

# YBont

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Clybiau  
Plant  
Cymru



KIDS' CLUBS

[www.clybiauplantcymru.org](http://www.clybiauplantcymru.org)

Winter 2019



# Happy Christmas!

## In this issue...

- \* **Regional News**
- \* **Bev Volunteers in Romania**
- \* **Work Welsh**
- \* **Winter Activities**

...and more

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## KIDS' CLUBS

Issue 72 Winter 2019

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# Dear Out of School Childcare Club Member

Welcome to our winter edition of Y Bont and what a way to start, with a celebration!

We have been awarded a 3 year **The National Lottery Community Fund – People and Places grant**.

We would like to thank the National Lottery Community Fund for the grant award and of course thanks must go to the public who play the Lottery each week, without whom this funding and thus the project would not be possible.

We look forward to working with the Out of School Childcare Clubs in areas across Wales. Through this project we seek to support them with face to face visits and business skills, help to improve the quality of play and care within Out of School Childcare Clubs through upskilling Playworkers and Managers, give better access to care and play provision, with Clubs registered with Government initiatives that improve affordability and an overall more sustainable, well governed childcare that will provide continuity of care for children.

During the next term, we be supporting the Out of School Childcare sector with their Self Assessment of Service Statement (SASS). We will be working closely with CIW and other CWLWM partners to ensure that settings are clear with the requirements of the SASS and we will be on hand if you need any help submitting. Hopefully you will have taken the opportunity to attend our Network Events during November and received the update from CIW about SASS,



so you are all prepared and ready to go when it becomes live on the 6th January?

More good news is, we will be holding 2 more Network events in each region in the New Year, where we will be supporting Playwork staff and Management. One event will be led by our training team entitled Building a stronger Playforce! The second will be led by our Childcare Business Development Officers and be based on the most asked about topics that we receive from clubs. There will be lots of fun and activities in all events helping the sector to be stronger. Seasons greeting to you all.

Jane O'Toole, Chief Executive Officer

## Reduced fees for Disclosure and Barring Service (DBS) Checks

Clybiau Plant Cymru Kids' Clubs' preferred supplier for Disclosure & Barring Service Checks is uCheck. We use this provider to check our own staff, and to signpost our Members to uCheck, as Members can also access discounted processing fees!

With effect from 1 October 2019, the Disclosure and Barring Service (DBS) have reduced the fees for DBS checks, and uCheck is passing on this reduction to their customers.

But cost isn't just monetary; your time is valuable too. uCheck know making payments for each check by card can be extra hassle, so they're adding a wallet feature soon. The wallet will work like a mobile pay as you go. Top up the wallet and pay for checks out of your balance. This will also help when the account card holder is away - if there is money in the wallet the rest of the team can continue requesting checks. We'll be in touch to pass on more updates about this exciting feature soon!

Did you know uCheck also offer Right to Work, DVLA, Adverse Credit and Identity Checks? Please email [info@uchek.co.uk](mailto:info@uchek.co.uk) if you would like more information on these.

If you need an application form to register with uCheck to access the reduced processing fees, please contact [membership@clybiauplantcymru.org](mailto:membership@clybiauplantcymru.org)

Type of DBS check	Current fee	Fee from 1 October 2019
Basic DBS check	£25.00	£23.00
Standard DBS check	£26.00	£23.00
Enhanced DBS check	£44.00	£40.00

I went on a volunteering trip to Romania this year with two playworkers from the Shetland Islands. We visited the Gypsy Romany villages of 'Valea Rece' and 'Ormanish' - to bring new play opportunities to the children. We brought lots of resources for play and donations of clothing, shoes and underwear etc. I spent most of my time in Valea Rece, a very small village with a massive population of 3,500 (1,500 being children). The Valea Rece children live in extreme overcrowding and poverty and do not possess any toys or playthings; the majority of families do not work or have access to medical care, education or state benefits.

