

MAGAZINE & WEBSITE

THE GO-TO GUIDE FOR YOU AND YOUR CHILD

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SUMMER 2020



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Raring2go! Bristol

E: bristol@raring2go.co.uk

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Welcome to the Bristol Digital Summer Edition!

Summer is officially here, I know the last few months have been challenging for us all, however it has brought out the best in people. We have learned to be creative with all aspects of our lives by becoming surrogate teachers and working from home whilst still being parents or carers! I know for my family the challenge has been a tough one but looking back I think we have all done great!, however I now believe we are coming out the other side. Our favourite attractions and shops are slowly re-opening, life feels like it is getting back to some sort of normality. School holidays are looming so hopefully the sunshine will stick around and you will be able to enjoy your time. In this edition we have lots to keep you all busy and entertained so I hope you enjoy reading it. And all being well our bumper printed magazines will be back in the Autumn.

Take care and Stay Alert.

Rachel



Ra-

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Our lovely Bristol attractions are slowly starting to reopen, although they may have slightly different booking procedures or opening times, here are some of our fa-







Wildplace are Open!!

Loads to see and do here, one of my family's favourites, such a lovely space all open and loads of animals to see and learn about . Our favourites are definitely the giraffes. Few changes as below but click on the little mouse and it will take you to their website.

All bookings are to be made online,

A timed ticketing system is in place

Your timed ticket is your arrival time, but you are free to stay on site all day.



Avon Valley have adapted and are offering some new adventures that look great!

Mini Safari

Buckle up adventurers!

It's time to discover a fun-filled adventure from the comfort of your own car.

The Avon Valley Mini Safari will allow you to drive through the park and see our animals including quest favourites like Jules & Merlin!



Summer-Camp-Site

NEW! Only for Summer 2020—Avon Valley Summer Camp Site

Don't miss this once in a lifetime opportunity to camp inside one of the South West's best attraction! During every weekend stay you will have the option to have a roaring time 'Camping with Dinosaurs!' Visit Troy the Trex, Vivien the Verlocorapter and Tamika the Triceratops in their pens. Watch out as they tend to get out and wander around the park too!





Noahs Art Zoo Farm Now Open!

Fantastic place to go for a day out, their selection of animals are amazing from farm animals to elephants, rhinos and many many more. A few pointers below on what to do now

What measures have been put in place to ensure visitor Safety?

Increased hand washing facilities on site and brought in additional toilets as well as adding antibacterial gel stations around the

Do I need to pre-book?

Yes all tickets need to be pre-purchased online, tickets are available in timed entry slots and may be sold out so it is advisable to purchase a few days before.

Where can I eat?





Local Parks and Picnic Spots

I love going on a picnic with my friends and family and at the moment it is a great option for being safe out side getting some much needed fresh air ! We have some fantastic places to go in Bristol, as long as the weather is kind! Plus as playparks are all starting to open again even better for some fresh air and exercise!

No need to re-book just pack your favourite treats and a blanket and off you go! Some great ideas for picnic food here <u>https://</u> www.bbcgoodfood.com/recipes/ collection/picnic

Click on the little mouse and have a look for one that suits your family .







Which one are you?



Explore the possibilities

For the best savings on your Eurocamp holiday visit: raring2go.co.uk/eurocamp

raring2go.co.uk

Raring2go! FESTIVAL AT HOME

Festival at Home

While many festivals may have been postponed or cancelled, 2020 is proving to be the year of inventive creativity - so why not embrace the summer season and hold your very own festival at home?

From choosing (or even making) your own music, decorations, food, costumes and activities to keep everyone in the festival spirit, let your imagination run free and enjoy yourselves!

You and your children will find planning and preparing for your festival can be just as much fun as the event itself, so fish out the fairy lights, jam jars and face paints, and get preparing. From making wrist bands to bunting, this is something everyone can get involved in while costing very little, and can help with decluttering your home too!

