

# SUMMER Free activities

2010

Tarka Housing is committed to working with Young People & Families.

Look inside to see what activities are on offer. This year transport is provided and you can take a friend along to the activities.

(Conditions apply)



# TARKA SUMMER ACTIVITY PROGRAMME

## FOREST SCHOOLS

Suitable activity for ages 7 yrs to 13 yrs. Camp site skills, shelter building, campfire cooking and more! If you came with us last year, you know how much fun it can be! This is a whole day out in the woods from 10am until 4.40pm including transport to and from the Umberleigh venue.

**SIGN UP NOW !!!**

## POTS 'N' PAINTS

Pottery Painting at Pots 'n' Paints in Little Torrington. For ages from 7 yrs -16 yrs. Paint a unique piece of pottery – lots to choose from! Transport available, and there are 4 morning sessions to choose from.

**BOOK NOW**  
as places limited.

## SURFING LESSON

For 10 years and over – Learn to surf with WINGS at their surf school in Westward Ho! There are 3 surfing sessions to choose from, each lasting 2 hours. Time according to Tides. All the equipment you need will be provided (wetsuits, boards etc). The ability to swim 50 metres and be confident in the sea is essential. Transport provided – see booking form for details. Have a great time, whatever the weather.

**BOOK NOW !!!**

## FILM AND MUSIC

A day at the Studios @Yard I. A fantastic opportunity to create music or film or learn the art of DJ-ing in a professional studio. Suitable for all ages up to 16 yrs. The Yard I team will make sure you have a very special day and it's a MUST DO activity for anyone who enjoys sound and film. Includes lunch & transport!

**DON'T DELAY**  
with booking this course...  
...it's going to be popular

## HIGH WIRES

The Ultimate High is a lot of action - 28 adrenaline packed elements, including rope bridges, balance beams and tyre swings to test your skill. This activity, based at the South West Extreme, Abbotsham, is only for those aged 10 yrs & over. It's the UK's longest continual rail course with a great zip wire descent. At 35 foot high, if you haven't tried this activity before – don't miss the opportunity.

**BOOK NOW!!**  
FREE  
transport too!

## MEDIA WORKSHOP

Based at the WINGS studios in Abbotsham, this 3 day course (2 hours every morning) is offered to those aged 10 years and over. We transport you each day and all you need to do is enjoy the opportunity of creating music, animation or film!

**LIMITED PLACES !!!**  
so sign up early!

## TARKA TRAIL CYCLING

Cycling on the Tarka Trail is a great way of spending some holiday time. Cycle hire is available from the Bideford Cycle Hire site at East the Water and although all under 16 yr olds MUST have an adult accompanying them, you can save money as a family by asking for £5 off Cycle Hire vouchers from us. Just tick the box on the booking form! 2 vouchers per family.

**VERY LIMITED!!**  
so apply for them as early as your can

## SUMMER SOURCE DROP IN @ WINGS

For those over 10 years looking for a place to go to on a Tuesday during the holiday – head to the "The Wings Hall" in Lower Meddon Street, Bideford, (behind the Library) to play pool, create some arts and crafts or simply have a chat to friends. Mornings @ 10.30am or afternoons @ 1.30pm.

Don't be bored this summer  
**DROP IN!**

This activity doesn't have to be booked, so just turn up on the day.



# BOOKING FORM

To be able to take part in these activities you must return a fully completed booking form to the Tarka Housing office by **Monday 26th July**. (If you are late booking then it may not be possible for you to attend the courses. We need at least 3 working days notice if you wish to book any transport). On receipt of your booking form you will be issued with an individually numbered Tarka Summer Activities pass, which shows which activities you have booked onto. This must be shown to gain free access to the activities. **A maximum of 6 activities can be booked per child.**

## ABOUT YOU

Name .....

Date of Birth ..... which makes me ..... yrs old

Address .....

..... Telephone .....

Postcode .....

## ABOUT YOUR PARENTS/GUARDIANS

Name .....

Address .....

..... Telephone .....

Postcode ..... Signature of Parents/Guardians .....

