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Clybiau
Plant Cymru
Kids' Clubs

www.clybiauplantcymru.org

Out of School Conference and Awards Ceremony 2022

Are you meeting the
National Minimum Standards?

The importance
of strategic planning

A fresh look at
Recapitulative Play

Governance Basics

A Little Bit of Welsh

Technology and Play

BACK TO BASICS

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Welsh Government

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Dear Out of School Childcare Club Member...



Welcome to our new look newsletter in which we are going back to basics and reminding ourselves that **2022 is the year of playing, working and being together.**

As part of our own back to basics, we have, as you will have noticed, gone back to review our branding and logo. We felt that 20 years on it needed a refresh, to ensure it better depicts what we do as an organisation, as much has changed in these past years. We have worked with DesignDough to review who our audience is and have come up with our brand new look.

Additionally, we have, in line with our strategic plan, looked at what we do to support the Out of School Childcare community across Wales.

Encourage independence



We enable, empower, and encourage our club community to believe in their own abilities. Offering assistance when needed, we give them the opportunity to take proud ownership of their Out of School Childcare Clubs. We want to see Out of School Childcare Clubs thrive, and we admire the wonderful impact that they, and our club community, have on the experiences of children.

Resilient | Understanding | Facilitating

As the voice of the sector



Our passion is persistent, immovable and determined. We strive to make a significant difference within the Out of School Childcare sector, through our unshakeable expertise and knowledge.

With our undeniable tenacity, we ensure that children get the best Out of School Childcare possible. By actively and consistently listening to our club community, we are the championing and representative voice to the government and local authorities.

Collaborative | Powerful | Tenacious

Let children be children

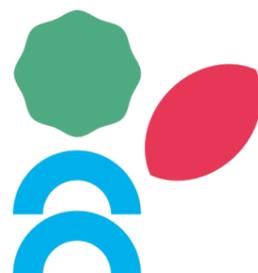


There's just something about it. The noise, the adventure, the giggles or the tears - we're there for it. It's their own time to play - freely led, and unbounded.

We are an integral part of their story, and we make the most of it.

Free | Innate | Excitable

Provide a safe space (to play)



We strive to empower our club community by supplying quality support that extends beyond the clubs themselves.

It is our duty to support our members and clubs. We provide them with a solid foundation of information and training in order to provide meaningful Out of School Childcare. A foundation that withstands the day-to-day running, and beyond.

We pride ourselves for being on hand and accessible, whenever that may be.

Empathetic | Safe | Guiding

In this edition as we come out of the pandemic and learn to live with Covid-19 as an endemic and part of our lives, we are focusing on what we need to do to revive. We are taking the time to go back to basics, remembering those things that we might have overlooked during the last 2 years, whilst concentrating on regulations, advice and guidance to keep ourselves safe.

As an organisation we have, as a whole staff team, had time together to review our last year, how well we have done achieving against our Strategic Plan, built to support the Out of School sector. This review has allowed us to consider not only our accomplishments but where we need to meet the needs of the sector and have built a work plan for this year which focuses on what you as clubs and Playworkers have said that you need.

Under our **vision** - a Wales where children play and communities prosper and by delivering on our **mission** - to be the voice of Out of School Childcare in Wales, supporting children's right to play and quality childcare that is sustainable, affordable and meets the needs of children, their families and communities. We still have 4 strategic goals:

Governance : Sustainability :
 Training : Welsh Language and Culture

We will, under these goals, support the Programme for Government and the Cooperation Agreement, we will look for opportunities for our community to build resilience and maximise opportunities within the plethora of new initiatives that develop. We will do this to see our community build to support their communities to **play, work and be together in 2022.**

Our branding refresh is not yet complete, we will be delivering a brand new website and CRM (Customer Relationship Manager) allowing us to improve communications and interaction with our community.

We will support you, our community, to improve your **Governance**; building incorporated organisations with strong child focused governance, providing sustainable and quality play and care for children, families

and communities by supporting you to review your policies, procedures and ensure that your organisation is appropriately and robustly structured

We will support you, our community, with **Sustainability**; with high engagement and income to support our growth; and a sustainable sector that is affordable, valued and able to support children, families and communities to prosper by supporting you to review your business plan, complete Out of School Childcare Assessment and supporting you to apply for funding to support your sustainability, including our exciting new



grant fund from the Moondance Foundation. We will encourage you to get engaged in our Playday celebrations (Wednesday 3rd August) and through our Summer of Fun activities. Watch our social media and weekly bulletin for exciting announcements.

We will support you, our community, with **Training** to achieve a qualified, professional workforce supporting self-directed play to be understood, facilitated and promoted for children and young people by ensuring quality playwork qualifications and continued professional development along with webinars to support networking and peer support.

We will support you, our community, with **Welsh language and culture** to increase the use of the Welsh language, allowing children and families to access play opportunities and childcare in their preferred language, preserving the language for future generations.

We will do this by working with the Welsh

Language Commissioners office to achieve our **'Cynnig Cymraeg - Welsh Offer'** and support clubs to sign up to their own Welsh pledge.



With our CWLWM partners, we have agreed our targets and work plan for the next three years, we will be focusing on:

1. increasing the availability of high-quality, accessible, affordable, and flexible registered childcare and playwork services.
2. continuing to raise quality of childcare and playwork provision.
3. attracting more people into the sector and support the development of a skilled and diverse workforce.
4. ensuring more settings become sustainable from a financial perspective.
5. continuing to embed the Welsh language in settings in line with the new Curriculum, Cymraeg 2050 and the WESPs.
6. supporting delivery of the Welsh Government Race Equality Action Plan and further embed anti-racist principles in settings and in practice.

We will work with Care Inspectorate Wales to ensure that our club community is supported with getting the basics right, regularly reviewing policies and quality of the care that they offer.

We will build on our **OSCA (Out of School Childcare Awards) Ceremony**, ensuring the stars of our community shine and are represented in the nominations next year.

Jane O'Toole
 Chief Executive Officer



Trustee Opportunities at Clybiau Plant Cymru Kids' Clubs

Clybiau Plant Cymru Kids' Clubs Board of Trustees are looking for potential Trustees

- to represent Clubs in North and West Wales and;
- for the specific Trustee roles of Marketing and Communications Trustee and Charity Treasurer/Financial Overseer.

If you would like to find out more about being a Trustee for Clybiau Plant Cymru Kids' Clubs or feel that you can offer your local Out of School Club your skills and time, please get in touch with Jane O'Toole (CEO) at janeo@clybiauplantcymru.org.



West Wales

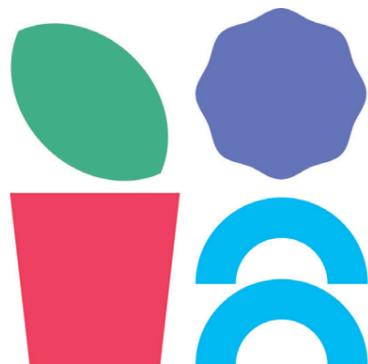
Happy retirement and a fond farewell

Denise Richards has been the owner and proprietor of Baglan Buddies for over 18 years. Denise has provided quality Out of School Childcare for up to 40 children of mixed abilities throughout that time with a successful registration with the Care Inspectorate Wales (CIW). The club offered the 30-hour childcare offer at its After School Club (ASC) set within Baglan Primary School in the county of Neath Port Talbot (NPT), supporting working and eligible families with additional support to pay their childcare fees.

On one visit to Baglan Buddies a child was seen crying merely because they didn't want to leave their friends at club and had seen mum coming towards the school for collection. On agreement from mum, the child was able to stay a little longer while she completed some errands. Actions and flexibility like this demonstrate the difference Baglan Buddies has made in its community. Denise's passion for free play and children's choice rang evident throughout her setting.

Denise has rarely asked for, or received any funding to support her crucial role supporting the parents/carers/families of NPT having never expected anything in return but we would like her to know that the contributions she has made to children, families and communities have not gone unnoticed and we wish her all the best with a very well-deserved retirement.

Thank you for your contributions to the sector Denise! We will miss you and your incredible work tremendously.



Need to contact us?

You can contact the West Wales team by phone on 01269 831010, by email: info-ww@clybiauplantcymru.org by post: Unit 2 Clos Gelliwerdd, Cross Hands, Carmarthenshire. SA14 6RX.

Congratulations to Jane from Tots 2 Teens

We are very pleased that this year's winner of Wales' Playworker of the Year 2022 was Jane Anderton from Tots 2 Teens in Pembrokeshire, West Wales.

Congratulations Jane for winning the accolade this year and thank you for your wonderful contributions to the playwork sector.

Please keep an eye out for your setting's opportunity to participate in the next round of awards' nominations later in the year.



More settings working towards CIO status in Ceredigion

Voluntary run Out of School Childcare Clubs empower communities to meet their own needs and create local employment, volunteering and training opportunities. They support 16,443 children to play and their families to prosper.

A number of new settings in Ceredigion have begun or are considering a move to charitable incorporated status. We are looking forward to working with you on your incorporation journey.

For voluntary run clubs, a Charitable Incorporated Organisation (CIO) is a governance model which offers protection as trustees are personally safeguarded from financial liabilities the organisation may incur, regulated by the Charity Commission.

Other benefits include:

- reduced business rates,
- [tax relief](#),
- access to more grants and funding

For those of you who are still unsure as to whether changing your legal structure is the right thing for your setting, get in touch and we

Swansea Children & Young People Fund 2022-2023

Swansea Council have opened this year's Children and Young People (CYP) Fund 2022-2023 for all Care Inspectorate Wales (CIW) registered childcare providers based in Swansea. They are looking for applications from new and existing establishments that support children, young people and can demonstrate an integrated approach to childcare or play via the provision of quality, affordable and accessible services which help families.

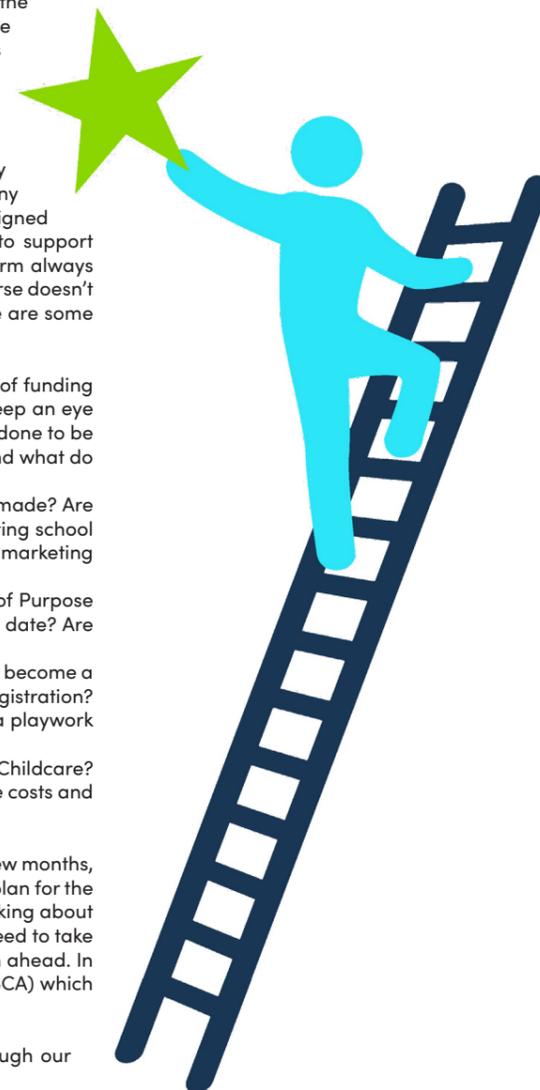
The fund replaces the additional Covid specific grants offered last year, with the exception of the Temporary Closures Grant which will continue in 2022 / 2023. You can apply to the CYP Fund for costs incurred due to Covid.

The fund, which is limited to £5,000.00 per project, will remain 'live' throughout the year for applications, but allocations are not guaranteed.

Applications and more information can be found at <https://www.swansea.gov.uk/childrenandyoungpeoplefund>. If your setting would like support to complete an application then please contact your Swansea Childcare Business Development Officer, Sian Jewell at sianj@clybiauplantcymru.org.

