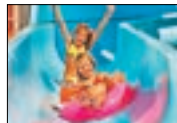




SUMMER  
ACTIVITIES P6-7



WATERPARKS  
P10-11



FESTIVALS  
P31



OLDHAM



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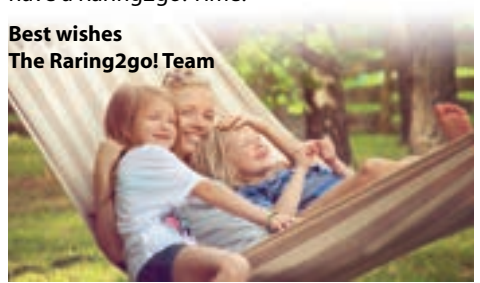
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## Hello!

Summer, with its warm sun, vibrant colours, and leisurely days, is a season filled with endless possibilities and cherished memories. To help all you parents and carers out there, we have 10 great things to do this Summer on pages 6 & 7, Waterparks around the UK on pages 10-11 should you be venturing further afield, and for those of you who fancy a trip to a family friendly festival we have a selection for all ages on page 28...

Whatever you do this Summer we hope you have a Raring2go! Time!

**Best wishes**  
**The Raring2go! Team**



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# What's On Summer 2024

## JUNE

### CHILDREN'S ART WEEK

**29 June-July 7** - Lots of great things going on across the UK in galleries, museums, libraires and schools near you!

### NATIONAL BBQ WEEK 3-9th

It's the 28th National BBQ week, so its time to remove the cover and spark up the BBQ! Learn more here ...  
<https://nationalbbqweek.info/July>

## JULY



### PLASTIC FREE JULY

Whether you're a beginner looking for a few single-use plastics to avoid, or someone well on their way to a plastic free life, we have ideas to inspire you at home, work, school, and within the community. To get involved visit here.  
<https://www.plasticfreejuly.org/>

### DON'T STEP ON A BEE DAY

**10th.** Without the tireless work of our native bees, over a third of everything we eat would



disappear from our tables. Bees are so vital for the ecosystem of the planet and yet they are under threat like never before. Learn more here...  
<https://beegood.co.uk/blog/dont-step-on-a-bee-day/>



### NATIONAL PICNIC MONTH

it's time to get out and have fun in the sun (hopefully!) If you are looking for ideas for a picnic, here's a few... You just can't beat finger sandwiches in the sunshine!



### OLYMPIC GAMES 2024

**26- Aug 11th.** This summer the Olympic Games in Paris for the schedule of events , visit here! <https://olympics.com/en/paris-2024/schedule>

**LOVE PARKS WEEK** Learn all about what you can do in your community to look after our beautiful Parks. Visit here. <https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>

### NATIONAL CHEESECAKE DAY

Celebrate here in style with Baking Mad.com's Baked Cheesecake recipe .It's got a 5 star review! <https://raring2go.co.uk/activities/baked-cheesecake/>

## AUGUST

### SHINE NIGHT WALK 2024

for Cancer Research UK. Various dates in August, Sept & Oct across the UK to get involved, visit here! <https://www.cancerresearchuk.org/get-involved/find-an-event/charity-walks/shine-night-walk>.



### PLAYDAY 2024- 7th.

Playday is the national day for play, traditionally held on the first Wednesday in August. It is the biggest play sector event in the UK, and possibly Europe! As well as a celebration of children's right to play, Playday is a campaign that highlights the importance of play in children's lives. To get involved go to <https://www.playday.org.uk/>



## Spark their curiosity: Unusual hobbies for Primary School kids

While team sports and dance classes are classic after-school activities, some children find their interests lie in unexpected areas.

Nurturing an unusual hobby can help kids develop unique talents and a lifelong love of learning from an early age.

For the creatively inclined, art classes or obscure crafts like calligraphy, woodworking or jewellery-making allow children to get hands-on.

Those with analytical minds may enjoy strategic board games, puzzles or coding clubs that encourage logic and problem-solving skills. Aspiring explorers could join an archaeology group, astronomy club or get stuck into gardening or beekeeping.

Even video gaming, driving simulators or model train building can nurture skills like



spatial awareness and dexterity.

Historic reenactment societies teach appreciation for our heritage. And for adrenaline-seekers, rock climbing or martial arts make exciting hobbies.

The possibilities are endless for channeling a child's inquisitive nature into an enriching passion project. An unusual pursuit provides the perfect opportunity to develop expertise in a niche area from a young age.

More importantly, finding their "thing" boosts confidence and self-expression. With an open mind and some gentle guidance, you may just unearth your child's quirkiest hobby - and watch their interests flourish.

# 10 fun things to do as



## Beach Day:

Spend a day at the beach building sandcastles, playing beach volleyball, swimming, and enjoying a picnic. Don't forget sunscreen and beach toys!



## Water Balloon Fight:

Cool off on a hot summer day with a family water balloon fight in the back garden. It's a fun and refreshing way to stay active and beat the heat.



## Outdoor Movie Night under the Stars:

Set up a projector and screen in the back garden for an outdoor movie night. Bring out blankets, pillows, and snacks for a cosy evening of family entertainment.

## Fruit Picking:

Visit a local orchard or berry farm and pick your own fruits. It's not only a fun outdoor activity but also provides fresh, delicious fruits for snacks or homemade treats.