Just click here for the full details



Well, so are tens of thousands of local **Mums** and **Dads** every guarter...

THIS?

ARE YOU READING

be sure to feature **your** business with Raring2go!





Summer reading challenge

SILLY S

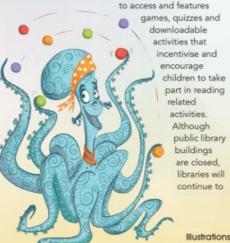
READING

The Digital Summer Reading Challenge

This year, the Summer Reading Challenge's Silly Squad will celebrate funny books, happiness and laughter. Children taking part in the Challenge will join the Silly Squad, an adventurous team of animals who love to have a laugh and get stuck into all sorts of funny books!

With the disruption caused by Covid-19 and the impact of social distancing on schools and public libraries, the 2020 Challenge will launch in a new digital format designed to keep children engaged and interested in reading. It will support parents and carers with children already at home, offer schools exciting ways to animate remote learning, and provide great content for those back in the classroom. Many wonderful partners are supporting the Challenge this year to help us reach even more children than ever. The Challenge will run until mid-September.

The Summer Reading Challenge website is free



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sillysquad.org.uk

deliver the Challenge through virtual services and e-lending platforms.

Jacqueline Wilson, author and supporter of the Summer Reading Challenge says: "I feel the Summer Reading Challenge is extra important this year! How sensible to have a Silly theme. We've all had to deal with serious and scary issues, so it's time for a bit of fun. There are so many comical and crazy children's books to cheer us all up. Let's get reading and get happy!"

The Summer Reading Challenge will run until September with a virtual Let's Get Silly programme running from the Summer Reading Challenge's Facebook page. The launch will feature special super silly readings, family activities and draw-alongs from guest celebrities and authors. Over the summer, libraries will continue to run the Challenge in partnership with The Reading Agency, delivering it via virtual services and e-lending platforms, and adapting their delivery if social distancing measures develop and change.

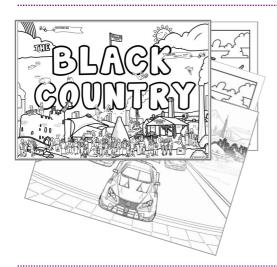
The full schedule of virtual events includes:

- Readings and jokes from well known authors
- Silly Time with the BBC's Katie Thistleton and Hacker T Dog.
- Draw-a-Longs with illustrators Laura Ellen Anderson and Rob Biddulph.
- Magic Tricks and Mind-Bending Maths with Mr Bates from The Shed School.
- Crafts, colour and creativity with the original queen of colouring, Johanna Basford.
- 'Let's Get Silly!' theme song by Harry Baker and Chris Read.



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Get your crayons out! **Colouring Sheets and Creative Ideas**



COLOURING-IN can be quite therapeutic, can't it! We've all enjoyed making rainbows for our windows, then came the Easter eggs, but if your family still have the colouring bug, then have a look at all the different colouring sheets on the KIDS ZONE section of the Raring2go! website. Download your favourites and start colouring! Click here.



Super Science

For children curious about science. explore how crystals are made by making some edible sugar crystal sticks! This activity takes a few days to complete so is perfect for an at-home science experiment!



Fun in the Kitchen

If baking is something your children enjoy, then we have all sorts of recipes for families on the Raring2go! website. If you'd like to send us your favourite recipes, or photos of what you've made recently, we'd love to hear from you. Click here for recipes.







SLIME RECIPES!

With slime being one of the current trends, here at Raring2go! HQ we thought we would share some of our favourite recipes with you.



Simple Slime 1

The easiest slime to make only uses 2 ingredients (you can add extras to make the slime more special) You will need:

Cornflour

• Water

You can use glitter, food colouring and extract flavourings if you wish How to make it:

Start with 2 parts cornflour and 1 part water, mix and add more of one or the other to change the consistency until you are happy with it. That's it - I told you it was simple! If you want to add colour or glitter now is the time.

