

# Medway Community Child Health Services

## Summer 2024 Special Activity Edition

We hope you enjoy the summer. Some of you may be going on holiday abroad or staying more local. Having the opportunity to go out and enjoy local activities is not only rewarding for children but its quality time spent with your family. We hope you have a wonderful time and find lots to do in Medway.

### Activities in the community

#### Make your own PLAYDOUGH

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil



Stay Safe in the Sun

#### Snapdragons Centre Shop for all ages

We sometimes have stock of uniforms  
All items for small donations  
Gillingham Street Angels  
Strood Community Store  
Wonderfully Made referrals from  
karenadgie@nhs.net

#### Make your own BUBBLES

- 50ml washing-up liquid (one part)
- 300ml water (six parts)



More activities/ clubs/ groups  
<https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/holding-hands>

Go to the website below to check out what fun activities your local library has on this summer holiday  
[www.medway.gov.uk/libraries](http://www.medway.gov.uk/libraries)

Please send us pictures of all the fun activities you get up to this summer!

Facebook:  
@MedwayYouth Services

# Medway Community Child Health Services

## Summer 2024

### WATER SAFETY

It's important to be aware of the dangers that come with water environments.

Walkers, dog walkers, runners, anglers, rambles – it doesn't matter who you are or what your hobby is, anyone can end up in trouble in water. If you find yourself by a lake, river, the sea or any other expanse of water, taking just a few moments to look for potential hazards could make the difference between having an enjoyable time, or finding yourself in trouble.

### General water safety advice

- if you are going out on your own, let someone know where you are going and when you are coming back.
- take any warning or safety signs seriously – they are there for a reason
- look out for trip or slip hazards around water and stick to proper pathways
- river banks and cliff edges may be unstable and could give way, so stay a safe distance from the edge
- raise the alarm by calling 999 if you see someone in trouble in water

**This is a great camp for SEND Children**  
**Booking essential.**  
[www.strivepeandsport.co.uk](http://www.strivepeandsport.co.uk)  
**Tel 07917 354274**



Teacher-Led Organisation

**SEND ACTIVITY CAMP**

A TEACHER-LED, SAFE, FUN AND INCLUSIVE ENVIRONMENT FOR PRIMARY & SECONDARY SCHOOL CHILDREN.

BROMPTON ACADEMY, MARLBOROUGH RD, CILLINCHAM ME7 5HT  
 £1 SUPPORT REQUIRES AN ADULT TO SUPERVISE AT ALL TIMES  
 NO EHCP OR SEN REGISTER REQUIRED

**Activities**

- Ball skills
- Trampolining
- Sensory toys
- Boccia & kurling
- Trains
- Tuff trays
- Didi cars
- Bouncy castle
- Go-karts
- And so much more!

**SIGN UP!**

More Information 07917 354274 @strivepeandsport www.strivepeandsport.co.uk