ACTIVITY	✓	DATE	TRANSPORT FROM	TRANSPORT REQ.
FOREST SCHOOLS (1)		Mon 2nd Aug	Bideford/Northam/Torrington	YES / NO
POTS 'N' PAINTS (1) @ 10.30am		Tues 3rd Aug	Holsworthy/Torrington	YES / NO
POTS 'N' PAINTS (2) @ 12midday		Tues 3rd Aug	Bideford/Northam/Torrington	YES / NO
SURFING LESSON (1) @ 1pm		Tues 3rd Aug	Torrington/Bideford/Northam	YES / NO
SURFING LESSON (2) @ 2pm		Wed 4th Aug	Holsworthy/Bideford/Northam	YES / NO
SURFING LESSON (3) @ 3pm		Thurs 5th Aug	Holsworthy/Torrington	YES / NO
FILM & MUSIC (1)		Fri 6th Aug	Holsworthy/Torrington	YES / NO
FOREST SCHOOLS (2)		Mon 9th Aug	Holsworthy/Torrington	YES / NO
HIGH WIRES (1)		Tue 10th Aug	Bideford/Northam/Torrington	YES / NO
FOREST SCHOOLS (3)		Wed 11th Aug	All areas	YES / NO
POTS 'N' PAINTS (3) @ 10.30am		Thur 12th Aug	Holsworthy/Torrington	YES / NO
POTS 'N' PAINTS (4) @ 12midday		Thur 12th Aug	Bideford/Northam/Torrington	YES / NO
FILM & MUSIC (2)		Fri 13th Aug	Holsworthy/Torrington	YES / NO
HIGH WIRES (2)		Tue 17th Aug	Holsworthy/Torrington	YES / NO
MEDIA COURSE @ Wings		24/25/26th Aug	All areas	YES / NO
2 CYCLE HIRE TOKENS		24th July - Aug 26th	N/A	N/A

## DO YOU WANT TO BRING A FRIEND?

If you wish to bring a friend, and they are not a Tarka Housing resident, (then this may be possible), if there are spaces available, but a nominal charge of £5 will apply for the transport & the activity. (Does NOT apply to Cycle Hire).

Do you think you might like to bring a friend along on one or more of the activities you are booking onto? We will then call you to let you know if this possible and give further details. YES / NO

**If you have more than one child that is interested in taking part in the Tarka Summer Activities 2010, please contact us for an additional form for them.**

To be able to take part in the Tarka Summer Activity Programme, a fully completed booking form must be returned, either by post or in person, to the Tarka Housing Office, by 26th July. Places are limited.

If you would like to bring a friend and they are not a Tarka Housing resident, then this may be possible if there are spaces available, but charges will apply for the transport and the activity.

Once we receive your booking form we will then provide you with:-

- an ACTIVITY PASS which MUST be shown to the Activity Provider and the Transport Supervisor.
- detailed information about your chosen activity.
- information about transport - times and pick up/drop off points, if applicable.

## TARKA HOUSING WORKING WITH TORRIDGE DISTRICT COUNCIL

In addition to Tarka's exciting action-packed programme of summer activities, Tarka Housing are also working in partnership with Torrridge District Council this summer to provide limited FREE places on their "Summer Culture & Leisure Programme 2010". The FREE places are limited to a maximum of 3 per child, which will be paid for by Tarka Housing. You can, of course, book onto more than 3 courses listed in the Torrridge District Council "Summer Culture & Leisure Programme 2010", but unfortunately we cannot provide these free of charge and so charges will apply.

**FREE PLACES  
ON TORRIDGE'S  
SUMMER  
PROGRAMME  
2010**

For more information on courses please look at the Torrridge District Council "Summer Culture & Leisure Programme 2010" which is available freely in the Torrridge area. To book on any of the courses please contact James Jarroudi on 01237 428 737, or use the booking form in the TDC programme.

If you want to use these free places, you will need to provide a Tarka/TDC Summer Pass to prove that you are a Tarka resident. To get one of these individually numbered Tarka/TDC passes, please contact Kieren or Claire at Tarka Housing

## SUMMER FAMILY ACTIVITIES

- Organised by Bideford Learning Community - Parent Support

Monday 2nd August – MORWENNA COFFEE MORNING, United Community Centre, Northam

Wednesday 4th August – VICTORIA PARK PICNIC, Bideford

Thursday 5th August – DANCE IN APPLIEDORE

Monday 9th August – MORWENNA COFFEE MORNING, United Community Centre, Northam

Wednesday 11th August – ARTS@ BIDEFORD COLLEGE

Monday 16th August – MORWENNA COFFEE MORNING, United Community Centre, Northam

Friday 20th August – BEACH VOLLEYBALL.

This FREE activity programme is organised by Rachel Norman, Parent Support Adviser.  
Call 01237 420 945 or 07540 672 365 for details and bookings.



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