Simple Slime 2

What you will need:

- PVA Glue
- Cornflour
 How to make it:

Simple - mix the 2 ingredients together!

Glitter Slime

Beautiful, <mark>sparkly slim</mark>e! You wil<mark>l need:</mark>

- 3/4 cup Liquid starch (find it in the laundry aisle)
- 1/2 cup Glitter Glue
- 1/2 cup Water

How to make it: Mix the glue and glitter glue together. Pour in the liquid starch in and mix. Use your hands to mix, and then knead it for a few minutes until it is no longer sticky.

Edible Slime

You will need:

- 3 sachets Fybogel
- Water

How to make it: Mix together, heat in a saucepan. Once it thickens pour into a dish and pop in the fridge to cool.

No Cook Slime

You will need:

- 1 Cup PVA Glue
- 1 tsp Bicarbonate of soda
- Contact lens solution the ingredients must include boric

acid for it to work. 1/2 Cup Shaving foam How to make it: Mix the glue, bicarbonate of soda and shaving foam together. Add food colouring if you want to. Add the contact lens solution drop by drop mixing continuously, until it is the consistency you want. Tip out and knead well. If it is too sticky add more contact lens solution. Adding extra shaving foam now will make the slime fluffier!

Adult Supervision Required - Borax Slime

You will need:

Borax (which is the activator, but is a chemical - don't let it come into contact with skin!) buy on Ebay!

• PVA glue a cup full - Tesco seems to be the best place to buy 600ml for £3.50

• Shaving foam (if you want the slime to be fluffy) Tesco value 50p a can! A cup of water

How to make it:

Start off with pouring the cup of glue into a bowl. Then cover the top of the glue with a layer of shaving foam or 3 seconds worth of squirting. Add 1 teaspoon of the borax in to the cup of water and stir until dissolved, then add a couple of spoons at a time of the borax water solution to the glue and shaving foam mixture, stirring with a spoon or with your hands. You can then add colour to the slime with either paint or food colouring!

Face Mask Slime

You will need:

• Peel off face masks (needs to show polyvinyl alcohol in the ingredients) - you may need 5 or 6 of these to make a good amount of slime!

• borax

cup of water

How to make:

Mix all of the face masks together in a bowl. Add 1 teaspoon of the borax in to the cup of water and stir until dissolved. Add a couple of spoons at a time of the borax water solution into the bowl and mix in with either a spoon or your hands.





Let's go outside Fun in the Garden



How about taking this time to grow your own tomatoes with your children? <u>Click here for more infor-</u><u>mation.</u>



Learn how to make a garden bird feeder using recycled materials. Laura is the founder of Wellie Tots, a brand new pre-school class focusing nature and everything outdoors. She shares some great ideas <u>HERE.</u>



Hold your own Olympics at home with our handy ideas online

Mini Garden Adventures Al Fresco Fun

The long school holidays can be exhausting and expensive, so if you are lucky enough to have a garden or outdoor space, plan to make the most of it this summer.

With lots of families' holiday plans cancelled, some venues closed and restricted numbers for those that are open, staying home and enjoying some alfresco family fun is a good option.

Football, skipping and frisbees will only keep children entertained for so long so we have some alternative ideas to get the children outdoors and be creative.



Our Sunderland Editor Vicky has come up with a wonderful list of 16 amazing adventures to plan in your back garden this summer!

Everything from a time capsule to den building or how about a bug hunt or obstacle course?

Check out all the ideas in our online feature.

CLICK HERE



Raring2go! reader, Anna-Marie, and her family decided to hold their own Sports Day at home:

"Pre lockdown I had booked a day off for my youngest child's sport day at school. When lockdown was announced I decided to not let him and his big sister miss out on the fun so decided to hold our own day."

Garden Sports Day Reader Idea

"I started with designing a banner to commemorate the event. I used coloured triangles to create a rainbow plus letters to spell out sports day 2020 and then laminated these so that they will last. Hole punched them and tied ribbon through them.