Planning for the Future

The summer term will often see many Out of School Childcare Clubs thinking about the next 12 months to come, usually as a result of new pots of funding becoming available at the start of the new financial year, but also for many as the school year draws to a close it is time to start planning for the new one in September. Many settings in Swansea have been feeling that things are starting to return to pre-pandemic times and have started to think about what they need to do over the next year. Many conversations between the Childcare Business Development Officer and settings have focused on the different pots of funding available to support with sustainability or expansion; Care Inspectorate Wales (CIW) registrations and whether there are any updates or changes to be made or whether an inspection is due or ensuring they are signed up to all relevant initiatives such as the Childcare Offer and Tax-Free Childcare, to support working families. These can be reviewed at any time of the year but the summer term always feels like an appropriate time to plan ahead in readiness for the new term. This of course doesn't just apply to Out of School Clubs in Swansea but to all settings across Wales so here are some things to start thinking about this summer term:



1. Have you reviewed your finances? The new financial year often sees new pots of funding be released so have a look at what is available within your local authority or keep an eye out for updates on funding in our weekly bulletin. Think about what needs to be done to be more sustainable – is it time to increase fees? Have your outgoings increased and what do you need to do to cover these costs?
2. Review your marketing strategy – does it need a refresh or any changes to be made? Are you doing enough? Have you promoted your setting to families of children starting school in September? Bookings for September may be an indicator of whether more marketing and promotion is needed.
3. Are you up to date with all of your CIW documentation? Does your Statement of Purpose still reflect what you offer and plan to continue to offer? Are all staff files up to date? Are you due an inspection and if so, are you inspection ready?
4. Are you currently unregistered and operating for under 2 hours but really want to become a CIW registered setting and is now the time to start looking at working towards registration?
5. Are all staff up to date with training and qualifications? Are they enrolled onto a playwork qualification in readiness for the September 2022 requirement?
6. Are you signed up to and actively promoting the Childcare Offer and Tax-Free Childcare? Both will enable working families to benefit from financial support with childcare costs and may make a difference to the number of families using your service.

These are just a few ideas and should form part of your annual review. Over the next few months, Clybiau Plant Cymru Kids' Clubs will be working with settings to look at the way they plan for the future and the benefits of 'strategic planning'. An opportunity for settings to start thinking about dreams and visions of how they would like their setting to look and what steps they need to take to get there so keep an eye out for our new resources and webinars to help you plan ahead. In the meantime, you can complete our online Out of School Childcare Assessment (OSCA) which will help you to see what areas of your provision you might need to improve on.

For support with any of the above information you can access free resources through our members area or contact your local Childcare Business Development Officer.

Meet the Team!

Name: Bethan Jones

Job Title: Training Officer

How long have you worked for Clybiau Plant Cymru Kids' Clubs? Since March 2022

What is your favourite childhood memory? Growing up on a farm, with a lot of my cousins living close – too many fun memories to choose from.

What do you like to do in your spare time? Spending time with my family and friends, hill walking, travelling.

What is your favourite TV programme? Bridgerton and you can't beat a bit of Only Fools and Horses.

If you could have a superpower, what would it be and why? Teleportation! Love travelling and experiencing new places – this would make it so much easier (and cheaper)!!

If you were stuck on a desert island with one luxury item (not mobile phone)? Radio – I'd be lost without music.

What would people be surprised to find out about you? I achieved level 8 in playing the piano (haven't played for years though).



What is your favourite film and why? Willow – always have since a child. Also love Gangs of New York.

Do you have any phobias? What are they? Moths!



North Wales

Back to basics with Big Ben's

Big Ben's Adventure Club, Meliden, Denbighshire, North Wales, situated in Tiny Tots Day Nursery is an example club providing Breakfast, Afterschool and Holiday provision for children aged between 4 – 11.

The ethos of the club is, "There is no such thing as bad weather only inappropriate clothing". The main focus of Big Ben's Adventure Club is to ensure all children have the opportunity to play, have fun and enjoy a range of activities and experiences in the outdoors, despite rain, wind or sunshine.

Activities within Big Bens Adventure Club are stripped back and have a 'Back to basics' feel, making good use of the elements, Water, Earth, Air and Fire in the abundance of outdoor space that they are lucky enough to have.

The club allows children to take part in activities that offer real life experiences. The children often take part in making their own snack on the fire pit, as well as toasting marshmallows and making s'mores to enjoy.

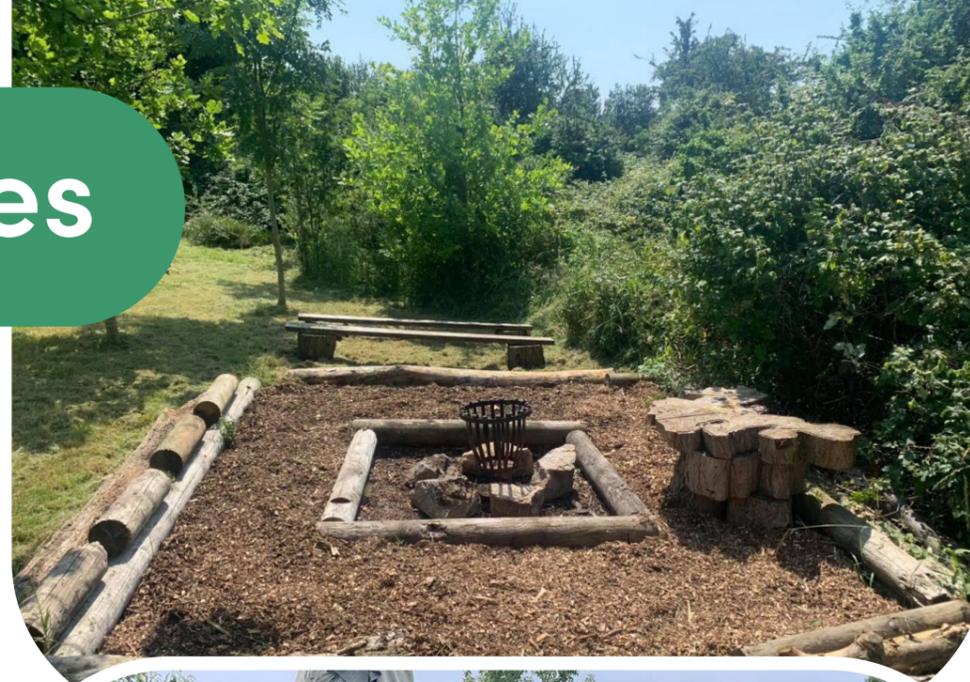
The children enjoy the hands-on activities and experiences that include, growing their own fruit and vegetables, learning survival skills, and taking care of the everyday needs of their pet rabbits, guinea pigs and chickens, as well as enjoying plenty of cuddles.

Also, on the grounds is a 20ft high yurt that has been purposely built for the children to benefit and learn new skills from and enjoy a rich play environment within. The children also benefit from an obstacle course, a sports pitch, a newly refurbished tree house, wild garden, giant slip and slide, a place for den building, a large arts and craft area and much more.

Big Ben's Adventure Club recently won award for 'Champions of Inclusion' at the 2022 Clybiau Plant Cymru Kids' Clubs Conference and Award ceremony.

The club was also nominated and shortlisted for 'Out of School Club of The Year Award and two staff from the club, Ben and Kira were also nominated and shortlisted for 'Playworker of The Year'.

Well done Big Ben's, we love your ethos and the play opportunities you provide for the children within your setting!



Clwb Plant Segontiw wins tender

Clwb Plant Segontiw is a 'not for profit' organisation situated within Ysgol Y Hendre, Gwynedd, North Wales. The club were initially providing After School Club care and however saw the opportunity to expand and grow their businesses that was already well established to further support their local community.

The committee decided they would submit an application to tender. Despite the very small time-frame to submit, they were successful. They now provide full day care from 8.00-17.45 during term time and for 9 weeks of the school holidays.

Comment from the club

"We have been successful in our tender application to expand from an After School and Holiday Club to becoming a complete Wraparound service. It was hard work what with the committee members being voluntary, having to create and submit lots of papers and evidence for the tendering process on top of working full-time. Then a big challenge to set up the wraparound service to open after February half term – this would never have been possible without the hard work and endeavours of our Manager Emma who worked endlessly on the setting up."

Well done guys, we wish you many years of successful business!

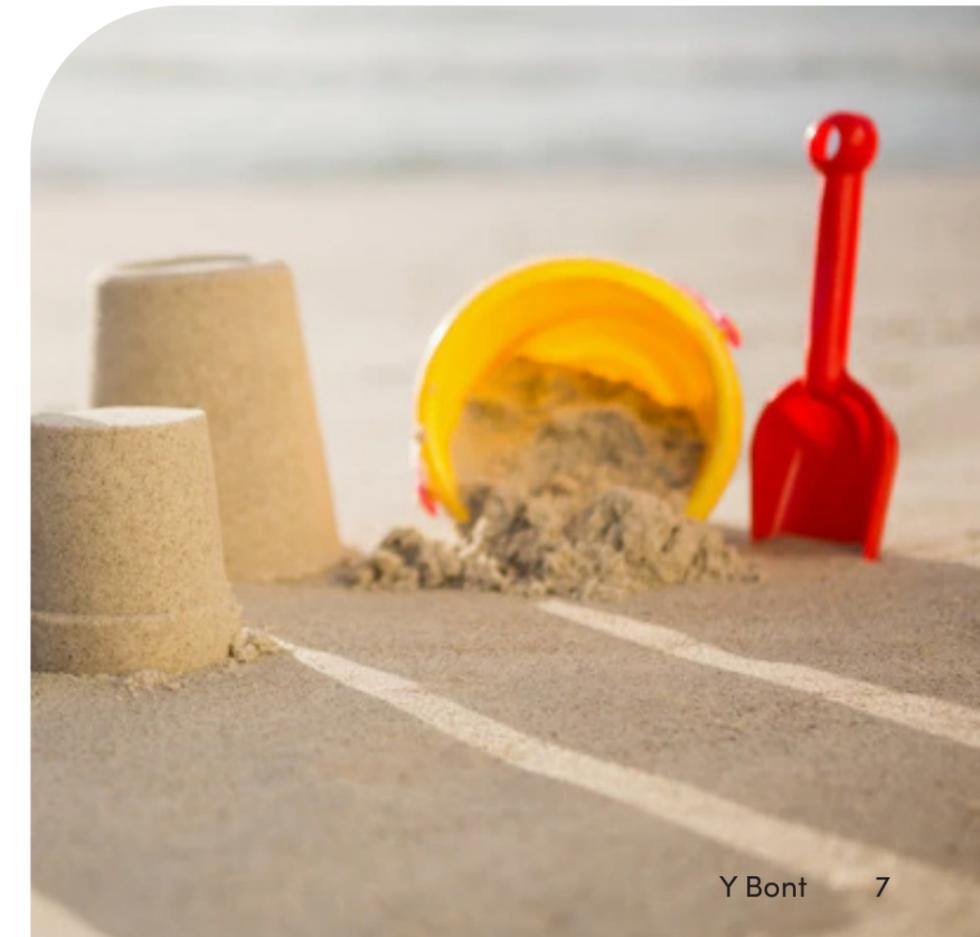
Let's go to the beach...

Towyn Fun Club situated in the seaside town of Towyn, North Wales offers Afterschool and Holiday Club to children aged between 3 – 11. Situated on the grounds of Ysgol Maes Owen and only a stone's throw away from the beach, the club are able to take advantage of this transient play space regularly.

At a beach, there is an abundance of water, sand, stones, rocks, smells, sights, vistas and textures which enable children to be highly inventive and creative in their play.

Play Theorist Simon Nicholson said "In any environment, both the degree of inventiveness and creativity, and the possibility of discovery, are directly proportional to the number and kind of variables in it".

A day at the beach provides the children of Towyn Fun Club with endless play opportunities, from digging in the sand and building castles to splashing around in the water. There are so many loose parts available at the beach for the children to discover and do. If you're lucky enough to be situated near a beach why not organise a trip with the children in your club and experience the free endless play opportunities and loose parts on offer.



Need to contact us?

You can contact the North Wales team by phone on 01492 536318, by email: info-nw@clybiauplantcymru.org by post: 19, Princes Drive, Colwyn Bay LL29 8HT



South East Wales

Y Gwobrau The Accolades



Social Care Wales 2022 Accolades

For a number of years, Social Care Wales has held awards to recognise and celebrate notable work in Social Work, Early years, Childcare and Play. This year, two individuals from the play sector were nominated and out of 30 nominations they were both shortlisted to the final 5.

