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. Bookings cut off 3pm on the last working day before day of session

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.
The Power of Green and Blue spaces

Getting outdoors and being active in green, and blue spaces, or even better both 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.
Welcome

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.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
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 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.
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

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

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

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

Website: https://beachrangers.com/
Facebook: beachrangers
Instagram: beach_rangers
Twitter: @BeachRangers

There is a pay and display car park close to the beach. Please bring coins
Summer activity programme 2020

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: 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

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

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Bushcraft, Archery, Mountain Biking, 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

More details to be found at: www.cornwalloutdoors.org
Summer Outdoors
August 2020

Join Canoe Cornwall for outdoor activities this summer

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.

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

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

Porthpean Outdoor Education Centre

Coasteering
This activity starts with a speedboat ride from Porthpean Beach to one of our local beaches. You will then make your way back either by swimming, climbing, jumping or low-level traversing. A very physical but fun activity and our trained team will keep a pace suitable for all. (2.5 hrs) We provide wetsuits, buoyancy aids and helmets. You will need to bring a swimsuit, towel and trainers that can get wet.
This is an activity not to be missed!
Adult £35 | Child £30

Kayaking/SUP
Starting from Porthpean Beach using a craft of your choice, you will explore caves, archways, isolated beaches and view the marine life whilst discovering one of Cornwall’s most spectacular coastline areas. Each tour will be paced to be suitable for all. (2 hrs) Single & Double Kayaks: Adult £26 | Child £18
Mega SUP & Rafted Open Canoe tours require a minimum of 4 people:
Adult £20 | Child £14

Archery
Archery is a challenging sport with a huge history and tradition. It demands concentration combined with excellent hand-eye coordination. We have a dedicated covered archery range and skilled coaches to get the most out of your draw whatever the weather. (2 hrs)
Adult £20 | Child £16

Email porthpean@cornwall.gov.uk or Phone: 01726 72901 to book

cornwalloutdoors.org
www.facebook.com/cornwalloutdoors

www.canoeconwall.org.uk
mob: 07749870923
www.facebook.com/canoe_conwall
www.instagram.com/canoe_conwall
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 schooly/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/
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.

The website below can tell you more

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

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