I then improvised the school sports to fit in with the size of my garden. I used a super hero theme to the day."

Inspired to plan your own sports day ? Read more online...







Would you like to:

- Work from home with hours to suit your family needs
- Own your own business with the support of the Raring2go! HQ
- Become a key part of your local community by being the go-to guide for parents and children aged 0-11 years

If so we could be for you...

Raring2go! is a family friendly franchise business that's offers all of the above along with full training & support from the Head Office team.

Are you:

- A good relationship builder
- Self motivated but also able to work in a team
- Passionate about your local community

Click the link for a short clip of one of our franchisees talking about her journey with Raring2go!



Areas that are available not far from here...

Andover Bath Cheltenham Gloucester Plymouth Portsmouth Poole Salisbury Swindon Southampton

Sales experience can be an advantage, but isn't necessary, so if you feel you want to hear much more about our business opportunity, call us now on **01273 447101**, or email **franchise@raring2go.co.uk**.



R = Rate of infection

CORONAVIRUS STAY ALERT TO KEEP R DOWN

 Keep your distance if you go out (2 metres apart where possible)

- ⊘ Limit contact with other people
 - ✓ Wash your hands regularly

STAY ALERT CONTROL THE VIRUS SAVE LIVES





What's so great about the great outdoors? Well at the moment it's the only place where we can meet our friends so that's a big plus! And

the health benefits are super important to!

As well as the obvious appeals - the fresh air, breathtaking scenery, and the company of other members of the animal kingdom - it's the wonderful puzzles and exciting challenges of outdoor living. All people, particularly the young ones, enjoy puzzles and challenges, and life out of doors presents them at every turn. From the simple and almost intuitive conundrums, like tackling an overgrowth of undergrowth and an obstacle course of fallen trees and

puddles, to the character building feats of lighting fires with wet firewood. Click here for some ideas of things you can do outdoors.





Anxiety

With everything changing so much at the moment it is important to keep an eye on how are children are coping

With recent data from the NSPCC's Childline service showing that even children as young as 4 years old are displaying signs of panic attacks, anxiety and depression, it's becoming even more important for today's parents to equip themselves with 'first aid' skills that will support their child's emo-

tional wellbeing. The world can feel like a scary place for young children as they encounter new experiences almost on a daily basis. Click for more infomration



4 TOP TIPS TO PLAN YOUR UK STAYCATION

We didn't plan for this summer, but now we have it how best can we make the most of it? If you're looking to holiday in the UK here are a few tips to get the best out of your break...

Plan Ahead...

...there are lots of things to consider

before you book. Write a list of what's most important to everyone which will help prevent disappointment. Will there be WIFI available? Where is the nearest supermarket? What will you do when you're there?

If you're **using your car**, make sure that you check it over in plenty of time before your big trip - nothing worse than spending the first day of your holiday on the hardshoulder! If you need a hand with this lots of local garages will offer a mini-service to check your vehicle before you take a trip. If you're **travelling quite a distance** consider breaking the trip with an overnight stay part way, or if you have young children perhaps set off during the night so they can sleep for part of the journey and get there quicker!

Pre-Booking?

Think

about what can you do ahead of time to **take the pressure off.** If you're **self-catering** why don't you organise a grocery click & collect or delivery? When you're looking at activities for when you're there. Bear in mind due to the current situation most activities and attractions are insisting on pre-booking and restricting walk-in visitors. It may be an idea to plan a rough itinerary and map out when you will go where to avoid disappointment.

Packing!

Have a

good think about **what you don't** need first, that will help you to work out what you really do need. If you think it's going to be a squish getting everything in the car consider using vacuum seal bags for clothes as they'll take up less room. Consider whether the same could be used for bedding and towels if you need those too! Do your research as to what facilities you have got at your destination and take as much as you need with you as you can . you don't want to have to buy it when you arrive! I've been known to take my slow cooker on a self catering holiday as it's so much easier than "proper cooking".