Becci Bennet is the Manager and Director of Clwb Y Ddraig and was previously a valued member of our team here at Clybiau Plant Cymru Kids' Clubs. She first began with clubs in Caerphilly and has now taken on 2 further settings in Rhondda Cynon Taf. During the pandemic, Becci was exemplary in supporting the wellbeing of not just the children but also the parents and staff. Despite the clubs being closed Becci kept in touch with all children, held virtual events for the children to still feel connected to their friends and sent them gifts. She would call parents to touch base and listen to how hard they were finding working from home and home schooling and was so encouraging offering tips and ideas of things they could try. During Covid, a large setting in Rhondda Cynon Taf servicing a number of schools unfortunately permanently closed. Becci was contacted by two of the schools who had families accessing this childcare provision and was asked if she could set up clubs in their schools to support those families. Despite already having three clubs, a full-time job as a Playwork Trainer and being a mum to two, Becci obliged, because she couldn't see parents without care or children without opportunities to play.

Gwen Vaughn is a parent in Newport and one of her children has ASD. Together with 2 other committee members she went about setting up the first holiday club in Newport to support children and families with ASD. Oak Hill ASD provides funded childcare in the school holidays offering one to one support for the children to allow parents to access employment or respite. Gwen has worked so hard to set up and establish the club, becoming a registered charity and completing a mountain of grant applications to ensure families can continue to access this much needed service. Again, she does this on a voluntary basis, while juggling a job and being a parent.

The awards were held on the 21st April at the Royal Welsh College of Music and Drama. South East Wales Childcare Business Development Officer Becky Hall attended the awards on behalf of Clybiau Plant Cymru Kids' Clubs to support the nominees (with Caroline Smith, Oak Hill Trustee, attending on behalf of Gwen) It was a fantastic day. The awards were hosted by Garry Owen, Welsh Journalist and broadcaster. Julie Morgan, Deputy Minister for Social Services, gave an address thanking all the amazing services that went above and beyond for those they care for.

Whilst neither Becci or Gwen won the award, they were up against some equally incredible individuals and it was very humbling to see the fantastic work that has been done. To be shortlisted from 30 people to the final 5 is phenomenal and they each received a highly commended award.

Congratulations to you both, a fantastic, well deserved achievement!



Need to contact us?

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Playing out with the elements workshops delivered in Blaenau Gwent

After a successful bid to Tesco's Bags for Help, we were able to deliver Playing out With the Elements workshops to four After School Clubs in Blaenau Gwent. This grant was awarded pre Covid and due to restrictions had to be put on hold. With the lifting of restrictions, it was so nice to be able to go back out and deliver these workshops to children again.

Workshops were delivered to Tiggy's After School Club, Big stars @ Little Stars, Deighton After School Club and Hip Hop Stars. Children enjoyed making earth crowns and woosh balls and making s'mores with tea lights. The children were really excited to be allowed to try and light the tealight with matches themselves giving the opportunity to develop independence while learning how to use fire safely.

Element based play is part of the playwork curriculum and is something children gravitate towards in their play. The elements are a simple and free resource you can provide for children to get them back to the basics of playing. If you would like further guidance on playing out with the elements or purchasing one of our workshops, please get in touch with your Regional Childcare Business Development Officer.

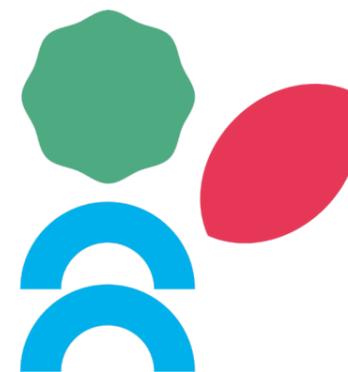


Oak Hill ASD Newport update

For those of you that have been following the development of Oak Hill ASD in Newport South East Wales during the past 2 years, you will know that it has been a journey of hard work and determination from the whole committee. Through reflection and evaluation, the club committee have made clear plans for the club's future, focusing upon delivering the quality childcare provision during the summer holidays until such a time as they can progress to other holiday periods.

Within early 2022 the committee have worked tirelessly on a volunteer basis and have been successful with a number of fundraising applications. They have been awarded with the National Lottery People & Places Grant fund to provide a member of staff to manage and oversee the club. This will support the committee to ensure they have a committed member of their team to liaise with parents, support the children and young people, ensure the club has the correct allocation of staff and that the provision can be consistently delivered initially throughout the Summer Holidays.

Claire Hawkins has been successful in filling this new position; and has said: "I am really looking forward to working with the team and supporting the service to grow. I have worked for an Autism specific outreach team for the past 12 years and prior to this worked in childcare in Australia. As a parent of two children who have Autism, I am aware of how the lack of appropriate and affordable childcare can affect families. The vision that Oak Hill has will give young people the opportunity to access play and support and for parents to work knowing their children are safe and having fun and I am really excited to be part of it."



Congratulations Torfaen Play!

The Playwork Conference 2022 in Eastbourne was not only an event to hold opportunities for continued professional development and networking, it also contained an evening of awards for services and individuals who have made a major contribution to play and the improvement of children's lives. One such award was the Covid Response Award. Many services throughout the whole of the UK were nominated but the award went to Torfaen Play. Torfaen Play responded amazingly to the difficulties families in the county faced. They provided hubs for vulnerable children and key workers as well as play and respite sessions when restrictions allowed. Delivery of play packs were made to families up and down the county as well as delivering meal packs to those on free school meals. Their contribution made a difference to so many families and this award was greatly deserved. Well done to all of the Playworkers, volunteers and Managers.

Playwork Conference 2022

Playwork Conference 2022, taking me back to basics

A review of The Playwork Conference 2022

Becky Hall, South East Wales Childcare Business Development Officer



This year I was fortunate to attend the 2022 Playwork Conference at Eastbourne. The conference brought together Playworkers and pioneers of the field from all four nations. This was the first time I had attended and I was not disappointed by the experience!

I have been a Playworker for almost twenty years, at this conference I heard from people who were doing levels of playwork I never knew existed and I felt like a complete novice. I spoke to people who manage adventure playgrounds and those who were there when they began. Adventure playgrounds are defined by an ethos of freely chosen play. They are created with natural materials and loose parts and children are free to develop their space and play in however they choose. There are opportunities for risk and although these are manned with Playworkers they are only there to support the play when the children invite them. Much like what we try to provide in Out of School Childcare Clubs but on a more organic level.

Before my time in Eastbourne, my knowledge of adventure playgrounds was limited. I realised from the conference that this limited knowledge was because I am lucky enough to live in Wales. Wales is the only home nation to have a play policy. We have accredited playwork qualifications and although there is still work needed, as a nation we get play right.

Adventure playgrounds are necessary in the nations where play is not a Westminster priority and in particular in the built-up urban areas such as London. I even met a lady who travelled to Africa and set up playgrounds in some of the poorest of villages. The stories I heard from all of these people about the children's experiences were so uplifting. Stories of children able to play out their scariest of feelings, children who had felt as if they didn't fit into any other part of their world but through accessing these playgrounds they felt free to find who they were.

As well as talks, there were also opportunities to take part in practical workshops and one in particular really stuck with me. The workshop was entitled "Play with Adult Tools". I chose to join as I thought I would learn new ways to introduce children to adult tools, and hopefully new ways to encourage the settings I support to not be afraid to include them. How wrong I was! The facilitators were two gentlemen who are builders and had spent their careers working at adventure playgrounds and supporting children to build

their own structures. After giving a very brief talk about their experience this was their instructions; "There's wood over there and tools on that table, build a structure." I was immediately terrified. The people in the room were predominantly men, men who knew how to build structures and what to do with a compact driver. I had never used drills and certainly had never built a structure. If I needed to, I would give it my best shot but I am lucky to have a Dad who always hung up any shelves I needed hanging and then to be married to a builder. I know where my strengths are and construction isn't one of them!

In my moment of terror, I thought of ways I could sneak out and join another workshop but decided that this may be a good opportunity to learn something. Taking myself completely out of my comfort zone, I approached a group and asked if I could join them. I was honest that I didn't have a clue what I was doing and every one of them showed me how to do it and encouraged me to try. I loved making our structure, I learned the difference between a drill and an impact driver and how to build a sturdy structure. At the end I felt an enormous sense of achievement not only because I had learned a new skill but because I stayed. I did something I found scary and survived. It got me to reflect on how even as adults we still take risks, it may not be climbing to the highest point of a tree but to put ourselves in a situation we are not confident in. I concluded that the reason we are able to do that is because we had those opportunities as children through our play. I experienced what children at our clubs experience when they take risks, the adrenalin, the act and the sense of achievement once they have done it. At a recent risk training event I used this story with learners. I felt it really demonstrated the importance of allowing children to take risks whether that be a physical risk or an emotional one. Look at the benefits it has for development!

I spent a long time reflecting on my experience of Eastbourne and my biggest takeaway which I want to share with all Playworkers is the importance of reflection. We can do this job for many years and do it well but there is always so much more to learn. Step back from what you do. Go back to the basics, remember why we do this job. Put yourselves in situations that remind you why it is so important to allow children to take risks. Learn from others to enhance what you offer and seeing the children playing in the way they are intrinsically driven will show you how worthwhile it all is.

Playday 2022

Playday is the National day for play. It is the biggest event celebrating play in the UK, possibly the biggest in Europe, and is traditionally held on the first Wednesday in August. Playday is a celebration of children's right to play and is a campaign that highlights the importance of play in children's lives. Children's mental wellbeing and the Out of School Childcare sector have been particularly hard hit by Covid-19, so it is even more important than ever to stand up and celebrate play and the amazing impact that it has on children's lives, their mental health, wellbeing, physical health, friendships and much, much more.

This year's Playday theme is "All to play for – building play opportunities for all children".

Why not make a pledge today and begin planning how you will celebrate the beauty of play with the children in your setting and community this year? Playday is about encouraging families and communities to take part in and enjoy play. What creative ways will you find to celebrate Playday in your community? What will you do to get children involved, get parents and grandparents involved and get the community involved? And play isn't just important on Playday – how can you pledge to continue supporting children's right to play all year round? Why not make your pledge public on social media?

Here at Clybiau Plant Cymru Kids' Clubs we can help you to get out and support children's play in and around your community. Keep your eyes peeled for ideas and resources to help give children a Playday they deserve. Why not hold your own Playday event at your club to promote play and also advertise the fantastic service you offer for children within your local community? Contact your regional Childcare Business Development Officer for more support (or email info@clybiauplantcymru.org)

So, it is up to you – how will you support children this August 3rd? Let's flood social media with children playing on Playday.

2022 – the year of playing, working and being together.

'How To' Videos Launched with Committee Basics

We know that Managers and Playworkers in clubs are busy and earlier this summer we launched our new 'How to...' series of bitesize information videos to support busy clubs.

To help thank, celebrate and support volunteers during National Volunteer and Small Charity Awareness Weeks in June, we launched the series with 'How to...Understand Committee Responsibilities in Clubs' in two minutes followed by a number of 'How To' videos covering how to **protect, recruit and induct committee members**. You will still find these videos on our social media platforms.

The videos compliment other resources we develop on a regular basis for clubs, including weekly e-bulletins, template policies, procedures and forms, guidance, podcasts and our 10 ways series – succinctly written resources to guide clubs on topics such as the child's voice, save the planet, increase Welsh, cultural diversity.

Let us know if there's anything else you would like us to cover on any topic in this 'How To' video series to help you.

Playday



Free Webinars
- Marketing Made
Easy

Join us as we go 'back to basics' and look at the initial steps to build your online presence together. We are holding a two-part series on Zoom, with attendance at both recommended but optional. The first webinar will explore the importance of online marketing through social media. The second webinar will introduce some useful, free marketing tools (and optional paid marketing opportunities) that help with creating, scheduling and sharing content. Growing your online presence helps to ensure the sustainability of your business. Visit the training/events page on our website to book your place!

Webinar 1:
July 6th 2022, 6:30 – 8:30pm

Webinar 2:
July 20th 2022, 6:30 – 8:30pm



Grow Your Own Feast: back to basics

A great way to get back to basics and live sustainably is to grow and forage your own food. Summer is a great season to start doing this and enjoy a home grown/foraged feast outdoors around the campfire to boost mood and wellbeing. And, if you haven't started growing yet, there are plenty of vegetables you can still sow in July (including in small spaces) and of course plenty of wild foraging opportunities.

We hope the basil and sunflower seeds we posted out to all clubs in May are growing well. There are lots of tips and ideas for cooking with these such as Seedy Oat Crackers, Cinnamon-Vanilla Sunflower Seed Butter, Campfire Pizza Rolls and herby bread in our 'Grow Your Own Feast' resource pack. The pack was updated in March 2022 with additional activities and is free on the members' area of our website pulling together fun, practical activities to help children in childcare clubs to sustainably grow, harvest (however big or small your outdoor space), forage and cook their own celebratory feast.

