**Children and Young People’s Newsletter**

**Spring 2022**

**Henshaws is a charity that helps people living with sight loss and a range of other disabilities achieve their ambitions and go beyond expectations.**

Hi everyone!

Welcome to our Spring newsletter for children and young people (CYP) and their families at Henshaws!

We hope your all enjoyed the Christmas holidays and had lots of fun with us at Henshaws Christmas parties.

It’s time to shake off those winter blues and step into Spring with Henshaws CYP team. We have a great variety of fun filled activities for all the family to enjoy.

**Activities and groups**

**For a list of all our regular sessions with contact details, please visit-** [**https://www.henshaws.org.uk/what-we-offer/community-services/children-and-families/**](https://www.henshaws.org.uk/what-we-offer/community-services/children-and-families/)

Virtual group activity is on Wednesdays, 4.30pm –5.30pm for ages 12 years and under. (Contact Ellie Thompson)

All of our contact details are available at the end of this newsletter if you want to contact any of the team directly.

March - May **activities**

We have an exciting list of events and activities coming up for you all to enjoy. Below is just a summary of some of the amazing activities available up till summer.

To book any of the activities or to find out more, please visit: <https://www.henshaws.org.uk/shop/event/>

We can offer assistance and support to those who may not be able to meet the financial costs of participating in these activities. If you need assistance, please contact Mel Cooke phone: 0300 222 5555 or email: mel.cooke@henshaws.org.uk

**Greater Manchester**

Live Life Go Further weekend activity at HideOut Youth Zone, Sunday 6th March, Sunday 10th April and Sunday 8th May. Get involved in sports, cinema club, learn to cook, get creative and more. 50p per person plus £5 Youth Zone membership (annual fee).

Wythenshawe Simply Cycling at Wythenshawe Park and Gardens, Wednesday 6th April. Join us on Wythenshawe Park track to have some fun and fully inclusive family cycling. 50p per child/sibling.

Horse riding at Carrington Riding Centre, Thursday 7th April 2022 Enjoy a ride on a horse and take part in some activities in the stables. The riding centre have asked for one adult per child to help lead their pony. Please message if you need any support. £8 per child/sibling.

Kayaking Water Adventure Centre (WAC), Droylsden, Tuesday 12th April. Kayaking, canoeing and paddle boarding session delivered on a small stretch of the Ashton Canal in Droylsden. The session is accessible, safe, informal and fun. If parents are planning on going on the water with their child, they must book a place. 50p per child/sibling or parent getting on the water (e.g., in a double kayak).

Outdoor Adventures at Heaton Park, Wednesday 13th April. This is a place full of fun and laughter, somewhere that explores children’s full potential, teaches them to respect their environment and helps boost their confidence and self-esteem. £5 per person.

Cycling at Ability Wheelz, Oldham, Tuesday 19th April. Accessible bikes for all ages and abilities. £4 per child, Carer (x1 goes free).

Sensory Room Experience at Oldham Library, Thursday 21st April. Sensory room with interactive lights / sounds, fibre optics, projectors, bubble tube, cushions. Places available for older children with additional needs upon discussion. £1 per person.

**Merseyside**

Cinema experience and McDonald’s lunch, Sunday 20th March, free to attend the cinema.

Shrek The Musical, Saturday 9th April at the Atkinson Theatre, Southport. Don’t miss this hilarious and spectacular production which turns the world of fairy tales upside down in an all-singing, all-dancing, must-see musical! £10 person.

Farm day experience at Rice Lane, Wednesday 13th April. Pet the animals and a walk round the farm. 50p per person.

Storybarn activity at Calderstones Park, Thursday 21st April. Come and join us at the Storybarn for an exciting day Based in the wonderful warm and cosy Storybarn, you can expect stories exploring nature, imaginative play, and arts and crafts. 50p per person.

Wheelyboat fun at Liverpool Water Sports Centre, Sunday 22nd May. Join us for an hour-long tour around Liverpool’s Historic Docks on the Wheelyboat. £5 per person.

Pottery and art and craft day, Monday 30th May. Paint your own cups and get art and crafty! £3 per person.

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**Fun Fact- Chinese New Year 2022, The Year of the Tiger**

What does the Year of the Tiger symbolize?

The tiger embodies courage and bravery, so the new year could symbolize resilience and strength — even in times of struggle. We see fantastic examples of this when working with our children and young people. We see their strength and resilience meeting the challenges that being visually impaired throws at them. It makes us so proud to see them tackle them and overcome the challenges, showing us, they have the courage and bravery of a Tiger. We think you are all Roarsome!

**Fundraise for Henshaws**

We have some amazing challenge events to help fundraise for Henshaws in 2022 such as climbing the Yorkshire three peaks, running the London Marathon or taking on the Great North run. Find out more by visiting [www.henshaws.org.uk](http://www.henshaws.org.uk)

**Henshaws Online**

Did you know that you can keep up to date with news from Henshaws across our social media platforms?

Facebook: [**https://www.facebook.com/Henshaws**](https://www.facebook.com/Henshaws)

Twitter: [**https://twitter.com/Henshaws**](https://twitter.com/Henshaws)

Instagram: **[www.instagram.com/henshaws\_uk](https://www.instagram.com/henshaws_uk/)**

We also have closed Facebook Groups – ask us for more details!

You can sign up to our **Henshaws Knowledge Village**, our online tool full of useful tips, tricks, and information on living with sight loss. Videos, blogs, eBooks and more provide a wealth of knowledge and we are starting to add to the existing collection with some specifically for children and young people! Sign up to receive free fortnightly e-newsletters at [**https://www.henshaws.org.uk/sign-up-knowledge-village/**](https://www.henshaws.org.uk/sign-up-knowledge-village/)

We also have our own You Tube channel where you can watch our Life Hacks videos and much more, including recent videos featuring some of our young people. Please subscribe to our channel at [**www.youtube.com/user/Henshaws1837**](http://www.youtube.com/user/Henshaws1837s)

**Contact the Children and Young People’s Service:**

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Continued:

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