The Journey...

First thing's first, make sure you have **planned your route** in advance and have an idea of possible locations to break your journey up. Remember you don't always have to stop at a "service station" - do your homework and you may find that there is a park or café off the motorway which will give the children time to burn off some energy.

off some energy. Make sure you have a selection of quick games to play (ones without anything required like i-spy are the best) and use those to break up what is otherwise

a boring time for little ones.

With careful planning you can have a brilliant UK family break; we have so much to see and do on our doorstep just waiting to be explored.

Raring2go! is all over the UK – find your local edition HERE and use it to plan your UK break this summer.

Raring2go!





Over the past few months we cannot forget how amazing some of our local iconic places have been to keep us entertained es-

pecially with little ones at home. <u>Bristol Libraries</u> are keeping their services online until they can fully open, click on the links above to see some of the great things they are doing from online stories to lego clubs.





GET INVOLV ED!

At Raring2go! We also want you to get involved, we are always looking for Roving Reporters, if you have had a great day out, brilliant birthday party or tried a cool new class then why not write a little report and sent it to me? You will need permission from a parent or guardian. Send to me on bristol@raring 2go.co.uk.

Have a look at a great one from a visit to Noahs Ark Zoo Farm below.





Raring2go! PLACES TO GO

Re-discover the Great Outdoors with Treasure Trails

Step outside and re-discover a world of fun and adventure with Treasure Trails this summer.



Solve the clues and uncover the secrets with one of more than 1,200 self-guided adventure trails across the UK.

With themes including Treasure Hunts, Spy Missions and Murder Mysteries, Treasure Trails provide the perfect solution to responsible, social distancing entertainment.

"Our ethos at Treasure Trails has always been to encourage people to ditch the screens and explore the wonderful places on their doorstep," said Aaron Hutchens, General Manager Treasure Trails.

"A Treasure Trail is a fun and challenging joint activity with the benefit of discovering something completely new about a destination – even if it's on your own doorstep." Lasting around two hours, each trail has its own specific theme and makes use of well-known local landmarks, signs, statues, monuments, images, engravings or any other unique or eyecatching features to create an exciting adventure.

Treasure Trail booklets cost £9.99 (plus P&P if required), are suitable for up to five people and designed to appeal to all ages. Trails are also available to buy online and download to print at home.

To read our Raring2go! reviews of local Treasure Trails click here:

Raring2go! Review

We chose the Bristol Harbourside Treasure Hunt Trail, as you can imagine the kids were already excited by the name, read my full review here...





Treasure Trails

The fun way to explore

raring2go.co.uk



The Raring2go! Guide to Home

There are an awful lot of suggestions and resources for home schooling and keeping the kids busy and entertained at home coming at us from all directions at the moment so we thought it might be useful to try and put them all together in one place for you.





Literacy and English:

If your children are studying Shakespeare, you will find lots of resources for older children in the learning zone of the RSC's website or Shakespeare Birthplace Trust has Shakespeare inspired resources covering all areas of the curriculum up to year 9.

Children can enjoy a new audio book every day at 11:00 with The World of David Walliams.

Science:

Key Stage 2 and 3 kids can join STEMtastic's experiments and continue their learning journey. If you are looking for something more project based, learn all about the plants and animals that live in tropical rainforest habitats and the lifecycle of the butterfly

with Stratford Butterfly Farm. Or. Dudley Canal and Tunnel Trust has lots of digital resources including experiments, geology and exploration of the waterways.







These ideas are just a taster. There are lots more in our online feature. Take a look now to find what you need for today's lessons!







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Raring2go! HOME SCHOOLING

Learning

History & Geography:

Birmingham Museum and Art Gallery has a great interactive kid's area on their website where you can make some exciting discoveries from Ancient Egypt through to the Second World War and **Warwick Castle** has lots of activities to explain the castle's 1,000 year history aimed at children from preschool right up to Key Stage 3. You could take a tour of the **Heights of Abraham** which is full of geography and history facts for all ages.