Did you know that there is still time to sow beetroot, lettuce, rocket, radishes and spring onions in July. It's a great opportunity to give the seed ball salad activity a go.

There is also fantastic 'cooking outdoors' section with recipes you can enjoy with others outside on an open fire. Try our campfire popcorn recipe for a special treat.

Long, light summer evenings allow much more time for play and adventure. To treat those inevitable bumps and bruises collected along the way, make our daisy bruise balm.

There are so many more fun activities in the 'Grow Your Own Feast' resource pack and we would love you to share and tag us in any photographs of your club growing, foraging, cooking and socialising together using @Clybiau Plant Cymru Kids' Clubs, #bagsofhelp, #growyourownfeast across all your social media platforms!

Grow Your Own Feast Sustainable Gardening

Seed Ball Salad

You could use a mix of salad vegetable seeds (e.g. lettuce, radish, spring onion) making sure they have space to grow. Wildflowers are also a good choice of seeds for seed balls because in nature they are self-planted and their seedlings are hardy, requiring little care. The flowers will attract bees and make wonderful displays for your feast.

What you need:

- Clay (available from craft stores)
- Compost or potting soil
- Seeds (easy-to-grow or native varieties)

What you do:

- 1 Divide your materials so you have:
 - 5 parts clay
 - 1 part compost/potting soil
 - 1 part seeds
- 2 Mix the clay and compost. Add a little water if your mixture is dry. The mixture should be moist but not dripping wet; similar to cookie dough.
- 3 Add the seeds to the clay and compost. Mix together with your hands.
- 4 Shape the mixture into balls about the size of a golf ball.



- 5 You can plant the seed balls while they're still moist, or allow them to air dry.
- 6 Find areas in your garden. Throw or place your seed balls onto bare soil. As long as they are watered (either manually or by rain), the clay will break down and the seeds will grow.



Fun Fact / Top Tip

Lettuce was served to kings and royalty in ancient Greece and Rome.

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Campfire Popcorn

What you need:

- Tin foil
- Popcorn kernels
- Oil/butter
- Seasoning (try marmite and butter, herbs and butter, garlic and parmesan or cinnamon, butter and honey)

What you need to do

- 1 Tear off an 45cms square of tin foil.
- 2 In centre of each square, add 1 teaspoon oil and 1 tablespoon popcorn.
- 3 Bring corners together and tie with string. Place on hot coals and shake with a long stick until popcorn is popped.
- 4 Season.

What interesting ingredients can you use to season your popcorn?

Grow your Own Feast

Exciting, engaging and planet-friendly activities helping you to plant, grow and enjoy eating your own feast!



Tyfu'ch gwledd eich hun

Gweithgareddiau cyffwrdd, diddori a chyflwgwr i'w blaned or meyn eich helpu i staru, tyfu a mwynhau bwyta eich gwledd eich hun!

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Grow Your Own Feast Foraging



Daisy Bruise Balm

We are more likely to get bruised during the summer months when we spend more time outdoors – which is when Daisies are in plentiful supply.

What you need

- 200 ml jar
- open daisies
- sunflower or vegetable oil
- beeswax or solid coconut oil



What you need to do

- 1 On a sunny day, fill a 200 ml jar full of dry, open daisies, pressing them down a little.
- 2 Pour sunflower or vegetable oil to cover the daisies, put the lid on the jar and leave on a sunny windowsill for exactly one week.
- 3 Strain the daisies using a fine metal sieve, keeping the oil. The daisies can go in the compost.
- 4 Gently melt the same amount of either beeswax or solid coconut oil with the oil (this measurement doesn't need to be perfect)
- 5 Pour the liquid into small jars, cool, and mark the contents clearly. Keep in the fridge, ready for use.
- 6 To use, simply rub a small amount of the balm onto any bruises you get.

Health and safety tips

- Check the area you are foraging for any sharp or dangerous objects.
- Remember to check the daisies for any small insects.
- Whilst all elements of the balm are edible, it is not meant to be eaten especially as there is a very slight risk of botulism if the Daisies are left in for 10 days or more before straining.



Fun fact/top tips

The Welsh name Llygad y dydd means eye of the day because the flower starts to close up when it starts to get dark or cold. The Daisy is also known as 'Bruisewort' as it was used to soothe bruises.

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A little bit of Welsh

Whether it's the music, family, cawl, Welsh cakes or even daffodils, Wales can mean so many different things to us all. But what gives many of us a sense of belonging is that we do have our own language. There are **two** official languages in Wales, these are Welsh and English.

The Welsh Government's ambition is to see the number of people able to enjoy speaking and using the Welsh language reach a million by 2050. This is certainly a challenging ambition but a challenge that is worthwhile and necessary to secure the vitality of the language.

Out of School Childcare Clubs provide children with opportunities to play with the understanding that play is intrinsically motivated and freely directed by children, embedding the Welsh language, even on basic understanding / incidental level within play gives children the ability not only to access play in their preferred language but also a way to 'catch' the language in a fun way.

This highlights the importance that the childcare and playwork sector play in increasing the use of the Welsh language, to actively assist in the preservation of the Welsh language and culture for future generations. It is down to us as a nation to be a part of this journey.

Here are some of Clybiau Plant Cymru Kids' Clubs top tips to begin implementing a little bit of Welsh in to your setting:

- Ensure the Welsh language is **heard** by having the radio on in the background

and listening to Welsh music.

- Try to greet the children and parents bilingually whenever possible and encourage Welsh speakers to speak Welsh or start conversations with them using as much as you know.
- Ensure the Welsh language is **seen** by having bilingual signage and displays wherever possible.

Clybiau Plant Cymru Kids' Clubs has some colourful posters you can display at your setting which includes the Seasons and Weather, Fruit and Vegetables, the Welsh Alphabet and our latest posters. Twinkl is also a fantastic website which is full of bilingual and Welsh printable resources.

- Recruitment- Consider advertising for the Welsh language skills of the individual to be desirable. When recruiting for Welsh speakers you will need to consider what level of Welsh they need. Can they speak a little bit of Welsh, are they fluent or prepared to learn?
- You could introduce Cymro of the day or week (Welshy of the day/week). Reward a child who has used the most Welsh that week and give them the responsibility of monitoring the Welsh used by others.
- Introduce a Welsh word or phrase of the day/week.
- Words could be based around celebration, seasons, sport, fitness, food, nature or the weather. You can then plan all of your Welsh language activities around that theme. Explore the different

words and phrases within that theme and implement them into children's play

- Introduce a Welsh corner with all things Welsh; Welsh books, games, apps on the ipad, music and activities.
- Welsh champion- You could ask a member of staff to be your setting's Welsh Language lead. The role could involve the planning of activities, sourcing Welsh or bilingual material and arranging training courses for staff.
- Introduce a Welsh mascot in the form of a puppet or a teddy that lives in the 'Welsh corner' of your setting. This puppet could be a Welsh speaking puppet that only understands Welsh or it could be used as a constant reminder to speak Welsh or a safe place for the children to go and practice their Welsh language skills.
- Introduce the Welsh language to your routine a little bit at a time.

Create a list of bilingual routine words that you use on a daily basis and display it within your setting. During snack time for example 'amser golchi eich dwylo / time to wash your hands', 'amser snac / snack time' 'dŵr neu llaeth / water or milk'?

One word/phrase and routine at a time.

- Consider enrolling you or your staff on to CAMAU which is a free Welsh language, on-line, self-study course tailor-made for childcare practitioners.

**Start today! – a little bit at a time :)
Dechreuwch heddiw! - tipyn bach ar y tro :)**



Welsh posters and resources

Does your setting need help with introducing basic Welsh in to your day-to-day activities?

Clybiau Plant Cymru Kids' Clubs have a range of resources, activities, posters and tools available to help you implement or improve the use of Welsh in your setting.

Our 'Incidental Welsh' resource is a 'go to' starting point for our Out of School Clubs with ideas and resources to introduce Incidental Welsh into your setting which will also support you to begin working towards the Active Offer.

If you would like more information or you would like a set of posters, please get in touch with your Clybiau Plant Cymru Kids' Clubs Childcare Business Development Officer or contact our Welsh Language Support Officer, sianej@clybiauplantcymru.org

The Covid-19 pandemic has highlighted to many Out of School Childcare Clubs, the importance of strong child focussed governance, providing sustainable and quality play and care for children, families and communities.

To support the governance of your Out of School Club, we have a range of **business and committee training and resources** that we can provide on an ongoing basis along with a **comprehensive set of template policies and procedures** to help you adopt a systematic approach to your business to meet regulations and guidance as well as putting children at the heart of what you do.

Out of School Clubs in Wales are provided by a range of private, voluntary and school management structures with various legal forms. We can also support your club to **review your structure and look at ways to strengthen your governance**. Many voluntary managed

clubs for instance are taking advantage of the support we currently have available to become **Charitable Incorporated Organisations (CIOs)**. This model offers more protection as trustees are personally safeguarded from financial liabilities the organisation may incur and has access to more grants and funding.

Your Childcare Business Development Officers have supported **11** settings to become CIOs over the last year and can help you every step of the way.

[We] were worried thinking [becoming a CIO] was going to be far more complicated, but you made the process so much easier." The Hollies Out of School Club, Rhondda Cynon Taf

"The Childcare Business Development Officer has been very beneficial to Little Disciples whilst going through our business plan + governance." Little Disciples Out of School Club, Flintshire

"The advice that we have received has been of a high standard. A highly knowledgeable individual with significant experience." Narberth CP School, Pembrokeshire.

Our **Out of School Childcare Assessment (OSCA)** tool is always a good place to get back to basics, allowing privately, voluntary and school managed settings to holistically reflect on the childcare service provided and continuously improve. Over the last year, 52 clubs have used the simple, checklist style OSCA contains sector-specific questions across different aspects such as legal, financial, training and quality, play provision and marketing, to inform an action plan to identify changes that could enhance the governance, quality and sustainability of childcare.



Let's get back to basics

Even though the last two years have been troubling times for many with lockdown restrictions and missing family members, there was actually something quite humbling about the time as well. A time where we all stopped and where we appreciated our one hour of outdoor "exercise" a day. We spent the summer playing in our back gardens introducing games that we remembered as children. All these wonderful play opportunities that were happening, have once again stopped due to life getting back to normal. Family life has become increasingly busy again. Children have stopped playing out in the garden and once again attending extracurricular activities and family walks are few and far between, opting for days out at commercial play provisions.

Let's get back to basics this summer and encourage children to play out again, let's get the chinks out and the loose parts. Let's get out in the fresh air experiencing basic adventures around where we live, let's slow down again and get back to basics.

The String of Beads by Penny Wilson

A review by Becky Hall South East Wales Childcare Business Development Officer and Training Officer.

While attending the 2022 Playwork Conference I was introduced to a lady called Penny Wilson. Penny is a prominent figure in the playwork world and has decades of experience in Adventure Playgrounds. Over the years she has written a plethora of papers and books and one in particular, *The String of Beads* really struck a chord. The book is a collection of pictures she took of children playing from all over the world. Accompanying the pictures are stories she heard throughout her years in the field. These stories are about play memories and they span generations and countries around the world.

The stories talked of risk and playing in the dark. Really heart-warming stories from village elders and one particular story came from a lady who had grown up in Malaysia and played on the beach with the sand and the sea. She compares her memories of play and her own children's which consists of parks and although she enjoys seeing her child playing with other children here, she observes that the play seems boring. That the park equipment cannot be changed and has only one purpose. This supports the theory of compound flexibility and this lady recognises this only by comparing it to her own childhood.

What was interesting about all the stories was the similarities in the play memories. It highlighted that all children gravitate to the same kinds of play in spite of differences in culture, environment and generation. There is always a need to seek out risk. Lots of urges to dig, whether that be in sand or mud or construction sites and the need to play with the elements.

At the talk I attended, Penny stated that a decision was made to make all her publications free to access for everyone. It was important to her that everyone have access to material on the importance of organic playwork. You can access all of her work by visiting <http://theinternationale.com/pennywilson/>. You will not be disappointed!



Back to basics: technology and play

Whilst it's important that you remind yourselves of the basics of playwork it's also important to remain up to date with what's new. Technology has come on leaps and bounds in the last 25 years and whilst it's become essential for modern living, technology has also had an impact on childhood.

