quiches, pizza bread and some blueberry and banana muffins. Please advise of any allergies in advance of the class. Rachel supplies all ingredients, equipment and a recipe card for each family to take home (plus you get to take your creations home to eat them!). This activity is suitable for children ages 7 upwards (however there is some flexibility so please ask if you're not sure).

**£10 per child (8 places)**

**Friday 27<sup>th</sup> July, 6-7.30pm**

**Lymington Sea Water Baths 1, Bath Road, Lymington, SO41 3RU**

We have the Lymington Sea Water baths all to ourselves for an evening of fun in the water (and as this is such a popular activity, we've booked another date on Thurs 16<sup>th</sup> Aug). Arrive at 6pm to swim and have fun on all the different inflatables. The paddleboards and other water activities will also be available for children to use (we will try and ensure that all children/young people get to have a go on one or more of these). There are life guards on duty and pool activities will be open from 6 to 7.30pm, and the kiosk will be open all evening selling hot dogs/burgers, chips, ice cream, tea/coffees, etc. You are also welcome to bring along your own picnic to eat there. Please bring swimming costumes/towels (wetsuits and wetsuit shoes are great if you have them), and warm clothes for after swimming. Once the pool is closed there will be time to shower and change before we need to vacate the baths. For more information about the sea water baths have a look at their website: <http://www.lymingtonseawaterbaths.org.uk/>.

**£6 per child**

**WEEK 2 – w/c 30<sup>th</sup> July**

**Tuesday 31<sup>st</sup> July, 10am-12pm (followed by picnic lunch)**

**Farm Activity, Countryside Education Trust, Palace Lane, Beaulieu, SO42 7YG**

As this is always a popular activity, we have arranged again for Scarf families to spend a morning on the farm – you will have a farm tour where you'll be given lots of fun jobs to do, both with the animals and on the land. The first job is likely to be feeding the animals, and other jobs may include animal handling and cleaning out, collecting eggs, pony grooming, digging potatoes and whatever else may be in season! Arrive at 9.45am so that activities can start at 10am. If you'd like to bring along a packed lunch to eat with other Scarf families after the session (either in an allocated classroom or outside), please feel free to do so.

**£5 per child (20 places available including adults)**

**(Priority will be given to families who have been on a waiting list before for this activity)**

**Wednesday 1<sup>st</sup> August, 10.15am onwards**

**Hurst Castle with Paddleboarding option, Keyhaven, Hampshire, SO41 0TP**

Spend a day at Hurst Castle with other Scarf families. There will be a big ferry leaving from Keyhaven at 10.30am (don't worry if you miss it as you can catch a later ferry). Spend as long as you like at Hurst - there's plenty to explore (both within the castle grounds and the beach outside). You can bring along a picnic and rug or if you prefer to buy lunch or drinks there is a café on site. There are plenty of indoor places to explore at Hurst if the weather is wet. Take the ferry home whenever it suits you (or you can also walk back along the spit if you're feeling energetic) – the last ferry back is at 5.30pm, and ferries leave every 10-15 minutes.

**NEW** for this year, we've organised some optional **paddleboarding** taster sessions for families to try out on the day. This will take place on the water close to where the ferry docks at Hurst Castle. Children under 18 can only go paddleboarding if a parent/legal guardian also goes with them (due to their insurance restrictions), and you can choose either a half hour slot or an hour (sessions will start from 12pm and we'll let you know what time your slot is). You will need to wear something you don't mind getting wet, ie: board shorts and a t shirt, and bring a towel and change of clothing. Buoyancy aids are provided however all participants should be comfortable in the water and be able to swim unaided. There is a large 8 man paddleboard that can also be used if you would like to give it a try!

There will be an area at Hurst Castle where families can leave their bags/picnics if needed.

**£4 per person (including ferry and castle entrance)**

**Plus £4 per person for ½ hour paddleboard, or £8 per person for an hour session (min age 8 years, but 6+7 year olds can go on same paddleboard as a parent).**

(As this is a new activity for Scarf, we have kept the price down for the paddleboarding – let us know afterwards if this activity works for your family so that we can decide whether to do this again).

**Friday 3<sup>rd</sup> August 2-3.30pm**

**Tennis and Ball Skills 1, Hale Gardens Tennis Club, Hale Gardens, Off Milton Grove, New Milton, BH25 6HA**

Come along and improve your tennis skills or have a go for the first time! This activity is open to all abilities with the emphasis on having lots of fun playing ball games while learning basic tennis skills (and improving skills for those already experienced). Ray will be doing some fun exercises to teach racket and ball skills, hand-eye coordination and fitness around the court. This time we are using 3 courts at Hale Gardens Tennis Club – the club house will be open for parents/carers to make themselves comfortable and make a cup of tea.

