



Summer Holidays

Survival Guide



Sheffield

Happy Holidays !!!

Sheffield Young Carers Project has created this guide to make life a little bit easier for you, to be able to enjoy the school summer holidays.

In this guide you will find;

- Day trips
- Kids Holiday Clubs
- Free Summer activities
- Help and Support

(If you need this guide in a different format to be able access this please let us know)

Holiday Clubs

Kids Arts Academy - Holiday Club Art, cooking and animation activities for 4-14 year Olds

Holiday Scheme

The Kid's Arts Academy runs creative-arts, animation, cookery & music classes for children aged 4-14.

Hannah Pearson

07967 763946

Kings Camps Holiday Scheme

The UK's leading provider of holiday activity camps for children aged 4-17

years, running during the Easter, half-term and summer school holidays at Sheffield High School.

0114 263 2150

[info@kingsfoundation.o](mailto:info@kingsfoundation.org)

[rg](http://www.kingscamps.org)

<http://www.kingscamps.org>

MASKK Holiday

Playcare

MASKK is a Playwork setting and sessions and activities are planned around the needs and requests of the children and young people attending including the games, arts and crafts, outdoor visits to parks, baking etc. providing childcare for families who work, train or want somewhere for their children to come and play with friends.

Kirsty Ward

01142395739

07784838169

<http://www.maskk.org.uk>

Animal Club

Free downloads and interactive animal encounter workshops featuring a range of wonderful creatures from insects, snakes and lizards to bunnies.

Mrs O Cam

0114 3290851

enquiries@animal-club.co.uk [enquiries@a](mailto:enquiries@animal-club.co.uk)

<http://animal-club.co.uk/>

Day Trips

Abbeydale Industrial Hamlet

Catch a unique glimpse of life at home and at work at a scythe and steelworks dating back to the 18th century.

0114 272 2106 (contact details cont. overleaf)

ask@simt.co.uk

<http://www.simt.co.uk>

Community Heritage at Heeley City Farm

We love seeing people progress by helping them to have hands on opportunities to experience the local heritage. A wide range of opportunities for volunteers working on a range of different projects based both at Heeley City Farm and at other locations.

Sally Rodgers

0114 258 0483

youngroots@heeleyfarm.org.uk

<http://www.heeleyfarm.org.uk/>

Graves Gallery

Museums Sheffield: Graves Gallery takes you on a journey through the city's visual art collections, spanning the 16th to the 21st century and

including works by famous names such as: JMW Turner, Paul Cezanne, Edward Coley Burne-Jones, Bridget Riley, Marc Quinn and Sam Taylor-Wood.

0114 278 2600

info@museums-sheffield.org.uk

<http://www.museums-sheffield.org.uk>

Hillsborough Walled Garden

Open: Daily 9.00am - 4.00pm (April - September); Monday - Friday 9.00am - 3.00pm (October - March)

Prices: Free The garden provides a green oasis in an urban environment, containing borders in a range of styles, a greenhouse, a wildlife area, 2 ponds, a willow play den,...

0114 250 0500 (contact details cont. overleaf)

parksandcountryside@sheffield.gov.uk
<http://www.sheffield.gov.uk/out--about/parks-woodlands--countryside/gardens>

Kelham Island Museum

The showcase of the steel city's industrial story - enjoy a great day out full of nostalgia & innovation!

0114 272 2106

ask@simt.co.uk

<http://www.simt.co.uk/>

National Emergency Services Museum

Fire

your imagination and explore, discover and learn about the worlds emergency services. The museum houses over 40 emergency service related vehicles spread across three floors of the Victorian combined Police, Fire and

Ambulance Station on West Bar in the heart of Steel City Centre....
0114 249 1999

Parks, Playgrounds & Walks

Sheffield has 80 public parks and 650 other green and open spaces, making the city a greener, cleaner and more attractive place to live, work and visit. City Parks: The 13 city parks, woodlands and gardens
0114 250 0500

parksandcountryside@sheffield.gov.uk

<http://www.sheffield.gov.uk/utilities/search-result?q=Parks>

Weston Park Museum

Monday to Saturday
10.00am - 5.00pm;
Sundays 11.00am - 4.00pm

Museums Sheffield:
Weston Park is an award-winning, family-

friendly museum where the visitors come first. If visiting with children, simply wind up and release, but there is plenty of treasure here for adults too. Discover the real story of Sheffield, from its geological roots to the people, politics and music that shaped the modern city.

Learning Team

0114 278 2655

Learning@museums-sheffield.org.uk

<http://www.museums-sheffield.org.uk/museums/weston-park/home>

Whirlow Hall Farm Trust

Provision for post sixteen clients with additional learning needs. 9:30am-3pm, Monday to Friday, fifty weeks of the year. Caring for the farm animals, planting and

growing crops, independent living skills, cooking sessions, work experience in our shop and café, natural art and craft sessions, Yoga, AQA unit awards, on-site residential stays, all in a peaceful farm and countryside environment.