From mobile phones, apps, TV shows, YouTube, consoles, laptops, radios, electronic toys and music players there are endless ways that children can interact with technology and has become a societal norm so much that children are becoming known as 'digital natives'.

As a sector, technology can very much be a marmite, you either love it or hate it, but we need to find some middle ground where it can be used effectively as a loose part within play settings, not dominating but enhancing the play opportunities children have. Part of this is ensuring that as Playworkers we continue to take the time to create and facilitate spaces that are enriched and inviting enough to counter the lure of the screen but remembering that it doesn't have to be an either/or. Children can use technology as part of their play effectively and creates more opportunities and experiences for them to engage in but there are a number of points that we need to consider:

- Understanding the latest technology and keeping up to date with trends and apps.
- Websites such as www.internetmatters.org can help support families and settings to keep up to date and understand latest apps, trends and changes.
- Safeguarding and use of mobile phones in settings, which apps are safe to use, children taking photos on personal mobile and policies surrounding this.
- The interactions between children and how they use technology to communicate, socialise and play.
- The UNCRC Committee have recently adopted General Comment 25, which explains and strengthens a child's right to play in digital world and embedding children's rights into all things digital
- Digital poverty, there are children who don't have access to the internet and technology at home depending on location and income etc and it is important that they can access these opportunities elsewhere.

Taking it back to basics, reviewing and evaluating your play setting and the resources and play opportunities available to the children is an important tool in self-evaluation for settings as well as recognising, understanding and meeting the needs of the children in your setting. Take the time to look at what opportunities are available to children in your setting as well as how they can access technology and incorporate it naturally into their play.

A fresh look at Recapitulative Play

Recapitulative Play is described as "Play that allows the child to explore ancestry, history, rituals, stories, rhymes, fire and darkness. Enables children to access play of earlier human evolutionary stages." (Bob Hughes in Taxonomy of Play Types)

This type of play allows children to display aspects of human evolutionary history that have been passed down through the generations which can emerge when children play spontaneously.

Recapitulative play allows children to reflect on things that throughout history would have been done as part of their learning to become an adult member of society.

It goes some way to explain why den building is always so popular with children and why children spontaneously transform sticks into weapons like swords and spears!

Some examples for you to try

- Building a campfire
- Castle play
- Making bows and arrows from sticks and reeds
- Wood carving
- Sharing rhymes, riddles and stories - Whisper games
- Play that explores the darkness- candles, torches and shadows.

What are the Playwork Principles & why are they important to our practice?

The Playwork Principles describe the philosophy of playwork - they are our 'rule of conduct' - a Playworker's Bible! They inform our practice and approach and describe what is unique about play and playwork. Playworkers must have a good sound knowledge of the principles and have a positive attitude towards playing children.

Due to children's play spaces diminishing within the community, owing to factors such as parental fears, traffic, new builds etc. - it is imperative that Playworkers create a 'compensatory' play space where children can experience good quality play opportunities that include facilitation by trained competent Playworkers. We are role models and champions of play, and we must be professionally competent - always working within the ethos of these Playwork Principles...

Playwork Principle 1 - "All children and young people need to play. The impulse to play is innate. Play is a biological, psychological and social necessity, and is fundamental to the healthy development and wellbeing of individuals and communities."

#1 Simplified - All children have an internal drive to play, basically they are 'programmed' to play, they can't help it! Play is extremely important to children's emotional, physical and social development and well-being. Children who have access to good play opportunities in their community grow up with confidence and a sense of belonging. Happy kids make happy adults make happy communities.

Playwork Principle 2 - "Play is a process that is freely chosen, personally directed and intrinsically motivated. That is, children and young people determine and control the content and intent of their play, by following their own instincts, ideas and interests, in their own way for their own reasons."

#2 Simplified - Play is a natural instinctive process and children must be given the opportunity to freely choose and direct their own play; and be allowed to express creativity, explore their environment and have full control over their own play experiences. Children learn vital developmental and life skills from first hand experiences, which is why adults should not overtake and drive children's play, but leave them to discover what interests and excites them independently - we should just provide resources and tools etc. to inspire their inventiveness and satisfy their curiosity.

Playwork Principle 3 - "The prime focus and essence of playwork is to support and facilitate the play process and this should inform the development of play policy, strategy, training and education."

#3 Simplified - The main purposes of playwork are to support playing children in an environment where they feel safe and are enabled to use resources and materials that spark imagination and creativity. Through observing children playing and gaining an understanding of their behaviours and play needs, Playworkers can effectively contribute to policy and decision-making processes that involve play and approaches to play.

Playwork Principle 4 - "For Playworkers, the play process takes precedence and Playworkers act as advocates for play when engaging with adult led agendas."

#4 Simplified - Playworkers positively promote play in the community and ensure that children get the best possible play experiences. We must look to remove attitudinal, physical, environmental and organisational barriers, by ensuring that children's experiences are not affected by things that stop play from happening. For example, centres that do not tolerate 'mess' - an adult led agenda - we would negotiate and find solutions, such as placing tarp on the floors to avoid paint spills etc.

Playwork Principle 5 - "The role of the Playworker is to support ALL children and young people in the creation of a space in which they can play."

#5 Simplified - Playworkers support ALL children to play, regardless of impairment, ability, culture, race, gender, behaviour, religion or need. Playworkers consult with All children to find out their play needs and preferences and provide resources and opportunities in a play space where they have ownership and can freely choose their play.

Playwork Principle 6 - "The Playworker's response to children and young people playing is based on a sound up to date knowledge of the play process, and reflective practice."

#6 Simplified - Playworkers must be trained in the Playwork Principles and have a good understanding of play theory; we must use a playwork approach and recognise the developmental benefits of play. We continually reflect on our practice to improve and develop our skills and approach to play. Reflective practice is when we look back on our day's/week's performance and consider how we could improve the play space; or look at our responses to the children and figure out if we used the right approach - we always strive to improve our performance.



Playwork Principle 7 - "Playworkers recognise their own impact on the play space and also the impact of children and young people's play on the Playworker."

#7 Simplified - Playworkers are aware of their influence on the play space and on the children and young people, for example, if a Playworker has a fear of fire, we would not put them in charge of a fire opportunity as his/her fears will be passed on to the children. We will also be aware of the impact children will have on us, for example, a child's behaviour may offend or leave us feeling uncomfortable, here we would understand that we all have different views and morals, but we respect this fact and don't try to impose our beliefs onto the children and young people.

Playwork Principle 8 - "Playworkers choose an intervention style that enables children and young people to extend their play. All Playworker intervention must balance risk with the developmental benefit and wellbeing of children."

#8 Simplified - A Playworker should use a set of common effective approaches to play - that involves minimal intervention; for example, we should not interfere in the child's play experience unless he/she could come to harm. We would promote first hand experiences by allowing the children to improve their own performance - we do not take over. We support and facilitate play by standing back and observing and ensuring that there are enough resources in the play space. We provide opportunities for children to negotiate appropriate risks to challenge themselves and build resilience; and we understand the benefits of risky play and put measures in place to reduce unacceptable risks - children are born to play - but they are also born to survive - and MUST have opportunity to develop their risk management skills through play.

Traditional games from around the world



Czech Republic – Did you know that the Czech Republic has the most castles in Europe. There are over 2000 castles and chateaux. Some of the most famous ones are the Hluboká Castle, Orlik Castle, Lednice Castle and Karlštejn Castle.

Game: Football Tennis

What you need:

- Ball
- makeshift net

Players: two or more players

What you need to do:

- Players need to erect a fence or net—using a real net or lawn chairs pushed together.
- Players need to organise themselves into two teams.
- The aim is to get the ball over the net and into the other team's area without the opposite team returning it.
- The ball can only bounce up to one bounce before returning over the net.
- Unlike tennis and using a racquet, here you can only use your feet and a football not a tennis ball.
- The one who scores the most points is the winner.

India – A village in India called Meghalaya has won the Guinness world record title for the wettest place on Earth, with about 11,873 millilitres of rain annually. The monsoon season lasts six months.

Game: Cheetahs and Cheetals

What you need:

- No resources needed for this game.

Players: five or more players

What you need to do:

- The game is played by children of all ages in the streets of India.
- Children are split into two groups and one child is elected to lead the game.
- That player becomes the "prince" or "princess" of the "Cheetahs" (spotted big cats) and "Cheetals" (spotted deer).
- The two teams must form a horizontal line and stand with their backs to the other team, about five feet apart.
- The prince or princess yells "Cheeeee—tals" (or "Cheetahs"), at this point the team whose name was shouted out rushes toward their "Base" as the other team tries to catch them.
- If they catch them, they have to join them.
- The aim is for the team whose name is called out to get more players to their base than the other team can tag out.

South Africa – The first heart transplant in the world took place in 1967. The transplant was performed by Dr Christiaan Barnard at Grootte Schuur Hospital in Cape Town.

Game: Stretch

What you need:

- sticks

Players: two or more players

What you need to do:

- Players decide and designate a starting point.
- Player places a stick on the ground and jumps from the starting point over the stick.
- Player One moves the stick to where she landed after her jump.
- Player Two must then jump the stick in its new location, from the original starting point.
- If they succeed, they then move the stick to where they have landed. If they do not succeed, they are out.
- The player who can jump the furthest is the winner.
- Player Three (or Player One if only two are playing) takes their turn, now jumping past the stick where Player Two left it. If they fall short of the distance, they are out.



Back To Basics

– Building Your Health Is Like Building A House

Joanne Crovini – Cardiff Nutritionist

Building your health is like building a house. You need strong foundations or it will collapse at the first sign of pressure. You need a plan that will withstand holidays, parties and crazy work weeks, just like a house needs a foundation that withstands wind and storms.

You need to focus on the simple things one at a time. Today I want to talk about two basics to form the foundation of your healthy plan.

1.) Water

Why drink water?

60-70% of your body is water. Being thirsty can lead to headaches, tiredness, brain fog and dizziness. If you want to be productive and on the ball you need to drink.

Longer term dehydration can mean dry skin, constipation and low blood pressure as well as overeating because we confuse hunger and thirst.

How much water?

There isn't a one size fits all. If the day is hot, the heating is on or if you're exercising you'll need more. If you're eating tons of fruit and veg you may need less.

You've already heard the guidelines and me repeating 'six to eight glasses' won't help you. Instead try starting the day with a glass of water – keep it on your bedside table and drink it as soon as you wake up.

But water is boring...

Try adding a squeeze of lemon, some slices of ginger or some mint leaves. If you pour boiling water on mint leaves or ginger slices it releases the flavour and you can drink it hot or cold. Cold fruit infusions are also great and fizzy water with ice and lemon is refreshing.

Herbal and fruit teas also count so go for those if you prefer a hot option.

2.) Protein

Do you suffer from afternoon dips where you feel like nodding off on your desk, can't concentrate and are craving carbs, sugar or caffeine?

You're likely setting yourself up for this dip by focusing on carbs like toast and cereal at breakfast. They don't keep you full or balance your energy.

Protein will help you feel full and reduce cravings. It's often overlooked when you're busy and grabbing food on the go.

Why does protein help?

Protein helps you feel full and satisfied. It slows down the speed that you burn your carbs and reduces cravings and hunger.

Starting the day with a protein-based breakfast will keep you full-until lunch AND mean it's easier to make healthy food choices later in the day.

Where do you find it?

Meat, fish, eggs and dairy but also in plant foods such as lentils, chickpeas, beans, nuts, seeds and tofu. The easiest way to make sure you're getting enough is to have a small amount with every meal and snack.