**£3 per child**

**WEEK 3 – w/c 6<sup>th</sup> August**

**Mon 6<sup>th</sup> August, 11am-12.30pm**

**Sherlock Gnomes (U) at The Cinema, Lymington Community Centre, New Street, Lymington SO41 9BQ.**

Scarf are having a private viewing of *Sherlock Gnomes* at the Cinema in Lymington. It's family friendly and very funny – find out what happens when garden gnomes, Gnomeo & Juliet, recruit renowned detective Sherlock Gnomes to investigate the mysterious disappearance of other garden ornaments. The film starts at 11am so please arrive by 10.45am to take your seats – the duration is 86 minutes. There will be no refreshments on sale so bring your own (but no glass bottles), and please leave the cinema as you found it, taking all empty packets and cartons with you when you leave. Remember parking can be difficult so leave extra time to find a space.

**£3 per person**

**Tuesday 7<sup>th</sup> August, 1-2.30pm (arrive 12.30pm)**

**Family Canoe Session, New Forest Activities, Baileys Hard, Beaulieu, SO42 7YF**

A family activity having fun out on the Beaulieu River in stable, open Canadian canoes. Enjoy a 90 minute session with lots of time to explore and play on the river. This activity is suitable for all ages, and will be led by a qualified instructors. Parents/carers need to go in the canoes with their children, and everyone ready and keen to have a go at paddling (and be prepared to get a bit wet)! Boats can fit 2-4 people (depending on size), and all buoyancy aids will be provided. Wear old clothes and trainers that you don't mind getting wet, waterproofs, and have a towel and change of clothing for afterwards. There are picnic tables at the venue and you can buy a hot or cold drink. We have 32 places available (including adults).

**Cost: £10 per person**

**Thursday 9<sup>th</sup> August, 11am-2.30pm (arrive 10.45am)**

**Abseiling & Low Ropes, Tile Barn, Church Lane, Brockenhurst, SO42 7UB**

A chance to have a go at a couple of different activities at the fantastic Tile Barn Centre in Brockenhurst. Children will be split into two groups and have a go at both **abseiling** and the **low ropes course**. For the abseiling there will be both a high and medium height option. There will be one activity before lunch (11am to 12.30pm) and one after lunch (1pm to 2.30pm). Families can all get together at lunch-time – please bring along your own picnic - tea/coffee and squash can be made on site. We have 20 spaces available for children/young people from **8 years upwards** (some flexibility on the age). You'll need to wear clothes you don't mind getting muddy, make sure you have a long-sleeved top and sensible fastening footwear and waterproofs if it's wet. We will send you a medical questionnaire which must be completed and brought along to the session.

**£10 per child (20 spaces for children 8+)**

## **WEEK 4 – w/c 13<sup>th</sup> August**

**Tuesday 14<sup>th</sup> August, 10am onwards**

### **Furzey Gardens with Tie-Dye/Printing Session & Picnic, Furzey Gardens, Minstead, Lyndhurst, SO43 7GL**

Come and join a drop-in tie-dye and card printing workshop from 10am to 12pm in the Bug Barn at Furzey Gardens. The workshop is led by local artist, Nicola Henshaw [www.nicolahenshaw.co.uk](http://www.nicolahenshaw.co.uk), who will be helping children/young people to create their own tie dye bag, and also designing and printing their own cards using safe print tiles. Nicola will provide canvas bags to dye, however if you would like to bring along your own white tee shirt, pillow case, tea towel, hankie or other item to decorate and dye - you are welcome! Suitable for all ages and abilities. We hope to be able to make teas/coffees in the Bug Barn, and families can also have a picnic afterwards in the grounds around the Bug Barn (or inside if it's wet!) Also families are welcome to spend time exploring beautiful Furzey Gardens (a good thing to do while the dye is setting and drying) – there's lots of secret paths and lookouts to discover, a pond and waterfall, as well as secret fairy doors to find and a children's play area. The garden is open from 10am to 5pm ([www.furzey-gardens.org](http://www.furzey-gardens.org)).