John Gray

0114 236 0096

(Education Office)0114 262 0986 (Farm Shop & Catering)0114 235

2678 (Events Office)

admin@whirlowhallfarm.org

<http://www.whirlowhallfarm.org>

Adventures Are Us Limited

Welcome to Adventures Are Us offer a wide range of fast fun exciting adventures that are

tailor-made to suit either indoors or outdoors at a variety of different locations in Sheffield and the Peak District. There is a cost for this.

Darren

07939 743 263

info@AdventuresAreUs.com

http://www.AdventuresAreUs.com

Activities at Sheffield Manor Lodge

Every Sunday April to September and Monday to Thursday during Sheffield School holidays they hold nature themed trail and craft in our Tudor grounds.

Sarah Duly

0114 276 2828

visit@greenestate.org

http://sheffieldmanorlodge.org/

Megakidz (Play Centre)

Open Monday to Friday from 9am until 3pm

Fantastic play zone is particularly designed for babies, toddlers & children up to five years old. Has a indoor play centre offers a bouncy castle, ball pool, soft play, & climbing frames.

0114 213 2070

Pitsmoor Adventure Playground

A unique playground with lots of interesting spaces for children to play, run about, climb, jump, skip, chat and chill out.

Patrick Meleady 0114 273 7121

info@pitsmooradventure.org

http://www.pitsmooradventure.org

Sheffield Woodlands

Sheffield is probably the most wooded city in Britain and boasts in excess of 175 woods, and over 2 million trees, including those in parks, gardens and adjacent the highways.

Call for more information:

**0114 273 4138/250
0500**

parksandcountryside@sheffield.gov.uk
<http://www.sheffield.gov.uk/out--about/parks-woodlands--countryside/trees--woodlands>

National Video Game Museum

Visit a unique museum all about video games, great for the kids.

Castle House, Angel Street,
Sheffield,

South Yorkshire,
S3 8LN,
England

Phone number

0114 321 0299

Hathersage Outdoor Swimming Pool

A really nice heated outdoor swimming pool in Hathersage village.

01433 650843

Sheffield Healthy Holidays



Register for fun free activities at:

<https://sheffieldhealthyholidays.org/about>

!

There will be weekly activity guides with lots of online and face to face activities to get involved in. The guide will also be published in the Sheffield Star Newspaper each week. Here are some of the activities:

Celebrity Veggie Creations

Make crazy characters with Sheffield's own veggie entertainer Madame Zucchini.

African Fusion Dance

Join Angelina from Mulembas D'Africa for a fast, fantastic fusion routine.

Let's Cook Project!

Want to try something new? Cook along with these great recipe

videos from The Let's Cook Project.

Gory History

Join Graham from Sheffield Museums to see how the Egyptians made their mummies!

Engineering Fun

Try an experiment of your very own at home!

Storytelling

John Rwothomack Sheffield actor and writer takes tells a Ugandan Folk Tale and then sets a challenge to create your own story.

Football Drills & Skills

Practice the drills and skills just like the pros, plus tips from Sheffield United's Billy Sharp.

Bollywood Dance

Learn to dance like an Indian movie star in this fun workshop with Nisha Lall.

Circus Skills - Juggling

Join Greentop Circus to learn the simple steps to get you juggling a 3-ball cascade!

Mini Home Sports 1

Fun and games for younger kids to help build eye-hand coordination and ball skills from Sport Yorkshire.

Wildlife Walk

Join Alistair from Sheffield Museums for a look at the amazing wildlife all around us.

TikTok Challenge

Here it is our TikTok challenge to you from INK Dance!

Circus Hula Hoop with Inferno Ash

Hula Hoop tricks and tips from an international circus performer and world record holder!

Circus Skills - Object Balancing

Learn to balance like a pro with Trudi and Tim from Greentop Circus!

Salsa Dance

Get that fiesta feeling with a sassy salsa workshop for all ages.

Skipping Skills

Even if you've never skipped before, just grab a rope and get

**started with the team
from #SkipUnite**

Bhangra Dance

This dance style from Punjab is popular all over the world! Learn a simple routine with Nisha.

Circus Skills - Poi

Join the world-wide poi spinning craze with tips from the experts at Greentop Circus!

Drum Workshop

No drums? No problem! Grab your pots and pans and make some noise with James Harrison.

Singing with Daisy

Learn some fun vocal warm ups and sing along with Daisy who performs UK-wide.

Street Dance Routine

Learn a street dance routine with INK Dance to 'Hard Way' by Sheffield's own Post Collide.

Learn to Beatbox

Learn beatboxing basics with Renegade, semi-finalist in the UK Beatboxing Champions hips.

Make a Galleon

Make a gorgeous galleon out of card, tape and lolly sticks with local artist Gemma Nemer.

Printmaking & Collage

Create fantastic textures, prints and collages with Sheffield printmaker Sam Groom.

Street Dance Workouts

Sweat and groove with INK Dance in these high energy workouts.