## Camping in the Back Garden:

Set up a tent, make s'mores, and tell stories around a campfire (if permitted). Camping in the back garden is a great way to introduce younger family members to the camping experience.

# a family this Summer

## Family Bike Ride:

Explore scenic bike trails or ride around your neighbourhood. Summer is an ideal time for a family bike adventure, providing exercise and quality time together.



## Outdoor BBQ and Picnic:

Fire up the grill and have a family barbecue in your back garden or a local park. Pack a picnic with all the summertime favourites like grilled burgers, hot dogs, and fresh salads.

## Kayaking or Canoeing:

If you live near a lake or river, consider renting kayaks or canoes for a family paddling adventure. It's a great way to enjoy nature while staying active.



## Outdoor Sports Day:

Organise a family sports day with activities like football, basketball, or even a mini-Olympics. Divide into teams and compete in a friendly and fun atmosphere.

## Amusement Park:

Spend a day at a local water park or amusement park for thrilling rides, water slides, and family entertainment. It's a surefire way to create lasting summer memories.





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# Unlocking Safety and Confidence

## Why Swimming Lessons are important

When it comes to child development, making sure we prioritise swimming lessons for children under 12 is paramount. Beyond the obvious joy of splashing in the water, acquiring the life skill of swimming matters. In this brief feature we aim to present the key reasons why early swimming education is crucial.

### **Safety First:**

Swimming lessons provide a vital safety net that will equip children with skills that are needed to navigate water safely.

### **Confidence Boost:**

Proficient swimmers exhibit increased confidence, positively impacting their overall self-esteem and social interactions. This confidence will become evident in many areas as your children grow.

### **Lifelong Skills:**

Unlike many childhood activities, swimming is a lifelong skill that endures into adulthood, offering enduring physical and mental health benefits.

### **Physical Fitness:**

Swimming education enhances physical fitness, encouraging strength, endurance and greater flexibility from an early age.

### **Social Integration:**

Group swimming lessons encourage really good social interaction amongst students. It teaches children skills that focus on teamwork and the art of communication.

### **Independence and Responsibility:**

Learning to swim instils a sense of independence and responsibility which are crucial attributes for personal growth even at an early age.

### **Water Confidence:**

Early exposure to swimming lessons helps build water confidence. In turn this will reduce anxiety around water environments whilst encouraging enjoyment.

### **Prevention of Accidents:**

Acquiring swimming skills significantly reduces the risk of water-related accidents and provides an added layer of safety during play or outings.

### **Holistic Development:**

Swimming education contributes to overall holistic development. It encourages physical, cognitive and emotional well-being in children.

### **Preparation for Water Activities:**

Whether it's a family holiday or school outing, swimming lessons prepare children for water based activities and will ensure they are able to participate safely and enthusiastically.

Swimming lessons for children go way beyond skill acquisition; they are a gateway to a safer, more confident and socially adept childhood. Any parent considering enrolling their children in swimming classes are not only investing in their immediate safety but also nurturing a lifelong skill that enhances overall well-being.

# Waterparks across the UK

From north to south wherever you're going on holiday in the UK this Summer, here's the Raring2go! list of top Waterparks & Swim Fun for you and the family to visit...

**Stonehaven Open Air Pool**, Queen Elizabeth Park, The Links, Stonehaven AB39 2RD. Olympic-sized, open-air, seawater swimming pool with water slide and sun loungers.

**The Time Capsule**, Glasgow ML5 1DL- Family friendly waterpark

**Prudhoe Waterworld**, Prudhoe NE42 5DQ- Swimming pool with slides

**Halwhistle Outdoor Swimming Leisure Centre**, Greencroft, Halwhistle NE49 9DP. Warm water outdoor swimming pools.

**Splash Stockton** TS18 1TY- 25m pool, toddler and confidence pool, 2 flumes, wave machine plus cafe and leisure centre on site.

**Waves Leisure Centre**, The Links, Whitley Bay NE26 1TQ - Wave machine and small slide.

**North Yorkshire Water Park**- Long Causeway Rd, Wykeham, Lakes YO13 9QU Outdoors with inflatables, paddleboarding and kayaking.

**Sandcastle Waterpark**, Blackpool FY4 1BB- Water fun including slides, fun pools, a wave machine, lazy river and chutes.

**Barnsley Metrodome**- located in Barnsley S71 1AN, with twisty waterslides, splash pools, pirate themed play zone and driving boards, fun for all the family!

**Alpamare UK**- Burniston Rd, Scarborough YO12 6PH.

**Aqua-Tek at Magna Science Adventure Centre**, Magna, Sheffield Road, Templeborough, Rotherham, S60 1DX.

**Waterworld**, Stoke-on-Trent ST1 5PU- with slides, rides, pools and flumes, fun for all.

**Alton Towers Waterpark** ST10 4DB- with indoor and outdoor water rides.





**Cliff Lakes** Tamworth B78 2DL- Jump, bounce and slide on the outdoor Aqua Park

**The Wave Waterpark**, Coventry CV1 2PS- An indoor waterpark with the largest wave pool in the UK.

**Twin Lakes Outdoor Waterpark** Melton Mowbray LE14 4FF- one of the biggest outdoor waterparks in the country, with slides.