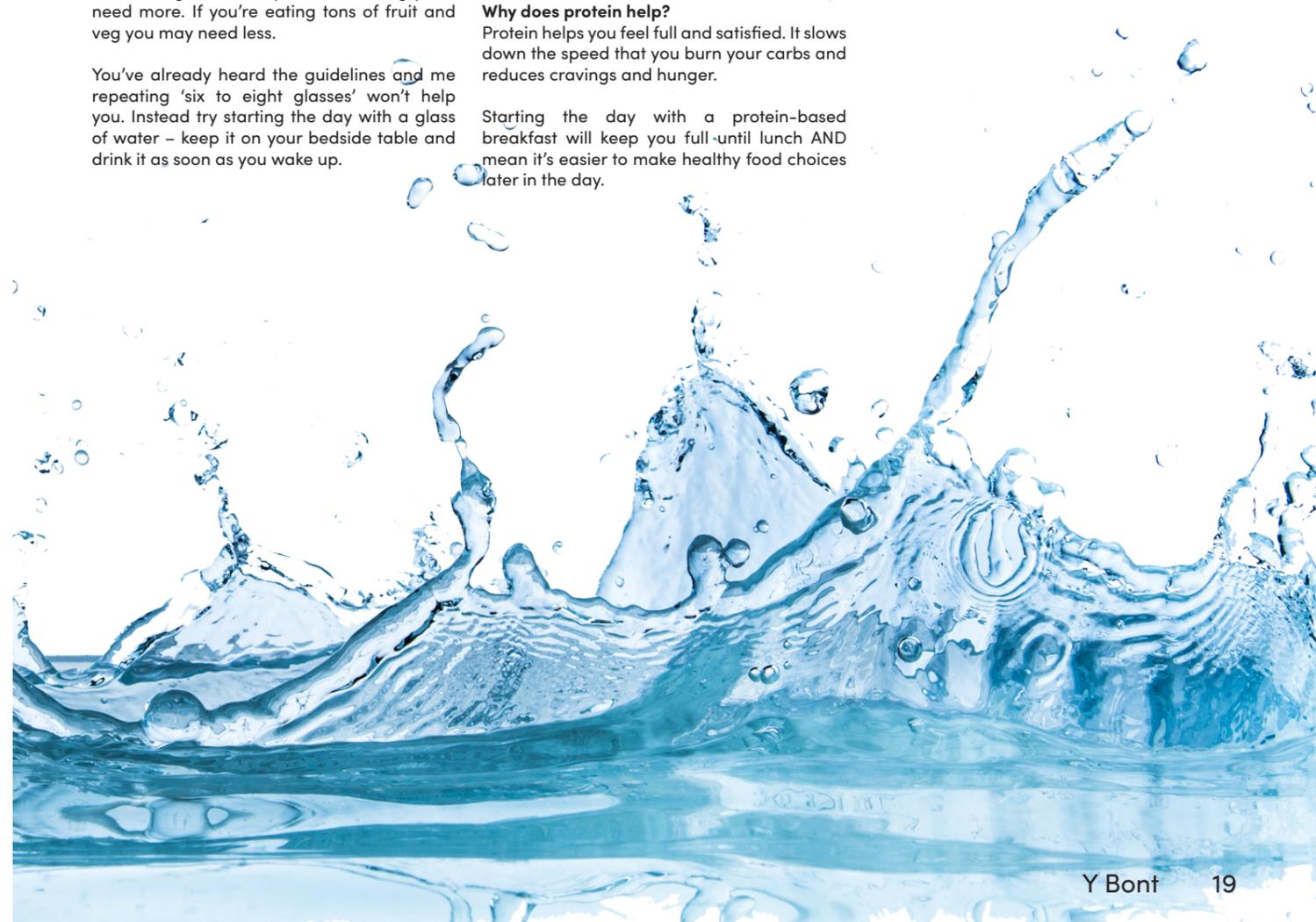
Start with breakfast

- Natural yoghurt with blueberries and crumbled walnuts
- Quality protein shake with added raspberries
- Scrambled eggs with spinach and a grilled tomato or sautéed mushrooms

I'd love to know how you start your day! Email me on the details below to let me know.

Jo

www.cardiffnutritionist.co.uk
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 Take charge of your health...
 07701 059 999 or 029 2066 674



Projects



CRONFA GYMUNEDOL COMMUNITY FUND

Connecting and Supporting Out of School Childcare Clubs and Communities through our National Lottery Community Fund (People and Places) Project

As we start the third year of our People and Places Project funded by The National Lottery Community Fund, we want to celebrate your accomplishments and promote the support we can offer you over this next year.

What have you achieved over the year through this project?

In spite of the continued complexities brought about by the pandemic, you have continued to strive for the best possible play and care provision for children and families, whilst also improving your own sustainability and governance by:

- taking up training opportunities through 696 business skills sessions and 14 network events
- engaging with our quality improvement tool, the Out of School Childcare Assessment (OSCA) and developing action plans (23),
- registering your settings as Charitable Incorporated Organisations and improving governance in other ways (18)
- improving quality and affordability by working towards registration with Care

Inspectorate Wales and to offer tax-free childcare and the childcare offer (20)

- utilising the 140 resources Clybiau Plant Cymru Kids' Clubs has developed over the year to help improve practice

How can you benefit from the project in future?

We have 3 knowledgeable regional Childcare Business Development Officers who can continue supporting you.

An excellent place to start is the Out of School Childcare Assessment, a simple business health check questionnaire requiring you to reflect on different aspects of your business such as play provision, training and quality, marketing, governance financial management and promotion. It also supports your Quality-of-Care review for Care Inspectorate Wales which needs to be updated for Care Inspectorate Wales' annual Self Assessment and Service Statement (SASS). The completed OSCA can then help you address any gaps and can support you at every stage and provide guidance and resources to aid any needs identified.

More and more voluntary managed clubs are turning to our Childcare Business Development

Officers to review their **governance and develop more robust structures** that more effectively protect individual committee members from liabilities that may arise. If you would like support on moving to a more protective structure or other ways you can limit liabilities, please get in touch.

Last year we delivered 14 online events to connect the community, build on strengths and keep clubs abreast of policy changes. These topics were directly informed by you (through evaluations, Out of School Club Assessments and direct feedback to project staff).

You told us you wanted webinars about: managing finances/accounts, fundraising, CIW inspection, play, safeguarding, managing staff and contracts, general support/networking, resources and environment. We delivered webinars addressing all of these and more so please get in touch if you have any themes/topics you would like us to address in future network webinars.

"Find these sessions really useful. It was good to be able to get help and advice."



The Moondance Foundation

Clybiau Plant Cymru Kids' Clubs is excited to announce that we have been awarded funding through the Moondance Foundation to support Out of School Childcare Clubs.

The funding will be used to support sustainability and enable new settings to open. Please contact your Childcare Business Development Officer for further information.

Join in with Clybiau Plant Cymru Kids' Clubs Summer of Fun!

We have been successful in receiving some funding through the Summer of Fun to hold 3 events across Wales this summer, where we will be:

- Promoting the importance of play for children
- Championing the Out of School Childcare Sector and encouraging families to seek out and use their local clubs
- Demonstrating the types of fun activities that are typically on offer within Out of School Childcare Clubs using loose parts,

element-based play and a variety of play types

- Encouraging more adults to consider playwork as a career option through observing playworkers on the day
- Hosting 2 sessions within each event for approximately 125 children at each and their families

Dates

- South East Wales – Saturday 2nd July, 2022
- West Wales – Saturday 9th July, 2022
- North Wales – Saturday 3rd September, 2022

How you can get involved

- If you are interested in attending the event in your region and publicising your club and services, contact info@clybiauplantcymru.org
- Make sure to share our promotional posters which have been sent to all members

Camau

Poppy currently works in an After School Club and a Nursery as a Nursery Nurse.

Following an email from Clybiau Plant Cymru Kids' Clubs promoting Camau, Poppy decided to enrol on the Entry Part 1 course to support her to improve her Welsh skills to use within the setting. On completion she enrolled on the Camau Entry Part 2 course.

The Camau courses have improved Poppy's confidence in speaking the Welsh language. Her improved confidence has given her the ability to converse much more frequently through the medium of Welsh in both her childcare and education roles.

Through her ability to speak to children in the language of their choice Poppy has

recognised that the children who attend the Welsh medium school respond better when she speaks to them in Welsh.

Putting her training in to practice Poppy has introduced Welsh resources to the setting and during circle time they discuss colours, numbers, days of the week and the weather through the medium of Welsh.

Poppy feels more confident in using the Welsh language now and is finding it a very useful skill to have for work. Recommending Camau for any future Welsh training Poppy states:

"The self-study online learning courses are really good and easily accessible for you to work through at your own pace and in your own time. Very well resourced to help you learn the Welsh language. Communication is good when you email [the Welsh Language Support Officer] and the support that they offer too via web calls etc and the monthly evening drop in chats."

Do you want to increase the use of the Welsh Language in your Childcare Setting?

Camau is a fully funded, Online Self Study course at Entry level tailored for childcare sector.

The course consists of the following:

- Approximately 20 hours of independent learning;
- Learn Welsh to use with children in settings;
- Pronouncing the alphabet, colours, days of the week and numbering;
- Learn commands and introduce prepositions.

Contact our Welsh Language Support Officer for further information.

sianej@clybiauplantcymru.org



Are you meeting the National Minimum Standards?

Whether you are preparing to register with Care Inspectorate Wales (CIW), making sure you are inspection-ready or simply wanting to ensure that your policies and practice are protecting you, your staff and the children in your care, we have compiled some helpful tips and points to consider. This list is not exhaustive and should be considered in conjunction with relevant legislation, the National Minimum Standards and other supporting documents (for example, our "Stepping Out" resource).

1. Statement of Purpose

A common theme in feedback provided by Care Inspectorate Wales about the Statement of Purpose is that there is a lack of detail, particularly in regards to other policies and procedures e.g. Complaints. Your Statement of Purpose should not purely signpost off to your policies and procedures, but should also include a helpful summary of the pertinent information contained within your policy. Your Statement of Purpose should reflect the service you are currently offering and must include details of the person responsible for updating it, how often it will be reviewed/updated and the date that it was last reviewed.

2. Complaints

The Registered Person/Management must prepare and follow a Complaints Procedure that includes provision for complaints made about the Registered Person. Children, parents/carers, staff and the local authority arranging childcare for a child must all be aware of the procedure. Whilst every effort should be made to resolve complaints locally, the complainant must be advised about their right to complain to an agency outside of the club itself where relevant e.g. local

authority, Care Inspectorate Wales (including details about how to contact the relevant CIW office). The procedure and policy should also refer to 'complaints subject to concurrent consideration', where a complaint may be part of another, wider investigation (e.g. safeguarding or staff disciplinary) or where there is intention (by the complainant, the Registered Person/Responsible Individual or another person/body) to take legal proceedings. In these circumstances, the Registered Person/Responsible Individual must consider, in consultation with the complainant and any other relevant agency, how the complaint will be handled. More information about this can be found in our template Complaints Procedure in Stepping Out, Step 10.

Complainants must be notified of the outcome of the investigation within 14 days of the club receiving the complaint, although, with agreement, this resolution can be extended for a further 14 days if necessary. Accurate, detailed records must be kept of the complainant's name, the complaint, date and time, action taken, investigation results and information given to the complainant, including the date of response.

3. Risk assessments

When reviewing an application to register, or when viewing your paperwork as part of an inspection, Care Inspectorate Wales want to see completed risk assessments that relate directly to your provision. Whilst Clybiau Plant Cymru Kids' Clubs provide template risk assessments (overall risk assessment/checklist, and an activity specific template), it is really essential that as a club you complete

these and make the contents applicable to your particular circumstances. Are there specific staffing considerations that need to be risk assessed e.g. non-supervisory staff/volunteers under the age of 18; pregnant staff; unvaccinated staff; staff with specific conditions or health concerns. What aspects of your venue/route from school/outdoor area require assessing to mitigate potential risks? Are there any particular risks that need to be assessed in relation to children in your care e.g. allergies that require specific staff training?

To meet the National Minimum Standards, you must complete a risk assessment of the premises annually (as an absolute minimum) and this must be reviewed when there are any changes to the premises (including outside area and route from/to school) or the needs of the children, with an action plan that includes timescales along with actions required to minimise risks.

4. Equal opportunities

The Registered Person is responsible for ensuring that equal opportunities consistent with current legislation and anti-discriminatory practice is promoted in the setting in relation to children and adults (including staff). The Equal Opportunities Policy should be reviewed regularly and be understood by all staff and volunteers. Good practice should be reflected in all areas, including (but not limited to) recruitment, admissions, accessibility, training, resources and activities. It is a good idea to make equal opportunities and anti-discriminatory practice a regular agenda item for staff meetings and supervisions and to adopt other policies



and practices such as an Equality of Play Checklist and a comprehensive Recruitment Policy. Clybiau Plant Cymru Kids' Clubs has a variety of resources that can support you. Our Spring 2022 Y Bont was dedicated to Equality, Diversity and Inclusion (e.g. an article on '10 Ways to Support Cultural Diversity') and our Winter 2021 edition had an article on creating an inclusive workplace.

5. Missing child / Child not collected

In some recent applications to register, Care Inspectorate Wales has noted the omission of a Missing child/ Child not collected Policy. In Stepping Out, we have a template Missing Child Policy and Procedure, and an Arrival/Collection Policy which includes the procedure to be undertaken should a parent/carer fail to collect a child.