Outdoor Art

Who needs brushes and paint when you have leaves, sticks and mud? Fun projects for artists of all ages.

Check out the fun in week one of the Sheffield Healthy Holidays Activity Guide.

Body Percussion

Who needs a drum when you've got a tum? Find out with Laura from Sheffield Music Hub

Musical Theatre

Join the team from Sheffield Performing

Arts in a workshop for mini musical stars!

Yoga with Toby

Learn some super stretchy moves on this yoga adventure for mini explorers!

Circus Skills - Scarf Juggling

Learn to juggle scarf style! A great way workshop in juggling basics with Greentop Circus.

Health and Wellbeing

Are you a young woman aged 14-19?
Has the COVID-19 pandemic had a negative impact on your wellbeing?
Are you interested in writing stories, poems, comics and more?

WORDS ON COVID: CREATIVE WRITING FOR WELLBEING

Words on COVID: Creative Writing for Wellbeing is a free six-week course for young women who want to improve their wellbeing, build confidence, and learn new skills. In-person and Zoom courses available - book your place now!

BOOK YOUR PLACE AT [BIT.LY/WRITE4WELL](https://bit.ly/write4well)
In-person sessions will be held at our Sheffield centre

In-person: Mondays 12pm-2pm, 26 July - 30 August
Zoom: Tuesdays 12pm-2pm, 27 July - 31 August

SHEFFIELD ADULT SIBLING SUPPORT GROUP

Do you have a brother or sister
who has a lifelong disability?

You are not alone. Join a peer support group for adult
siblings of people with lifelong disabilities today. For
more info and to register, go to www.sibs.org.uk



Sibs

For brothers and sisters
of disabled children and adults

Sibs is the UK charity for brothers and sisters of disabled children and adults
Registered charity number 1145200 | Limited Company number 7834303

Help Online

A one stop shop for Family Health and Wellbeing, and caters for both parents and professionals. There is the facility to text pages to people directly from the site, as well as translate into multiple different languages. Users who have difficulty with reading can also select an option which will read the page aloud.

<https://sybhealthiertogether.nhs.uk/>

**Free Summer Fitness
Boot camp – Age 16 -
18's**

**FROM JULY 15th Call
us on: 0114 272 2319**

**Call coach Jordan
Martin on: 0748 3030
205**

**Beat The Street Family
walking challenge**

16 Jun - 28 Jul 2021

**[https://www.beatthestreet.m
e/sheffield/](https://www.beatthestreet.me/sheffield/)**

**Bears Of Sheffield
Walking Trail**

**Sheffield United and
Sheffield Wednesday
have cast aside their
rivalries on the pitch to
pledge their support for
The Children's Hospital
Charity's Bears of
Sheffield sculpture
trail. For more
information click the
link below:**

**[https://bearsofshef
field.com/news/](https://bearsofsheffield.com/news/)**

Refer A Family to Sheffield Young Carers

Sheffield Young Carers Family Project is available for adults who have long-term physical illnesses, mental illnesses, disabilities and/or substance misuse issues who are being supported by a young carer in their family. We offer families intensive one-to-one support through 12 home visits.

We also offer high-quality group support to help parents develop new skills and knowledge around topics like volunteering and money management.

Our Parent Networking Events help parents to

meet other adults in similar situations, allowing them to share experiences and enjoy some respite from home. We offer transport to and from these events where needed.

If you love our service then we are always happy to take on referrals. Contact us on [0114 258 4595](tel:01142584595)

Support for families who have been a victim of Crime

Embrace CVoC can support people who have been a victim of crime, we can put a referral in for you.

**SHEFFIELD
YOUNG
CARERS**

Wellbeing – Social Care Helplines

If you or a loved one is already receiving support from social care services, and you are in a mental health crisis and need urgent help, please contact your Care Co-Ordinator straight away.

If your service is closed for the day or you do not currently receive support from social services and you need urgent help you can contact the Single Point of Access on [0808 196 8281](tel:08081968281) (calls are free from a landline or mobile) or [0114 226 3636](tel:01142263636). They are available 24 hours a day, seven days a week.

If you or a loved one are aged under 18 you

need to contact the [Child and Adolescent Mental Health Service \(CAMHS\)](#) at Sheffield Children's Hospital NHS Foundation Trust.

If you are in a non-life threatening situation you should contact your GP who will be able to advise you what to do.

Helplines

If you need to talk to someone for advice or support there are lots of different helplines available to you.

Sheffield Rethink Helpline

Available 24 hours a day, seven days a week, the Sheffield Rethink Helpline can offer advice to anyone

struggling with their
mental health.

You can call them on
0808 801 0440. Calls
are free from a
landline or mobile.

Samaritans

If you are suicidal
and want to talk to
someone in
confidence you can
call the Samaritans on
0114 276 7277 or **116
123**, or email
jo@samaritans.org



Emergency Help

<https://www.shsc.nhs.uk/selfhelp>

111 – Medical Helpline

101 – Police

999 – Emergency

Services



EMERGENCY