**Aqua Park Rutland**, Oakham LE15 8BL- Inflatable obstacle course on a lake, with thrill slides, free falls & trampolining sessions.

**Box End Park**, Box End Rd, Box End, Bedford MK43 8RQ- Outdoor leisure park with inflatables and wakeboarding, waterski-ing and more.

**Aqua Parcs**, Willen Park Sports Centre Willen Lake, V10 Brickhill St, Milton Keynes MK15 0DS. Outdoor inflatables & slides.

**Southlake Aqua Park**, Saint Neots PE19 6BN- A course of inflatables slides and platforms

**Colchester Leisure World** -Cowdray Ave, Colchester CO1 1YH- indoor pools with obstacles, slides and rapids.

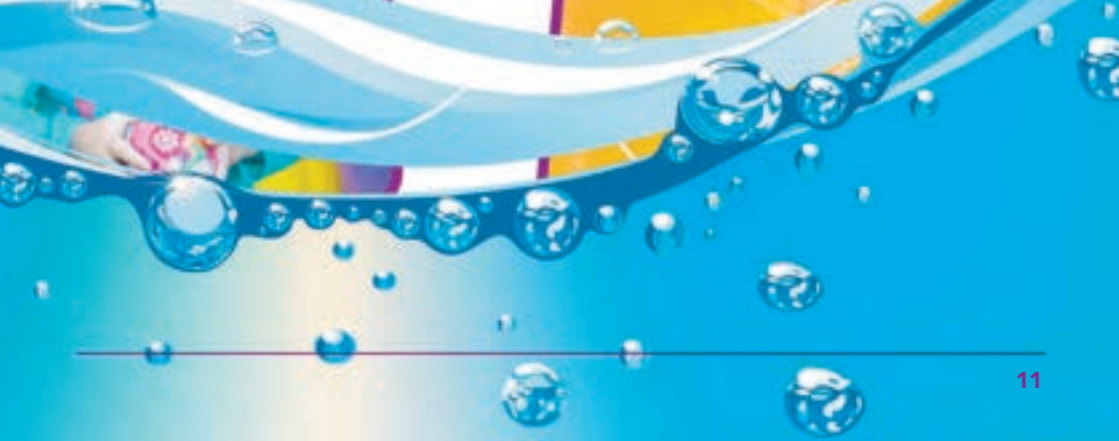
**Thorpe Lakes Aqua Park**, Thorpe Road, Chertsey, Surrey KT16 8PH- An adventure centre with water ski-ing, inflatable slides and obstacles.

**Water Kingdom at Paultons Park** Home of Peppa Pig World, Romsey, New Forest, Hampshire, SO51 6AL

**Splashdown Tower Pk**, Poole BH12 4NY- multiple rides and flumes.

**Splashdown Quaywest**, Paignton (TQ4 6LN) the UK's biggest outdoor waterpark with 8 adrenaline-pumping flume rides overlooking the beach plus a swimming pool and amusement arcade.

**The Milky Way Adventure Park**, Bideford EX39 5RY Outdoor adventure with inflatables.



# Little Explorers: The Real Magic of Back Garden Camping Adventures

Summer is the season of limitless imagination and outdoor play. What better way to ignite the spirit of adventure in children than with a back garden camping experience? Turn your garden into a campsite and watch it become a magical world of discovery, creativity and fun.

## 1. Nature's Playground:

Your garden becomes a huge playground for young adventurers. Encourage them to explore the flora and fauna, identify insects, birds and plants. Whether it's the thrill of discovery or simply observing the busy lives of ants, the garden will become a rich natural wonderland.

## 2. DIY Camping:

Pitching a tent in the back garden is an exciting DIY project for children. Let them take charge of building the tent (with a little supervision) and arranging their sleeping bags. This hands-on activity not only builds practical 'can do' skills but also instills a sense of accomplishment.

## 3. Starry Night Spectacle:

For many children, the night sky is a source of wonder. A back garden camp offers the perfect opportunity for stargazing. Lay out blankets, point out constellations, and share stories about the stars. It's a chance for kids to connect with the vastness of the universe from the comfort of their own outdoor haven.

## 4. Campfire Magic:

No camping adventure is complete without a campfire experience. While a real fire may not always be feasible, simulate the magic with flashlights or battery-operated lanterns. Gather around and share tales, sing songs, or simply enjoy the warmth of your makeshift campfire.

## 5. Sleepover Excitement:

The back garden camping experience doubles as an exciting sleepover. The sweet novelty of

sleeping outdoors, the sounds of nature, and the gentle rustle of leaves create a unique atmosphere that enhances the sense of adventure. It's a perfect opportunity for children to bond with siblings or friends.

## 6. Creative Playtime:

Camping in the back garden unleashes the creative juices. The garden transforms into a canvas for imaginative play, whether it's turning a blanket into a fortress, imagining the bushes are a jungle, or the lawn is a vast desert. This unstructured play nurtures creativity and allows children to invent their own stories.

In a world filled with screens and structured activities, back garden camping provides a refreshing escape into nature's wonders. It's an opportunity for kids to embrace their sense of curiosity, engage in imaginative play and experience the joy of the great outdoors right at home.

So, pitch that tent, let the adventure begin and watch as your little explorers embark on a summer camping escapade that is filled with laughter, discovery, and the magic of childhood.