**£8 per child (includes entry to Furzey Gardens)**

**Thursday 16<sup>th</sup> Aug, 6-7.30pm**

### **Lymington Sea Water Baths 2, Bath Road, Lymington, SO41 3RU**

We have the Lymington Sea Water baths all to ourselves for an evening of fun in the water (as this is such a popular activity, we've have another session booked for Fri 27<sup>th</sup> July). Arrive at 6pm to swim and have fun on all the different inflatables. The paddleboards and other water activities will also be available for children to use (we will try and ensure that all children/young people get to have a go on one or more of these). There are life guards on duty and pool activities will be open from 6 to 7.30pm, and the kiosk will be open all evening selling hot dogs/burgers, chips, ice cream, tea/coffees, etc. You are also welcome to bring along your own picnic to eat there. Please bring swimming costumes/towels (wetsuits and wetsuit shoes are great if you have them), and warm clothes for after swimming. Once the pool is closed there will be time to shower and change before we need to vacate the baths. For more information about the sea water baths have a look at their website: <http://www.lymingtonseawaterbaths.org.uk/>.

**£6 per child**

**Fri 17<sup>th</sup> Aug, 1-3pm**

### **Inclusive Cycling 1: Brock Hill Car Park, Ornamental Drive, SO43 7FD**

Come and join other Scarf families for a bike ride from Brock Hill Car Park. The ride will be on gravel tracks and up to around 5km, but can be adapted on the day, with a shorter option for those that need it. This session will be guided by Gareth, the Inclusive Cycle Ride Leader from PEDALL, and designed for those who have previously used some of the bikes and are familiar with riding on forest tracks. For those families who have not used the bikes, but feel able to manage a longer bike ride, this session will be suitable too. (For those that need a starter session this can be booked directly with PEDALL on their website). There will be available a variety of specially adapted bikes, including tandems, tricycles, wheelchair cycles, hand-cycles, recumbents, and KMX go-carts. Parents/carers need to stay with their child/young person on the bike ride - some standard bikes will be available for parents/carers/siblings, but it will be helpful if you bring your own if possible. *Children/young people may need to take turns on the more popular bikes, but please let us know if your child needs to use a particular bike when you book in.* Everyone will need to dress for the weather and bring water/drink/snacks.

**£5 for one rider with a parent/carer or £10 for a family up to 5. Booking is essential – please book and pay for this session directly with Pedall, following this link:**

**<https://www.eventbrite.com/e/scarf-guided-ride-private-tickets-47211821830>**



## **WEEK 5 – w/c 20<sup>th</sup> August**

**Tuesday 21<sup>st</sup> August, 12-1.30pm (arrive at 11.30am)**

**Fun Watersports Session (Surfing, Bodyboarding or Paddleboarding) – Bournemouth Surf School (Surf Steps), Toft Steps, Undercliff Drive, B'mouth, BH5 1BN (situated 300m west of Boscombe Pier)**

As a group you will be having a fun session on the water learning to surf, bodyboard or paddleboard, depending on the weather conditions on the day. There will be **an introduction to water safety and beach awareness at 12pm** (please note the activity cannot begin until this has been completed). The minimum age for this activity is 8 years and children must be able to swim 50m unaided in order to take part (if children are not able to do this, but parents/carers feel they would still be capable of taking part, please let us know so that we can discuss the support needed for your child). All equipment and wetsuits are provided (for children and adults), just bring a towel, swimmers, sun-cream and something warm to wear after the lesson. If you have your own wetsuit, it may help to come along wearing it to save time changing. You may like to bring a picnic for after the session - drinking water is available. For more information, look at [www.bournemouthsurfschool.co.uk](http://www.bournemouthsurfschool.co.uk).

**£15 per child (16 spaces available - minimum age 8 years)**

**Wed 22<sup>nd</sup> Aug 6.45-8.15pm**

**Adventure Golf at Lymington Golf Course, South Baddesley road, Lymington Hampshire, SO41 5SD**

Having had to cancel this session during May half term, we are hoping for a better weather forecast this time! We will have the adventure golf course available just for Scarf families from 6.45pm. The course is a fun, 18 hole mini adventure golf course, built with children in mind, but entertaining for adults too! There are lots of features of the New Forest to look out for as you move around the course, including the ferry from Lymington to the Isle of Wight! The course takes roughly an hour and a half to go around. Parents/carers must remain with their children around the course, whether you play with them or watch. Usually there are 4 players per hole – we will keep families in groups, or put families together where appropriate. There is a small kiosk where you can buy drinks, crisps and ice creams. Here's a link where you can find more information: <http://lymingtongolfcentre.co.uk/new-forest-adventure-golf/>.