6. Additional needs

As well as your Equal Opportunities Policy, you must also have a policy that covers how you support children with Additional Needs to access your services. This policy should contain references to the Additional Learning Needs and Education Tribunal (Wales) Act (2018) and the Additional Learning Needs Code. Our Stepping Out template ('Individual Additional Needs Policy') will provide you with a useful starting point.

7. Behaviour

As a Registered Person, you must develop and implement a written Behaviour Management Policy that sets out the measures of control, restraint and discipline which may be used and the means whereby appropriate behaviour is to be promoted. Whilst the Child Minding and Day Care (Wales) Regulations 2010 outline behaviour management actions that must not be used (e.g. use of / withholding of medication as a disciplinary measure, the punishment of a group of children for the behaviour of one child, corporal punishment, consumption/deprivation of food or drink), action by (or in accordance with instructions of) a registered medical/dental practitioner which is necessary to protect the child's health, or the taking of immediate action to prevent injury to someone or serious damage to property is not prohibited.

Your Behaviour Management Policy (or additional policies) should also cover expectations in relation to behaviour of staff, management, parents/carers and visitors.

8. Confidentiality

You must have a Confidentiality Policy in place which should include information about how you store confidential information and necessary records securely (this may be within a separate Data Protection Policy). Any requests by third parties for information must be discussed with parents/carers and information must only be shared with their consent. An exception can be made where there is a requirement to report concerns about the welfare or safety of the child; for example, in relation to child protection.

9. Medication

In accordance with the Child Minding and Day Care (Wales) Regulations 2010, the Registered Person must make suitable arrangements for the safekeeping of medicine, ensuring children are prevented from unsupervised access, that medicine is administered as prescribed and that a written record is kept of the administration of medicine. This record must include the date, circumstances of administration, by whom it was administered (e.g. staff name / child's name if administered themselves) and a record of the parent's consent.

Your Medication Policy should make the procedure by which you administer medication clear and the practice should reflect what is permissible in terms of your insurance. Where doses are being administered at home prior to arrival at the setting, you should also be recording times and dosage of these to ensure medicine is being administered as prescribed.

10. Exclusion due to illness

You must have a Policy that covers exclusion of children due to illness. In Stepping Out, we have included this within the Hygiene and Healthcare Policy in Step 10. Your practice should align with health and safety legislation and your procedure should include cases where a child becomes ill at the setting, and procedures for specific infectious diseases that outline clear exclusion periods.

11. Accident/emergency procedures

You must have suitable procedures in place for responding to and recording accidents, incidents and emergencies. You must make adequate arrangements for detecting, containing and extinguishing fires, including maintaining equipment, safely evacuating all adults and children, making arrangements for suitable fire prevention training for staff working with children and ensuring that all staff and children are aware of the procedure to be followed in case of a fire, by means of drills and practices.

Fire drills and reverse evacuation drills (the latter being when conditions inside a building are safer than conditions outside) must be included within your Policy, carried out on a regular basis and recorded in writing. The regularity of these drills will vary depending on the development stage and understanding of children in your care, the confidence of staff and the complexity/layout of your venue. A good way of ascertaining (and evidencing the sufficiency of) the regularity of drills is by including brief comments within your records in terms of the speed, confidence, knowledge displayed, engagement in and general success of each drill.

12. Safeguarding

All Out of School Childcare Clubs must have a Child Protection/Safeguarding Policy and Procedure in place, which should be reviewed on at least an annual basis and as and when there are any changes to legislation. All staff members working with children should also receive training in Safeguarding and should understand their individual responsibilities to safeguard children, along with the procedure they should take if they have concerns. Staff must be aware of their responsibility to report concerns according to the Local Safeguarding Children's Board procedures without delay. Ensure that you have reviewed your Safeguarding/Child Protection Procedures in line with the Wales Safeguarding Procedures (launched in November 2019). You should also ensure that your policies cover Prevent and Modern Slavery. Template policies and procedures, including those relating to Safeguarding, are available within Stepping Out, Step 10.



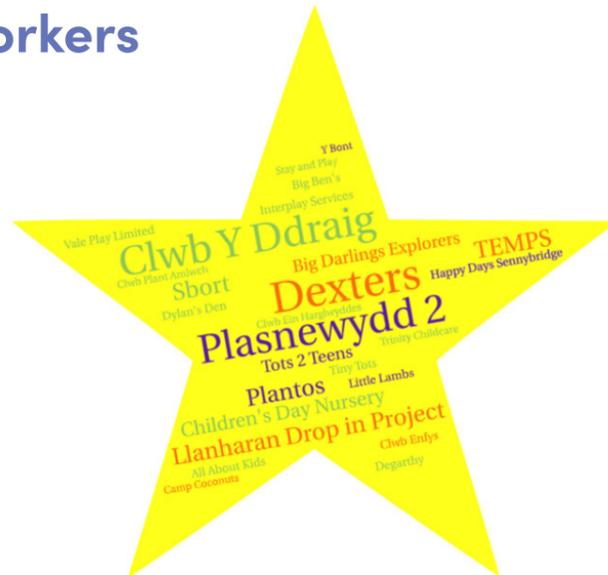
Out of School Conference and Awards Ceremony 2022

Clybiau Plant Cymru Kids' Clubs held our first ever Out of School Conference and Awards Ceremony on 30th March 2022 and it was great to have so many Out of School Childcare Clubs in attendance. The conference was first in more ways than one for us, with the use of a new platform, StreamYard, which allowed us to stream live to Youtube. We give our sincere thanks to the speakers involved in the conference for their informative updates: Nicola Edwards (Welsh Government), Kevin Barker (Care Inspectorate Wales) and Andrew Bell (Social Care Wales).

Back in February we publicised 9 Awards, which Playworkers, volunteers, Managers, committees and clubs across Wales could be nominated for. We received nominations from Playworkers, clubs, parents/carers, children and professionals working alongside the sector, with short-listed

clubs and individuals listed below. We would like to again say a huge congratulations to all of the clubs and Playworkers/volunteers short-listed for one of our 9 Awards. It was wonderful reading the nominations received and hearing about the impact you have had on children and families across Wales. It is a privilege supporting you and your clubs – thank you for working so hard to make a difference.

Shortlisted Clubs and Playworkers



Playworker of the Year

Jane Anderton, Tots 2 Teens, Pembrokeshire

"A highly motivated individual who has worked incredibly hard over the last 2 years to promote and support children's rights to play, showing empathy and passion. They specialise in supporting children and young people who have additional learning needs and/or disabilities. They have developed a strong, effective team, and undertaken a lot of extra training to ensure the safety of staff and children throughout the pandemic."



Out of School Club of the Year

Dexters Holiday Club, Bridgend

"This club is one in a million. My kids have absolutely thrived there, and it is a setting where kids can take risks, get muddy, explore and make memories that will last well into adulthood. Through Covid it was our lifeline - it helped my children feel like kids again and helped them connect with others their own age. They get plenty of fresh air and the staff are incredible - they all work so hard to make every child there feel special."



Play Champion Dylan's Den, Rhondda Cynon Taf

"A club that embodies the Playwork Principles, is committed to staff development and playwork training, and passionate about providing quality play opportunities for children in their care."



Champions of Inclusion Big Bens Adventure Club, Denbighshire

"My children have never felt so much part of a massive family. This club were not only accommodating to [my child's] needs but also made him so happy and confident. They were a massive support in including him and making him so confident. He has overcome a lot of the sensory issues and his behaviour has changed for the better. Everyone is equal and welcome."



Supporting Staff Wellbeing Voluntary Management Committee, Plasnewydd 2, Cardiff

"The current voluntary committee joined toward the end of 2018, at a particularly difficult period in the club's history, and have worked hard to keep staff informed, to collaborate effectively and to ensure everyone feels valued and supported. This has led to a very positive working environment, including throughout lockdown where measures were put in place for keeping in touch with staff (e.g. Zoom) and ensuring staff had morale boosts (e.g. receipt of a gift-card)."



Welsh Language Champion Camp Coconuts, Vale of Glamorgan

"A number of staff members from this setting have striven to improve the level of Welsh Language incorporated into sessions by taking part and completing the Camau Learn Welsh Entry Part 1 and 2 course. These staff members have committed to improving their Welsh language skills as well as ensuring the training influences practice within their setting. Da iawn."



Commitment to Continuing Professional Development Little Lambs, Conwy

"This setting has commissioned a variety of speakers throughout the year to inspire and develop their staff. The owner is very proactive and takes part in activities and training to not only support their own setting and staff but also to help develop the sector as a whole. The setting is always looking for opportunities to invest in their team, increasing staff confidence in pursuing changes or continuing strong child-centred practice."



Learner of the Year Lucy Watson, Plasnewydd 2, Cardiff

"This person worked incredibly hard to achieve their Level 2 in Playwork, balancing personal commitments and overcoming several obstacles. They used their own experience of using open access provision as a child to build on their own playwork practice."

I am incredibly proud of this person and their achievement and feel their efforts should be recognised more widely."



Volunteer of the Year Sandra Jones, Clwb Plant Amlwch, Anglesey

"This person has dedicated 12 years as a committee member and registered individual. Despite having a busy life as a hardworking nurse, she has overseen many successful years of the business and ensured that the club has kept up their good reputation. This person is due to retire from the position this year and thoroughly deserves the recognition of what a fantastic and valuable volunteer she has been."

Could you be one of our winners in 2023?

Watch this space for information about how to get involved in our next Out of School Conference and Awards Ceremony!



The importance of strategic planning

A strategic plan is focused upon mid to long term goals looking ahead in order to see changes and growth of your business and helping you to visualise the future of your Out of School Club. This will compliment your business plan and will enable you to see your goals and also make the adjustments, improvements or adaptations that will enable you to manage any changes. You can become proactive rather than reactive, demonstrating strong leadership and management within your club. We've recently delivered a webinar and have strategic planning templates detailing the steps you can take to build your strategic plan.

To compliment these resources, we've also pulled together 10 things you need to consider when building your strategic plan:

1. Make Time – Making the time to plan for your business' future is crucial, as Covid 19 has taught us, never to assume that business' circumstances will remain the same. Now more than ever, there is a need for proactivity when considering the future plans of your childcare charity or business.

If you have one then begin your planning by reviewing the business plan for your setting. Clybiau Plant Cymru Kids' Clubs members who don't have one yet can utilise our business planning templates on the membership area of our website.

2. Get support – Sign up for membership with supporting organisations such as Clybiau Plant Cymru Kids' Clubs, We Care Wales and Business Wales to support you with your strategic goals. Membership with Clybiau Plant Cymru Kids' Clubs continues to be free until April 2023.

3. Involve others – Get as many people involved as possible to support the development of your business, this will provide fresh ideas and perspective and empower staff and service users alike to commit to your organisational goals.

Consider:

- What resources you need to achieve your goals -i.e staff, assets, skills
- How you will obtain the resources needed i.e fee, grants, fundraising
- How to manage change and mitigate potential future challenges i.e staff, money

4. Mission Statement – Start your strategic plan with your Mission Statement. If you have one this information could be derived from your business plan, operational plan, governing document or constitution.

Consider:

- What your organisation does

- Where your organisation operates from (geographically i.e Carmarthenshire, Conwy, West Wales, Whole of Wales)
- Who your service users are (i.e children, families, stakeholders)
- How you will achieve your goal and monitor service quality (being mindful of your weaknesses whilst focussing on your strengths)

5. Assessment of your organisation – This written assessment will support you to develop your long-term plan. Develop your strategic plan using tools such as SWOT (Strengths, Weaknesses, Opportunities and Threats) to analyse;

Consider:

- Your current business and how it is operating (Intentions if not yet open)
- Internal and external factors now and in the future could have an effect on operations (i.e school being extended to cater for more children in two years' time and how that could affect your setting, positively or negatively)

6. Strategic Direction – These are the long-term goals of your organisation (often over 3-5 years) and should be detailed alongside realistic and measurable targets derived from your SWOT analysis. Consider how you are going to achieve those goals and targets, and include Risk Assessments detailing how threats will be mitigated.

7. Budget – Include a detailed budget for your strategic plan. How much finance will you need to achieve your goals? This needs to include detailed costings to support your strategic plan (i.e in two years once the school has been expanded, we would anticipate a need to accommodate an increase of 24 children, requiring an additional 3 staff). Coincidentally, don't forget to value your staff: this is often a business' largest cost and with recruitment to many sectors continuing to be a challenge this is an area which can make or break a business. A detailed cash flow is recommended, and fundraising strategy. Templates for which can be sourced in the membership area of our website.