# HOMECARE'S GOT TALENT



## Are you a homecare worker with a talent and want to share it with the world?

Homecare's Got Talent is a brand new talent competition which is only open to those working in homecare. We are looking for singers, dancers, comedy acts, ventriloquists, drag acts, impressionists, musicians, and even those with performing pets.

This is an extraordinary national platform for extraordinary homecare workers of all talents. Whether you are someone who whistles while you work, or juggles more than just your service users tasks, we're offering you the chance to sing for your supper!

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# The Game Is On: How Sport Scores Big Wins for ADHD Champions



In the whirlwind of childhood, where TikTok reigns supreme and elsewhere attention spans resemble hyperactive squirrels, the world of sports emerges as a superhero cape for kids grappling with ADHD. It's not just about scoring goals; it's about scoring big wins for focus, confidence and self-discipline.

Imagine sports as the ultimate ADHD symphony, conducting a harmonious blend of physical activity that transforms restlessness into raw energy. Football, rugby, basketball, or even a round of energetic tag – these are not mere games; they're strategic missions where kids harness their inner superheroes, battling the formidable villain known as distraction.

The first superhero power that sport gives ADHD champions is the ability to channel their boundless energy into a purposeful pursuit. It's like turning the volume down on the constant ADHD soundtrack and cranking up the rowing motivational anthem of sporting excellence. Suddenly, the football pitch becomes a stage, and every goal scored is a standing ovation for focus and determination.

Team sports particularly, unfold as the ultimate ADHD support group. Picture a basketball team as a league of extraordinary individuals, each with their unique strengths and challenges. The court becomes a canvas where ADHD quirks transform into strategic movement. Passing the ball becomes a lesson in co-operation and

scoring a point is not just about the points on the board but a triumphant victory over distractions.

Beyond the physical prowess, sports offer a sanctuary for developing social skills. Call it a playground where friendships sprout like wild flowers. ADHD children often grapple with the social nuances of the playground, but on the sports field, they discover a language that truly transcends words. High-fives, fist bumps, and celebratory 'goal' dances become the universal dialect of camaraderie.

Self-esteem gets boosted as children witness the tangible fruits of their efforts. The sense of accomplishment that accompanies mastering a new skill or scoring a point is one of the most powerful antidotes to the self-doubt that can plague ADHD minds. It's not just about winning the game; it's about winning the internal battle against the notion that ADHD is a limitation rather than a unique superpower.

In the arena of life, sports emerge as the secret weapon for ADHD champions. From teamwork on the pitch to the boost in self-esteem, the benefits of sports for children with ADHD are nothing short of a gold-medal performance.

So, let the games begin, because when it comes to ADHD and sports, it's not just about playing the game – it's about playing to win in the game of life.

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Half of all plastic produced is for single-use purposes, used for just minutes before being thrown away, but lasting for hundreds of years in our environment. Plastic Free July is a global movement that encourages people all over the world be part of the solution to plastic pollution – so we can have cleaner communities and plastic free seas.

Why not pledge to avoid single-use plastic in July and see how many swaps you can make. Here's some easy ideas...

#### In the kitchen

- Avoid plastic wrapped snacks
- Ditch the clingfilm
- Choose plastic free fruit and veg
- Buy in bulk to save on waste
- Check your tea bags are plastic free

#### When you're out and about

- Remember a reusable water bottle
- Eat ice cream from a cone (not a tub)
- Say no to lids on your drinks
- Say no to plastic cutlery
- Take your litter home with you
- Take your own bag to the shops

#### Helping the environment

- Take part in a beach clean
- Go litter picking
- Embrace secondhand
- Reduce, Reuse, Recycle

#### At home

- Cut down on the sticky tape
- Recycle your old toys
- Reuse old packaging
- Choose a pencil over a pen
- Keep your arts and crafts glitter free
- Choose clothes made from natural fibres
- Recycle your old technology

#### In the bathroom

- Use a bamboo toothbrush
- Switch to soap and shampoo bars
- Ditch the disposable wipes
- Try reusable sanitary products
- Switch to compostable dental floss

#### Having a party?

- Keep your party bags plastic free
- Make your own decorations
- Recycle wrapping for your next party
- Regift unwanted presents

If your little one wants to save the planet, take a look at our eco activity boxes - a TOOL KIT FOR ECO HEROES - use GO15 for 15% discount  
[www.itsourplanettoo.co.uk](http://www.itsourplanettoo.co.uk)

# Nurturing Responsible Riders: Bike Riding Safety on Roads for Children Under 12

Bicycle safety for children under the age of 12 is vital, especially concerning 'bike riding safety on roads'. Ensuring the well-being of young cyclists goes far beyond riding for fun. It is about instilling in them lifelong habits and preventing accidents.

## Helmet Habits:

Emphasise the importance of wearing helmets. Ensure they fit snugly and are worn every time they venture out on their bike.

## Road Awareness:

Teach children to be road-conscious. Look left, right and left again before moving. Being aware of their surrounding will help them stay safe.

## Visibility Matters:

Make sure bicycles have reflectors and bright colours. Being visible to drivers reduces the risk of accidents, especially during low-light conditions.

## Hand Signals:

Educate children on basic signals for turning and stopping. Being clear in their communication will enhance overall road safety for cyclists.