**£2 for children age 14 and under, £3 for adults**

**Thursday 23<sup>rd</sup> Aug, 10.30am-2.15pm**

**Multi Sports am/Taekwondo pm, Boldre War Memorial Hall, Pilley Street, Pilley, Lymington SO41 5QG**

Come and join us for a morning of multi sports with coach Ben Strange from 10.30am-12pm. Ben will be offering the children a chance to have a go at a variety of sports, including football, soft archery, tennis and cricket. Then, after a picnic lunch, there will be a Taekwondo session from 12.45-2.15pm with local coach Nic Reed. Nic will be guiding you through some fantastic fun packed Taekwondo drills for the whole family to enjoy including pad drills, self defence moves, balance skills, stretches and plenty of taekwondo themed game play. These two sessions will be either inside or outside, depending on the weather. Wear comfortable, loose fitting clothes and trainers, and bring along a water bottle and snacks to keep you going, as well as a picnic to have between the two sessions. All ages are welcome. Teas/coffees/squash will be provided.

**£5 per child (or £3 per session if not doing both)**

## **WEEK 6 – w/c 27<sup>th</sup> August**

**Tuesday 28<sup>th</sup> August, 3.30-5.30pm**

**Inclusive Cycling 2: Standing Hat Inclosure, Denny Wood, Brockenhurst, SO42 7QJ**

Come and join other Scarf families for a bike ride around Standing Hat. The ride will be on gravel tracks and up to around 5km, but can be adapted on the day, with a shorter option for those that need it. This session will be guided by Gareth, the Inclusive Cycle Ride Leader from PEDALL,

and designed for those who have previously used some of the bikes and are familiar with riding on forest tracks. For those families who have not used the bikes, but feel able to manage a longer bike ride, this session will be suitable too. (For those that need a starter session you can book directly with PEDALL via their website). There will be available a variety of specially adapted bikes, including tandems, tricycles, wheelchair cycles, hand-cycles, recumbents, and KMX go-carts. Parents/carers need to stay with their child/young person on the bike ride - some standard bikes will be available for parents/carers/siblings, but it will be helpful if you bring your own if possible. *Children/young people may need to take turns on the more popular bikes, but please let us know if your child needs to use a particular bike when you book in.* Everyone will need to dress for the weather and bring water/drink/snacks.

**£5 for one rider with a parent/carer or £10 for a family up to 5. Booking is essential – please book and pay for this session directly with Pedall, following this link:**

**<https://www.eventbrite.com/e/scarf-guided-ride-private-tickets-47211612203>**

**Wed 29<sup>th</sup> August, All day**

**Coach Trip to Legoland: Winkfield Rd, Windsor SL4 4AY**

Scarf have booked a coach with Solent Coaches to take us to **Legoland** – we have 87 seats available. We aim to arrive at Legoland by 11am and stay until it closes at 5pm. There will be 3 pick-ups (8am in Ringwood, 8.35am in New Milton, and 9am in Lymington – exact details of where to meet tbc). On the way home we will drop off at the same places (at approximately 7pm Lymington, 7.25pm New Milton and 8pm Ringwood). There is a toilet on board the coach. Families can get a “ride access pass” from Legoland (to include 4 members of the family) if you have proof that your child has difficulties queuing. This pass can be organised on the day or preferably in advance of the trip, to save time on the day, following this link (however you do need to scan in the required evidence/letters): <https://www.legoland.co.uk/planning-your-visit/accessibility-enquiries/>. If going on a coach does not suit your family, we can organise tickets for you excluding the coach journey so that you can make your way yourself.

**For families taking the coach: Child (under 18) £18, Adult £22, Carers £6 (1 carer per child with special needs)**

**For families not taking the coach: Child £12, Adult, £16, 1 carer free per family**

*We've planned for the coach to leave Legoland when it closes at 5pm – please let us know what departure time would most suit your family so that we can decide on the best time to leave based on families' preferences.*

**Friday 31<sup>st</sup> August 2-3.30pm**

**Tennis and Ball Skills, Hale Gardens Tennis Club, Hale Gardens, Off Milton Grove, New Milton, BH25 6HA**

Come along and improve your tennis skills or have a go for the first time! This activity is open to all abilities with the emphasis on having lots of fun playing ball games while learning basic tennis skills (and improving skills for those already experienced). Ray will be doing some fun exercises to teach racket and ball skills, hand-eye coordination and fitness around the court. This time we are using 3 courts at Hale Gardens Tennis Club – the club house will be open for parents/carers to make themselves comfortable and make a cup of tea.