Maths:

If maths isn't your thing there are lots of places you can get help for your children. **Tutor in a Box** is offering online lessons for years 3 – 11, **Explore Learning** has weekly live lessons on Facebook with Bobby Seagull and Aspire Sports have launched **Mighty Maths** to keep the kids learning and active at home.



Click here for our full list of resources





For year 6s in September 2020, moving up to secondary school is going to look very different. Not only will they need to cope with leaving their old school in a different way - with most of the social occasions not being held - and not saying goodbye to friends in the same way as previous years, but they'll also be joining their chosen secondary school under very different, sometimes difficult, constantly -changing circumstances.

However complicated the new joining circumstances might be, there are a number of things you can do as parents and carers to help your young adults transition to their new school.

Keep calm, you need them to know you've got their back. If you're anxious, try not to show it, as if you're worried, they will be too. Why not send them a virtual message to their phones on the first day, that they can look at when they're allowed to.

Look at any virtual tours and interactive

maps. Lots of schools are sending virtual messages from teachers, taking Q&As from transitioning year 6s to current year 7s and releasing virtual tours and interactive maps in

place of open days, to make new pupils feel at ease.



Raring2go! BACK TO SCHOOL

Check current school policies. Are social distancing, mask wearing and hand sanitiser a requirement? Make sure your child knows what to expect. Be aware that the uniform and mobile phone policies may be different under COVID-19 regulations.

Getting there. If your child is due to take public transport, what are the regulations there? Check with the school and/or bus companies and your council's websites for up-to-date information.



Get prepared. Don't forget that your child

will have a lot of common questions, not related to COVID-19: Who do I go to when I'm upset or ill? Where is the canteen? Where can I have my break? Where are the toilets? If your school has prepared a virtual tour, watch through it with your child to answer these questions.

Do your homework. Your school will likely send you a lot of information during the Summer holidays. Make sure you read through all of it, so you can answer any questions your child may have.

Get some sleep. It's very important that you maintain routine at home – young people still need lots of sleep, so make sure their bedtime hours/routine are sorted at least the week before school starts.

Try not to worry. You're doing really well! If you get prepared with all the information, you'll be able to handle anything the transition raises.

Written By

Alice Johnson

Alice is Editor of Raring2go! magazine for Burton and Ashby in the Midlands. She is a former journalist and freelance writer and has two young daughters.

Raring2go! RECIPIES





SCONES

I wanted to do some baking for this Raring2go! recipe and was wondering what was easy and I could do for you guys to try at home with the kids. In my mind there was only one thing that stood out above the rest, Scones.

Scones are so easy to make and such a nice thing to have on a summer's afternoon with clotted cream and jam.



INGREDIENTS

- 500g plain flour
- 30g baking powder
- 90g caster sugar
- 1tsp salt
- 80g cubed butter
- 2 large eggs, beaten
- 150ml buttermilk (or regular milk with 1/2 lemon juiced in)

Makes 15-18 portions 🗰 Suitable

Suitable for freezing

Preparation 20 minutes + 3 hour chill time

METHOD

- Mix all the dry ingredients in a large bowl and rub the butter in until breadcrumb consistency.
- Make a well in the centre and mix in the beaten eggs.
- 3 Add the buttermilk and bring together into a dough, then transfer onto a floured countertop.
- 4 Knead the dough for a few minutes but be wary not to knead to much
- 5 Wrap in the dough in cling film and chill in the fridge for about 3 hours.

- 6 Flour the countertop again and roll the dough to about 1 inch thick and then use a cutter and cut circles out.
- 7 Place the circles onto a baking paper lined tray, egg wash with beaten egg.
- 8 Bake at 150 conventional, 140 degrees fan, Gas Mk2 for approx. 18 minutes.
- 9 The scones should be a little pale but with a nice golden brown top.
- 10 Serve with clotted cream and strawberry or raspberry jam. The order which you put them on is up to you!