## Supervised Routes:

Encourage riding in supervised areas to begin with before introducing them to low-traffic areas. This will help build confidence in riding in different environments.

## Obey Traffic Rules:

Teach children to stop at lights, follow traffic signs and give way when necessary. Instilling these basic habits ensures responsible road behaviour.

## Two-Wheel Maintenance:

Regularly check and maintain bicycles. Ensure brakes, tyres, and chains are in good condition for a safe and smooth ride.

## Avoid Distractions:

Discourage the use of gadgets while they ride. Distractions can compromise concentration and reaction time, increasing the risk of accidents.

## Buddy System:

Encourage riding with a friend or in groups. The buddy system is easy and enhances overall safety on the roads.

## Emergency Preparedness:

Teach basic emergency procedures such as what to do if they fall or encounter a potential hazard. Being prepared is key when facing unexpected situations.

When we prioritise 'bike riding safety' on the roads for our children under 12 we are laying the foundations for responsible, confident cyclists.

By instilling the basic safety measures from an early age, parents ensure that their young riders can enjoy all of the the benefits of cycling while navigating roads and traffic responsibly and safely.



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BOOK RECOMMENDATIONS FOR FAMILIES

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## Feather

CAN THE TWITCHERS SOLVE A ROBBERY?

By M.G. Leonard

I loved reading this book - the new one from MG Leonard and final in the Twitches series did not disappoint.

It's my favourite book in this bird themed quartet, each book focusing on a different character and set in a different season, with a different bird themed mystery to solve.

Ava can't wait for the school holidays. Just one last day and then she can return to Briddvale and see her friends. As the term comes to an end, Ava and her class head off on a school trip to the Royal Swan Natural History Museum. Whilst there, Ava realises that hundreds of special Bird of Paradise skins have been stolen from the museum's collection. When she finds a black feather, she's sure it must be a clue to the mystery, but the police won't listen to Ava's theory. So along with the rest of the Twitchers, her fellow bird



loving friends, Ava decides to try and solve the mystery herself. Along the way to solving the crime she encounters, amongst other things, a group of fly fishers and a girl with a pet raven called Caliban...but can she solve the crime and bring the skins back to the museum, where they belong.

**Raring2go!** would like to thank **LoveReading4Kids**, for this wonderful review.

**LoveReading4Kids**, the UK's leading children's book recommendation website, is now a bookstore with social purpose, where 25% of the cover price can be donated to a school to buy books. Because books change lives. Buy a Book. Support a School. **Make a Difference.**

Click anywhere on this page to buy this book or visit: [www.lovereading4kids.co.uk](http://www.lovereading4kids.co.uk)



Review by Sophie, aged 9 from Cheltenham



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# Graphic Novels:

a different route to discover the pleasure of reading

Graphic Novels are known to help children develop the skills they need to read and comprehend more challenging books later on. From hilarious capers to nail-biting thrillers and superhero adventures to touching tales, there is something here for everyone.

## Graphic Novels for ages 5 – 7

### PABLO AND SPLASH

**Sheena Dempsey**

Pablo and Splash are two penguins who live in Antarctica. When they tumble into a scientist's lab and accidentally zoom off in her Time Bender machine, they end up in the Cretaceous period! How will Pablo and Splash get back to their lovely icy home?



### AGENT MOOSE

**Mo O'Hara & Jess Bradley**

Meet Anonymoose - the best (worst) secret agent in the Big Forest. Along with Owlfred, his slightly more intelligent sidekick, this giant master of disguise has dedicated himself to solving all of Woodland HQ's mysteries! Can Anonymoose and Owlfred find Terrace the Missing Turtle before Camo steals the title of the Best Secret Agent in the Woods!



### PRESS START! GAME ON, SUPER RABBIT BOY!

**Thomas Flintham**

Press Start! is a series of books aimed at readers who are ready for their first chapter books or those who feel overwhelmed by longer chapter books. 'Game On, Super Rabbit Boy' is set in the game of Super Rabbit Boy Land. Super Rabbit Boy has to save Singing Dog



who has been captured by King Viking. He has to learn from his mistakes as he restarts a level, apply his new knowledge, overcome his fears and go for the win.

## Graphic Novels for ages 8 -11

### FAMOUS FIVE GRAPHIC NOVEL: FIVE ON A TREASURE ISLAND : BOOK 1

**Enid Blyton**

It's Julian, Dick and Anne's first visit to Kirrin to meet their cousin George - never call her Georgina! - and her dog Timmy. Exploring together, they discover the location of some ancient family treasure marked on a hidden map. They must work quickly to find it as others are searching too.



### EL DEAFO

**Cece Bell**

El Deafo is funny and deeply honest. It chronicles the author's hearing loss at a young age and her subsequent experiences with a powerful and very awkward hearing aid called the Phonic Ear. It gives her the ability to hear-sometimes things she shouldn't-but also isolates her from her classmates.



### HILDA AND THE STONE FOREST

**Luke Pearson**

Hilda's mum has grounded her, fed up with Hilda making up stories. But when she persuades her brother to help her slip through a magic portal to see the troll fires up on the hill, Mum accidentally gets sucked through too. Mum and Hilda end up somewhere they didn't expect.



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# Raring2grow!