8. Monitoring and Evaluating – Once you have your strategic plan in place you will need to monitor and evaluate your progress in reaching those goals. How you plan to do this will need to be reflected in your Strategic Plan. You will need to monitor internal factor such as policies/procedures, staffing, resources, and external factors such as; numbers of users, feedback from service users etc. This information will be useful from a business perspective as well as for fund sourcing and monitoring. Maintaining accurate records supports an accurate picture of your business and ensures compliance with regulatory

bodies. Maintain strong working relations with statutory bodies, this will help to ensure you will be afforded the best level of support you can get

9. Measure your Social Value with SROI (Social Return On Investment) – This is a handy tool to demonstrate the impact of any goals reached or changes implemented by your organisation. Some tools detail 6 ways to calculate your business' SROI (Social Return on Investment):

Example

1. Outputs (i.e 50 hours of Playwork training for 16 staff)
2. Outcomes (i.e by supporting this continuing professional development the number of playwork qualified staff increased from 25% to 60%)
3. Wider Impact (Upskilling staff improves the quality of provision for children, this has in turn increased the number of children on the register by 10 and is ensuring registration compliance with the qualification deadline in Sept 2022) Stakeholder participation (i.e have your outcomes been measured by consulting stakeholders, consulting with children on how playwork training has improved play at the setting, or consulting with staff to see how training has impacted them) Measuring distance travelled (i.e Monitoring the increase in Playwork qualified staff in the setting year on year, or monitoring the increase in numbers of children attending)
4. Finance values (i.e the playwork qualifications cost ** to complete, an increase in the numbers of children attending has resulted in an increase of ** in fees per week)

10. Review – Reflect and adapt the services you provide regularly to achieve your core aims. Reflective practice supports best practice. Reflective tools/theorists such as Kolb can be utilised for this purpose.

When?

- prior to opening a business
- when you are planning big organisational changes (i.e expansion)
- when external circumstances change (i.e covid challenges impacting settings revenue)
- Every 3 to 5 years (as determined by your strategic plan)

Don't forget! Reflect on your strategic plan periodically and dynamically to get the best results from your efforts, and don't forget to ask for support if needed! Contact us: info@clybiauplantcymru.org



Support us while we support you!

Online shopping through www.easyfundraising.org.uk/clybiauplantcymrukidsclubs doesn't cost you any extra, but allows us to receive up to 15% of all purchases made from the 400+ stores listed, meaning we have more funds available to continue supporting clubs like yours.

e-news

As a member club you can access past editions of our e-news funding bulletins in the members' area of our website at www.clybiauplantcymru.org and, if we have an email address for you, future editions will be sent to you directly. Send your email details to membership@clybiauplantcymru.org to ensure you receive your electronic copy.



Fundraising

Many Out of School Childcare Clubs will at some point in time look for additional funds in order to purchase new equipment or resources. However, before looking at different ways to increase funds there are a few basic steps to be taken:

You need to establish that any current monies held in the bank account cannot or will not cover what you are hoping to achieve; a good starting point to assist with this is reviewing your Reserves Policy. Clybiau Plant Cymru Kids' Clubs have developed a Reserves Policy guidance and template which can be found in the members area of our website.

Stepping Out: A Guide to Setting Up an Out Of School Childcare Club
Camu Allan: Arweiniad i Sefydlu Clwb Gofal Plant Allysgol
Step 12: Business Templates | Cam 12: Templedi Busnes

Reserves Policy

Guidance

Out of School Childcare settings have various governance / business structures¹, but the commonality they have is being reliant on income from fees in order to operate. As part of good financial and business planning it is important to have a reserves policy in place, allowing for the planning and explanation as to why a particular amount of funds are set aside.

A good reserves policy gives confidence to potential funders and stakeholders that the Setting's finances are being properly managed and will also provide an indicator of future funding needs and its overall resilience. It should set out:

- how much your Setting needs to hold in reserve and why
- how and when your Setting's reserves can be spent
- how often the reserves policy will be reviewed

Once you are aware and have agreed the minimum amount of reserves you need to hold and you can see the need to fundraise you need to have a clear plan. A basic plan should include:

- What are you raising money for? Is it for a specific reason i.e. equipment, resources, workshop?
- How much do you need to raise?
- What is your event going to be?
- Date and time; when agreeing a date, can it be linked with a national day or week?
- How will you market your event?
- How much will the event cost to deliver i.e. food, prizes etc.?
- Can you work in partnership i.e. school, another childcare provider?

Delegation of specific tasks will make the organisation of any fundraising event a much smoother process so this too will need to be agreed.

National weeks that may support event ideas are:

- National Picnic Week 18th – 26th June 2022
- Afternoon Tea Week 8th – 14th August 2022

The weather is warming up, so get the picnic rugs ready or throw a garden party. Sell tickets prior to the event so you know how much stock is required and how many people will be attending your fundraising event.

Get the children involved in making the food, posters and decorations as well as telling everyone they know to come along/buy tickets.

Bingo

National Bingo Day is 27th June 2022 so why not gather your friends, family and colleagues for some fun. A fundraising bingo event is a sociable and fun way to raise money for your chosen charity, plus it is easy to run and you can hold it practically anywhere – from your home to your workplace, online or in person.

Children and their families could donate prizes, or ask local businesses.

A raffle

Approach local businesses for prizes, and advertise far and wide to sell tickets, you could draw the raffle on facebook live or during the club session.



Meet the Club!

Yellow Bunnies

Yellow Bunnies is a limited company club based within Newport, South East Wales. They are a long-standing established club, registered with Care Inspectorate Wales (CIW) and they are a registered limited company within a day care provision. We asked the club some questions to understand a bit more about them and the service they offer

Do you have any 'unique selling points (USP) for your club? We are based in a prime location within the County of Newport. We are open from 7am, when most are open from 8am. We collect from more school/nurseries than any other setting within the area.

What has been your biggest challenge as a setting so far and how did you overcome it? The biggest challenge for us, as most, was the Covid situation. A lack of demand for us, due to parents being furloughed or working from home. We unfortunately had to reduce our staff and work as a team to overcome the challenges. We are happy to say we came out the other side and have been able to recruit further staff.

What is the best thing about working within an Out of School Childcare Club? It's a different week, every week, different challenges and different demands from the children. They have so many ideas of what they would like to do and new challenges they set themselves. Our club is definitely child led, the children can be themselves and enjoy their time with us.

What is your favorite memory of the club? When we gave the children the freedom of using the outside play area. They set themselves boundaries, they were amazing! They loved setting themselves challenges of who could climb the highest and quickest and just so excited with the equipment and freedom. Playwork at its best!

What do the children most like to do when they are at your club? They enjoy the freedom of the play, they choose what they want to do, they make friends with other children in different schools and make relationships that last for years, gaining confidence, through the freedom they have with us.



Board of Trustees

Clybiau Plant Cymru Kids' Clubs is recruiting volunteers to our Board of Trustees

Are you able to volunteer your time, experience and expertise to help the Out of School sector in Wales? We are looking for Trustees to represent Clubs in North and West Wales and for the roles of Marketing and Communications Trustee and Charity Treasurer/Financial Overseer.

Our vision is a Wales where children play, and communities prosper. Our mission is to be the voice of Out of School Childcare Clubs in Wales, supporting children's right to play and quality childcare that is sustainable, affordable and meets the needs of children, their families and communities.

If you would like to find out more about being a Trustee for Clybiau Plant Cymru Kids' Clubs or your local Out of School Club, please get in touch with Jane O'Toole (CEO) at janeo@clybiauplantcymru.org.

For more information about our organisation and our strategic goals visit www.clybiauplantcymru.org/about-us.



Meet the Playworkers

Name: Nicola Parry

Club: Severn Care Club, Cardiff

How long have you worked in the Out of School childcare sector? I've worked in the Out of School childcare sector for 20 years!

What are your 2 top tips for helping things to run smoothly within an Out of School Childcare Club? My 2 top tips for helping things run smoothly within my club would be team work and organisation skills, without these the club would be a disaster.

What would be the best piece of advice you would give your younger self starting out in your playwork career? The best piece of advice I would give to my younger self starting out in my playwork career would be; I love my job and wish I started when I was younger and not later on in life. It's not a job, I love seeing children happy. It's very rewarding.

If you had to sum up why you love your job in 3 words, what would they be? Rewarding, surprising and enjoyable.

What is your favourite thing that you have seen created from loose parts by children? Has to be musical instruments using Pringle tubes, toilet roll tubes with rice. Also, children loved making pictures with bottle top lids and sea shells too.

Name: Chloe Adams

Club: Dylans Den, Rhondda Cynon Taff

How long have you worked in the Out of School childcare sector? I first trained as a Playworker 17 years ago.

What are your 2 top tips for helping things to run smoothly within an Out of School Childcare Club? My 2 tips for the smooth running would be to have plenty of loose parts and open-ended resources and LET THE CHILDREN PLAY FREELY.

What would be the best piece of advice you would give your younger self starting out in your playwork career? My advice to my younger self would be 'Don't interfere in the children's play. If they need you, they will ask.'

If you had to sum up why you love your job in 3 words, what would they be? Best Job Ever!

What is your favourite thing that you have seen created from loose parts by children? Houses, cars, telescopes, hats, the list is endless.

Name: Fiona Deakin

Club: Raglan Rascals, Monmouthshire

How long have you worked in the Out of School childcare sector? I've worked at Rascals since 2003 and I have been the manager since 2015.

What are your 2 top tips for helping things to run smoothly within an Out of School Childcare Club? Be flexible and have loads of energy.

What would be the best piece of advice you would give your younger self starting out in your playwork career? Follow your dreams.

If you had to sum up why you love your job in 3 words, what would they be? I love my job because it doesn't feel like work, every day is different, and the children also surprise you.

What is your favourite thing that you have seen created from loose parts by children? We have made loads of crafts with the children but I would say the best ones would be Christmas crafts with them.



Activities



Pressed flower place mats

What you will need:

- Flowers
- Leaves
- Clear contact paper
- Construction paper/sugar paper
- Scissors

What you need to do:

1. Gather flowers and leaves you will use for the placemats.
2. Remove the flower blossoms and leaves from their stems, lay them on the construction paper and arrange them how you like.
3. For each placemat you would like to make cut out two pieces of clear contact paper approximately 9"x12".
4. Peel the backing off one piece of contact paper and lay it sticky side up on the table.
5. Arrange the flowers and the leaves on the sticky side of the contact paper.
6. Press the flowers so that they lay flat on the contact paper.
7. Peel the backing off the remaining piece of contact paper, carefully cover your placemat (sticky side down) with the contact paper, do this slowly to avoid air bubbles and wrinkles.
8. Flatten your place mat again to smooth out any wrinkles, and then use the scissors to trim the edges if needed.
9. You're ready to set the table!



Bug hunting

What you will need:

- Clear container
- Netting
- Rubber band
- Spoon
- Overripe banana
- Brown sugar
- Magnifying glass

What you need to do:

1. Put out something sweet like a banana with brown sugar sprinkled on top.
2. Let the banana mixture sit outside a while, then spread it onto the bark of a tree.
3. Check it regularly to see what new bugs you have attracted.
4. Look through the magnifying glass and draw what you see.
5. If you want to watch a particular bug, put it in your clear container with some water, a stick, and some green leaves.
6. Cover the container with netting.
7. Carry out your observations or drawings.
8. Return your bug to the place you found him within twenty-four hours.



Make a bird kebab

What you will need:

- Apples
 - Bread
 - Hard cheese
- (cut all of the above into cube-sized pieces)
- Raisins
 - Floral wire
 - String

What you will need to do:

1. Carefully thread each piece of food on the floral wire, leaving about 8cm at either end. Bend the ends into little hooks.
2. Bend the wire to form a circle, holding the ends together.
3. Tie a loop of string on the wire circle and hang your scrumptious kebab up for the birds to feast on.

Scavenger hunt

What you will need:

- One basket per player
- List of natural objects to collect per player

What you will need to do:

1. Give each player a basket and a list of natural objects to collect. (for example, a bird's feather, a leaf, a smooth rock, a pine cone, a wildflower, and so on).
2. You can give the same list to all the players or have each player look for a different group of objects.
3. Challenge the players to find all the objects on their lists.
4. Set a time limit.
5. The first player to find all the items on their list is the winner.
6. A child may play this game alone or with others. For a group of children, pair up non-readers with readers.