Having worked at Michelin star restaurants in Birmingham, Carter's of Moseley and Purnells, along with a few other restaurants giving me the broad knowledge I needed to complete my RACA course.I'm glad to say this year, 2020, I passed my apprenticeship and the associated NVQs.

Going forward, I am broadening my knowledge even more and I've moved into the front of house/waitressing side of hospitality. I am now Chef de Rang at Cheals of Henley restaurant in Henley-in-Arden, in charge of front of house staff as well as front of house responsibilities. This change of direction gives me a more rounded knowledge of the restaurant business. I'm also taking the opportunity to study for my wine qualifications. Katie Cooper - RACA



Raring2go! PUZZLES

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SUMMER FUN Can you name all of these landmarks? When you have finished, look for their names in

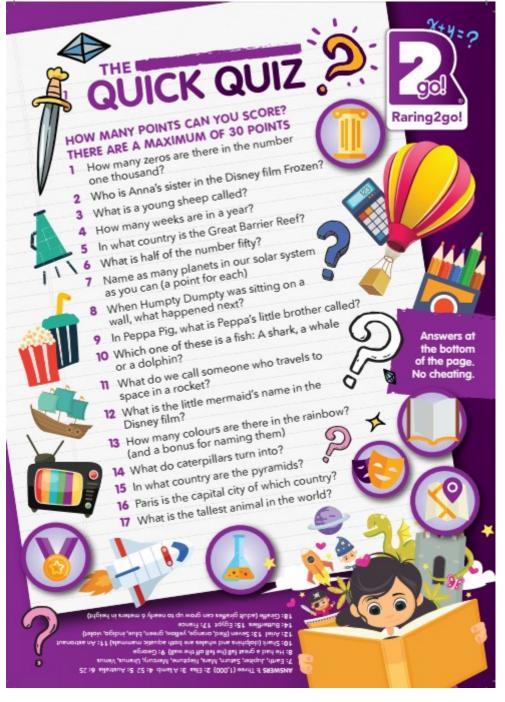
the wordsearch below.

MUEMNIBMWSNDSC FUBHTNUFNTRYAT JWEMVAOVYAPJTS YCPSGDMCCTROUD KKDGSQFQKUWRCI LJSJOXUDEJYUM **KYMUTNLYROKJDA** AYTDINBOVFXKXY XZKHKEFNCLLYZR RCPSYPNSRIQTLP N S B B I G B E N B Z R F Z HQFSZTESCEPF EUAVNQXHYRKLGR PBBXDNSTATFO В HSZJSIWUOYSI VE REWOTLEFFIEVHM

Please go to www.raring2go.co.uk/kidszone for the answers.

Raring2go! QUIZ





WIN! Back to School Bundle



Maped Helix, one of the UK's leading stationery brands, is giving you the chance to win an exclusive bundle of exciting prizes just in time for the start of the new school term! This fantastic prize includes everything you need to be top of the class



CLICK <u>HERE</u> TO ENTER!

WIN! Dobble Meets the



DOBBLE MEETS THE GRUFFALO!

The UK's best-selling game, Dobble has taken a walk through the deep dark wood and stumbled across one of the world's most loved monsters, The Gruffalo!



CLICK <u>HERE</u> TO ENTER!



Oaker Wood is an outdoor activity centre near Leominster in Herefordshire.In school holidays we offer full days of adventurous activities for children aged 7-12 years. Each day is different - activities include Zip Wire, Assault Course, Gladiator Challenge, Quick Jump, Outdoor Pizza Making, Target Shooting, Rafting

Win a day of adventure for your child



WIN! Tickets to British Motor Museum



Sonia Beldom has quite a varied CV. Her background in TV and radio production has seen her contribute to popular shows such as "An Idiot Abroad". She's also a popular <u>performance</u> coach and therapist...



Thanks for reading! Sign up for our newsletters & be the first to hear about our latest competitions & offers!