*Outdoor fun for budding green-fingers*

## Blooms & Laughter in the Summer time

Summer heralds the arrival of a vibrant and colourful garden. Involving children at this time can be educational and entertaining (some even say fun!) So dig in with this simple guide to maintenance jobs and ensure a flourishing and joyous garden for the whole summer.

### Watering Relay Races:

Turn watering into a game by organising relay races. Children love the competition, and your plants will appreciate the consistent hydration.

### Colourful Container Planting:

Engage children in planting colourful flowers or herbs. This adds a splash of colour to the garden while teaching some essential gardening basics.

### Weeding Wonders:

Transform weeding into a fun scavenger hunt by challenging children to find and remove weeds. They'll begin to get the importance of regular garden maintenance this way.

### Butterfly and Bee Spotting:

Encourage children to observe and identify butterflies and bees. Planting pollinator-friendly flowers enhances the garden's educational value.

### Creative Garden Markers:

Craft artistic garden markers with your little ones using things like lolly pop sticks and paint. This adds a personal and bright touch to your garden.



### Harvesting Happiness:

Involve children in harvesting ripe fruits and vegetables. This not only teaches them about food but can also encourage healthy eating habits.

### Summer Scarecrow Challenge:

Create a mini scarecrow as a fun summer project. It adds character to the garden while keeping 'pesky' birds at bay.

### DIY Bird Feeders:

Build a bird feeder and place it in your garden. Then watch the birds arrive and feed. It'll add a new dimension to your garden's charm and fascination.

### Garden Diary Continued:

Encourage children to continue their garden diary during the

summer. This practice develops observational skills and a love for documenting growth.

### Starry Nights in the Garden:

Arrange a stargazing night in the garden. This not only offers a magical experience but also teaches children about the incredible night sky.

Summer maintenance in the garden can be less of a chore and more a fun family affair. By combining education with hands-on fun, you're not only cultivating a thriving garden but also helping to build a lifelong appreciation for the wonders of nature in your little ones. Let laughter and blossoms fill your summer days in the garden!



# 5 FACTS ABOUT TREES



## DIFFERENT PARTS OF A TREE GROW AT DIFFERENT TIMES THROUGHOUT THE YEAR.

Typically, most of the foliage growth happens in the spring, followed by trunk growth in the summer and root growth in Autumn and winter.

## MORE THAN HALF OF ALL TREE SPECIES EXIST IN ONLY ONE COUNTRY.

There are 60,000 tree species in the world. Brazil, Colombia, and Indonesia have the highest totals for native tree species.

## SOME TREES HAVE BEEN TO THE MOON

"Moon trees" were grown from seeds taken to the moon during the Apollo 14 mission in early 1971. NASA and the US Forest Service wanted to see if the moon's orbit caused the seeds to grow differently back on earth. These trees were donated to state forestry services in 1975 and 1976.

## TREES ARE THE LONGEST LIVING ORGANISMS ON EARTH, AND NEVER DIE OF OLD AGE.

California in the USA holds the record for the oldest living trees. Some of California's bristlecone pines and giant sequoias are 4,000-5,000 years old. Methuselah, an estimated 4,852-year-old ancient Bristlecone Pine, is one of the oldest living trees in the world.

## TREES CAN HELP YOU FIND YOUR WAY IF YOU GET LOST IN THE WOODS

Moss will grow on the northern side of the tree trunk, where there is more shade. Also, a tree's rings can help point you in the right direction too. If you're in the northern hemisphere, you can see the rings of the tree grow slightly thicker on the southern side since it receives more light.





# Raring2make!

Recipes to make as a family for the family

## Summertime Naan Bread Pizza

Naan pizza bread is the rebel of the pizza world and will transform the ordinary into an extraordinary culinary escapade. Picture this: a soft canvas of pillowy naan, adorned with a selection of vibrant toppings. It is a whimsical journey where East meets West in a cheesy, saucy dance. The naan, with its soft yet slightly

crispy personality, takes centre stage for a flavour-packed spectacle. From exotic curry infused sauces to a melody of vegetables and the crescendo of melted cheese, each bite is a passport to a world where tradition and brand new collide. Naan pizza bread: breaking the crust and creating a slice of pure joy!

### This is how you do it!

**1. MIX** Mix the flour, yeast, sugar and salt in a big bowl. Using your fingertips, rub in the butter until only fine 'crumbs' are left. Mix in the water with a knife. **2. KNEAD** Tip onto a lightly floured surface and knead for 10 minutes (or use the dough hook attachment on your mixer) **3. RISE** Lightly grease a mixing bowl with some oil and place the dough in the bowl. Cover with a clean tea towel and leave to rise until it has doubled in size – this should take about 1 hour depending on how warm your kitchen is. **4. SHAPE** Heat the grill to medium with a large baking sheet on the top shelf. Knead 2 tsp of the Nigella seeds into the dough and then divide into 6 even pieces (use a weighing scale if you like) and roll into balls. Roll each ball into a thin tear drop shape on a flour dusted surface. Scatter over the remaining seeds and gently roll again to stick them. **5. BAKE** In batches, carefully lift the naans onto the preheated baking sheet. Grill for 2-3 minutes, turning over halfway until lightly browned, then remove from the oven and top with your topping of choice. **This makes 6 portions, 1hr 15 mins preparation and 3 minutes cooking time. You will also need a Mixing Bowl, Tea Towel and a Grill!**



### Ingredients

500g Allinson Very Strong White Bread Flour  
 1½ tsp Billington's Unrefined Golden Caster Sugar  
 1 tbsp Butter  
 7g Allinson Easy Bake Yeast  
 1½ tsp Salt  
 300ml Warm Water  
 4 tsp Nigella Seeds  
 2 tbsp Melted Butter



# WORDSEARCH

Can you find all the types of tree below in the wordsearch?