**£3 per child**

**Booking Preferable**

**A parent/carer must accompany their children to all our events, stay with them and be responsible for them at all times.**

**Further Information: Lucinda Dowson on 07874 221249 or email**

**[scarfnewforest@gmail.com](mailto:scarfnewforest@gmail.com)**

Scarf Charity Number 1015081

Website: [www.scarfnewforest.org](http://www.scarfnewforest.org)

## Scarf Booking Form Summer 2018

Please return by Fri 13<sup>th</sup> July (if booking via post, not email)

It is essential for our planning to take bookings in advance. For some of the activities, we may be able to take last minute bookings nearer the time – we will keep members informed via email over the summer if there are spaces available. **Please ensure you have renewed your membership for 2018.**

*We remain committed to ensuring that Scarf is accessible to all, and have a hardship fund available to those experiencing financial hardship - do please apply (in confidence, to [scarfnewforest@gmail.com](mailto:scarfnewforest@gmail.com) or tel: 07874 221249, or approach one of our Committee Members) if you have genuine difficulty with accessing Scarf activities due to the cost and would like to access our hardship fund.*

Please complete the details below and the booking form on the next page, and return both together.

Name:

Tel:

Email:

I enclose a cheque for £            made payable to Scarf/I've made a bank transfer for £  
(delete as appropriate).

### How to Pay:

You can either enclose a cheque (made payable to Scarf) or make a bank transfer. For bank transfers, the details are account name: Scarf, account number: 02657039, sort code: 30 92 02 (please put as a reference your surname and Summer, eg: Smith Summer, and please email Scarf to let us know you are paying this way).

Please return the form to:

**Lucinda Dowson**  
**Scarf**  
**PO Box 436**  
**Lymington**  
**SO41 1EN**

**Tel: 07874 221249**  
**Email: [scarfnewforest@gmail.com](mailto:scarfnewforest@gmail.com)**

**You will receive an email or telephone call either confirming your places or advising of a waiting list.**

## Scarf Booking Form Summer 2018

Please mark the events you wish to attend and give the names & numbers coming. Thank you.

EVENT	DATE	Names of Children	No. of Adults	COST	TOTAL
<b>WEEK 1</b> <b>SKYLIGHT KITCHEN</b> (age 7+)	Thurs 26 <sup>th</sup> July 2-4pm			£10 per child	
<b>SEA WATER BATHS 1</b>	Fri 27 <sup>th</sup> July 6-7.30pm			£6 per child	
<b>WEEK 2</b> <b>CET FARM VISIT</b>	Tues 31 <sup>st</sup> July 10am-12pm			£5 per child	
<b>HURST CASTLE + PADDLEBOARDING (PB)</b>	Wed 1 <sup>st</sup> Aug 10.15am→	For castle		£4/person for castle only	
		For paddleboarding		£4 PB ½ hr £8 PB 1 hr	
<b>TENNIS AND BALL SKILLS 1</b>	Fri 3 <sup>rd</sup> Aug 2-3.30pm			£3 per child	
<b>WEEK 3</b> <b>CINEMA – SHERLOCK GNOMES</b>	Mon 6 <sup>th</sup> Aug 11am-12.30pm			£3 per person	
<b>FAMILY CANOEING</b>	Tues 7 <sup>th</sup> Aug 1-2.30pm			£10 per person	
<b>TILE BARN</b>	Thurs 9 <sup>th</sup> Aug 11am-2.30pm			£10 per child	
<b>WEEK 4</b> <b>FURZEY GDNS/CRAFT</b>	Tues 14 <sup>th</sup> Aug 10am-12pm			£8 per child	
<b>SEA WATER BATHS 2</b>	Thurs 16 <sup>th</sup> Aug 6-7.30pm			£6 per child	
<b>INCLUSIVE CYCLING 1</b>	Fri 17 <sup>th</sup> Aug 1-3pm			Book via PEDALL link	
<b>WEEK 5</b> <b>SURFING/FUN SEA SESSION</b> (age 8+)	Tues 21 <sup>st</sup> Aug 12-1.30pm			£15 per child	
<b>ADVENTURE GOLF</b>	Wed 22 <sup>nd</sup> Aug 6.45-8.15pm			£2 per child £3 per adult	
<b>MULTI SPORTS/ TAEKWONDO</b>	Thurs 23 <sup>rd</sup> Aug 10.30am-2.15pm			£5 per child (or £3 for 1 session only)	
<b>WEEK 6</b> <b>INCLUSIVE CYCLING 2</b>	Tues 28 <sup>th</sup> Aug 3.30-5.30pm			Book via PEDALL link	
<b>LEGOLAND COACH TRIP</b>	Wed 29 <sup>th</sup> Aug All day			£6 per carer £22 per adult £18 per child (U18 years)	Prices include coach – take off £6 if driving.
<b>TENNIS AND BALL SKILLS 2</b>	Fri 31 <sup>st</sup> Aug 2-3.30pm			£3 per child	
<b>TOTAL</b>					<b>£</b>