# TREES

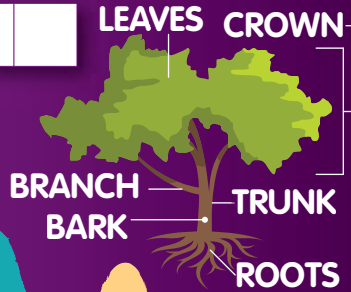
- POPLAR
- BIRCH
- PALM
- SPRUCE
- ELM
- PINE
- FIR
- OAK
- CEDAR
- WILLOW

W	I	L	L	O	W	N	V	O	Y
S	S	T	R	U	A	E	I	O	X
P	D	D	D	B	E	K	L	J	T
R	K	B	I	R	C	H	Q	M	C
U	U	P	M	A	Y	H	G	U	R
C	V	O	U	H	C	P	E	Y	T
E	R	P	B	P	B	E	I	A	I
S	G	L	Y	G	A	L	D	N	A
C	Y	A	M	G	N	L	A	A	E
Y	M	R	F	I	R	Z	M	T	R



## PARTS OF A TREE CROSSWORD

Use the words below to complete the crossword





# Sew what? Learning to sew...

Dive into the therapeutic world of sewing and discover how this timeless craft brings creativity, satisfaction and a sense of calm to both beginners and seasoned stitchers alike. You're never too young to learn how to sew on a button!

In the grand scheme of things, there's one life skill that stands out like a dazzling sequin on a little black dress – sewing! And why, you may ask, is this skill so important? Well, gather round my fellow fabric enthusiasts, as we unravel and unveil the delightful reasons why learning to sew from a young age is as vital as knowing the lyrics to your favourite song.

First off, let's talk about practicality. Picture this: you're halfway through your morning cereal, ready to conquer the day ahead when all of a sudden disaster strikes. A button which had previously been hanging on by a literal thread decides it's time to fall off your shirt! But fear not, because armed with basic trusty sewing

skills, you can whip out your needle and stitch that button back on faster than you can say 'my button has fallen off'.

But it's not just about saving the day – oh no! Learning to sew opens up a world of creative possibilities. Want a one-of-a-kind Halloween costume that'll have everyone green with envy? Sew it! Need to add a personal touch to a gift that says, 'I care enough to have spent hours meticulously crafting this masterpiece'. Sew it!

The only limit is your imagination (and maybe your supply of needles and thread). So let's start by learning how to sew on a button.

## We're going to show you how to sew on a button. Are you ready?

**Step 1:** Double thread the needle and tie a knot at the end of the thread



**Step 2:** Insert the needle through the button and bring down to the fabric



**Step 3:** Go through the second hole (on right) and then stitch through cloth



**Step 4:** Next go to the upper left hole and then to upper right hole, going through the cloth at each step. Keep your stitches loose



**Step 6:** Finish off by stitching through the stem three times and cut threads off close to the stem



**Step 5:** When done, wind the thread around the base six times



# WHAT'S ON

# SUMMER

A collection of summer-themed illustrations including a bright yellow sun, a pink and white beach ball, a red and white lifebuoy, a pair of blue sunglasses, a slice of watermelon, two yellow starfish, and a pink seashell.

From ideas for fun family time together  
to some great awareness days.

**CLICK HERE** to find a selection of ideas that are happening  
all in your area and across the country this summer.

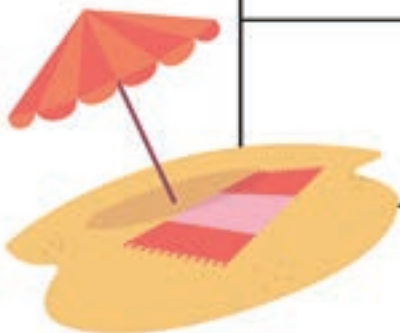


[www.raring2go.co.uk/whats-on](http://www.raring2go.co.uk/whats-on)



# SUMMER HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY





# WEDNESDAY PLANNER



WEDNESDAY	FRIDAY	SATURDAY	SUNDAY



[Click Here to download](#)



# Could you be the next Raring2go! Editor?

## Local Franchises Available!

Have you ever dreamed of taking control of your working life to fit around your family? We're looking for a special person to join our network by purchasing either a new, or existing, magazine franchise area.



Here's what one of our franchisees says about Raring2go!

### **You really can have a rewarding career and bring up your family!**

I decide my working hours. Raring2go! has allowed me the flexibility to do the school run, attend sports days, and take time off in the school holidays.

My family & I have been privileged to try so many new activities and days out. We've reviewed after hours events at Marwell Zoo and attended opening events at Paultons Park.

Most of all, I love working with some fantastic local businesses and amazing organisations. Sometimes, as I'm sat chatting with them over a hot chocolate, I can't believe how lucky I am that this is part of my job!

### **Being a Raring2go! Editor**

The role of Editor is very varied, with everything from researching local what's on info, social media, design, distribution and sales. Support is ALWAYS available from the Raring2go! Franchise. No previous experience is necessary although an interest in the local area is helpful.

Please note that a financial investment is required to get started. But, if you're passionate about local families having fun and you're eager to be your own boss, we'd love to talk to you.

Don't miss out on this rewarding career and family friendly lifestyle. Ask for more details by calling **01273 447101** or by email to [info@raring2go.co.uk](mailto:info@raring2go.co.uk)

# Family Festivals across the country **this Summer**

## **CHAGSTOCK FESTIVAL, WHIDDON DOWN, DEVON.**

**21-22 July 2024** Just the ticket for first-time festival-goers and the budget-conscious, tent camping is free as is admission for children under the age of 12. Chagstock also offers concessions for families with children over 12. Not to mention the free, glorious views over the northern edge of Dartmoor. Child-friendly events and entertainment such as face painting and hat making.

## **DEER SHED FESTIVAL, TOPCLIFFE, NORTH YORKSHIRE.**

**26 to 29 July 2024** Science is cool. That's why, along with plenty of live music and comedy, Deer Shed Festival has heaps of kid-friendly activities and events, dedicated to everything from robots to forensics. Once you've had your fill of science experiments, head to the music stages to dance along to The Coral, Bombay Bicycle Club and CMAT.

## **CAMP BESTIVAL, LULWORTH CASTLE, DORSET.**

**25 to 28 July 2024** A family favourite set in the historical surroundings of Lulworth Castle where kids are king, fun and games is the staple theme and the Jurassic Coast is just on your doorstep. Elsewhere in the West Midlands, there is more fun to be had as Camp Bestival bring the party (plus Fatboy Slim) to Weston Park.

## **JUST SO FESTIVAL, RODE HEATH, CHESHIRE.**

**16-19 August 2024** Just So puts

on an enchanting show for babies and grown-ups alike, with feeding, changing and bath tents for babes, a secret, enchanted fairy city for curious young explorers, arty events for creative kids and yoga and massages for parents in need of TLC...

## **STANDON CALLING FESTIVAL, STANDON, HERTFORDSHIRE.**

**25 to 28 July 2024.** One for the cool kids, Standon Calling has a whole area dedicated to entertaining the younger set during the daytime, right at the heart of the festival. As an added bonus, the festival offers on-site baby sitting in the evenings.

## **SHAMBALA FESTIVAL, MARKET HARBOROUGH.**

**22 to 25 August 2024** Puppet cabaret, storytelling, thought-provoking workshops and plenty of live music are just a few of the things you'll experience with the kids at this chilled-out eco-festival. With crazy bikes, trampolines, hula hooping, break dancing and bubbles of the Playtopia Kids' Field.

## **THE BIG FEASTIVAL, KINGHAM, OXFORDSHIRE**

**JUSTINE TRICKETT. 23 to 25 August 2024** A-list chefs rub shoulders with famous musicians at this tummy-tempting family-friendly 'feastival'. It's curated by the Jamie Oliver Foundation and takes place on the farm of Blur bassist, Alex James.

## **GONE WILD FESTIVAL, HOLKHAM HALL, NORFOLK.**

**8 to 11 August 2024**

Rediscover your sense of adventure with this family festival celebrating the great outdoors. Get a workout in with Mr Motivator, learn survival skills like shelter building and fire lighting, get out onto the water on a kayak or stand-up paddleboard and dance the afternoon away with your little rascals at the silent disco. And make sure to carve out some time to see live performances from Sam Ryder, Example, Mc Fly and much more. The number one adventurer himself, Bear Grylls, alongside leading explorers like Sir Ranulph Fiennes and Laura Bingham.

## **DEVA FEST, MALPAS, CHESHIRE.**

**8 to 11 August 2024** A music festival that's also a circus and fairground, complete with a big top for the headline acts. A three-day music bash takes place at Cholmondley (pronounced "Chumley") Castle for 2024, includes British soul singer Rebecca Ferguson, Ocean Colour Scene and The Human League. And what's more, the kids won't be asking you for money for the fairground rides every 10 minutes, as the rides are all free to use (height restrictions apply)! A host of family activities from Kids Kingdom, on-site watersports, circus shows and parades at no extra cost.

**We hope you have lots of festival fun this Summer!**



# Will you help a child from falling further behind at school?

With rising costs, everyone is feeling the pinch. But for those on low income the last year has been like no other.

**“My worry is that with the cost of everything going up I'm struggling to provide proper food for my kids and come winter will have to pick heating or food”**

As a result school absenteeism is on the rise. The costs associated with going to school are becoming a 'luxury' some families simply don't feel they can afford.

That's where Buttle UK comes in. We pay for things for that parents and carers cannot otherwise afford, but help children stay in education. Like school uniform, a laptop to do homework, or even something as basic as a bed for a child to get a proper night's sleep so they can concentrate better in the classroom.

**Just £25 will make a huge difference in paying for these things and means another vulnerable child will stay engaged with their education.**

**To make a donation or find out more visit:  
[buttleuk.org/raring2go](http://buttleuk.org/raring2go)**

Registered Charity No. 313007 / Scotland – SC037997

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CHILDREN**  
BUTTLEUK