When I first walked up the village, it reminded me of a war-torn country, dilapidated and crumbling buildings, debris and trash littered the streets and what struck me most was just how impoverished the children really are. They had barely any clothes and most did not have shoes or even underwear. There is just one water tap between the whole village and the sewage runs alongside the homes and walk paths where the children play - contamination and disease cause serious health problems for young and old - and no risk assessments are carried out for these kids' safety!

Many parents have an addiction to drugs or alcohol and they send the children into the towns begging for money for food and to fund their habit. For this reason, many children were not allowed to come to play and alarmingly many of the children are attacked by adults for begging on the streets. Despite the challenges these children face they are happy, fun loving and will play with absolutely anything. The children engage in lots of Social play; and as in any small village everybody knows each other.

I wondered if the children's life experiences had an impact on the quality of their play; so, I took time to observe the children playing to objectively identify play theory and assumptions.

The children were excited to play with the resources we brought; but I saw another level of the value and scope of Loose Parts; the children utilised absolutely anything that they could get their hands on and the drive to play was obvious in all the children. The children's cues and responses were recognisable and typical of the play process. Most of the play cues were facial and physical gestures but the children would grab your attention by smacking and pulling; not unusual in my experience, and cues were being missed as there were so many!

Play frames were acknowledged by the children and I observed them engaging in Bob Hughes's recognised play types; the children were using



# Romania Bev Williams

fresh water wells, set in idyllic countryside. The village has its own bar, shop and post office and most of the families earn a living by working on their farms; transport includes cars and horse and carts. Most of the village children attend school; (approx. 50 in total - 20 children came to play while we were there) and I met a young person who was attending University to become a school teacher.

While I observed the children of Ormanish playing, I noticed some unconventional play behaviours and realised that the children did not seem very responsive to play cues, from each other or adults. The play was chaotic and any individual play frames seemed to be ignored by the children and they constantly annihilated.

The children would throw a frisbee to a playworker or each other, and they would run off before it was returned; the same occurred with most play cues. This was typical of all the children from Ormanish. A couple of the boys took pleasure in slamming the ball at the playworkers and other children. Not that unusual in play, but what I did find unusual was that most of the children were content while engaging in a solitary type of play; playing individually with the resources and their cues were almost only for a 'look at me' and not a cue to play. I thought that maybe the children were excited and that was the reason for their seemingly conflicting play behaviours; so, I attempted to get them all together to play a game of rounders, with the help of a local boy Alberto, who was fluent in English. We arranged the children into teams and within minutes of the game starting most of the children had run off and grabbed the other play resources, again playing individually. There were a few 'pairs' of children playing but these play frames only lasted minutes.

The children from the both villages have very different life experiences; the people of Ormanish have a laid-back lifestyle, they are better off financially and they do not suffer the severe poverty, poor housing and adverse social influences and barriers that impact the Valea Rece children. As for play experiences the Valea Rece children are exposed to more risky and physical play; their social circle is massive compared to the people of Ormanish.

Although the Ormanish children regularly attend school, I found it interesting that the Valea Rece children's cognitive development, logic and problem-solving skills seemed more advanced; they were more receptive to stimuli and used their minds and bodies to explore their surroundings and had a diverse array of loose parts at their fingertips - literally. It occurred to me that there were similarities between the cultures of Ormanish and Valea Rece; music, food and dance played a big part in the children's social and communicative play in both villages. However, I found that the Valea Rece children constantly engaged in rich social and physical play and seem to crave interaction with the playworkers, whereas the Ormanish children didn't give us a second thought; they were happy doing their own thing.



# West Wales

## Summer Fun in Swansea!

Children attending Interplay's Playscheme at Ysgol Crug Glas in Swansea had a whale of a time over the summer holidays! Not only did the children have a lovely visit from a petting zoo who brought along meerkats and an armadillo for the children to see but the children also had an exciting visit from the local Fire Brigade who gave the children a chance to use the water hose and get very, very wet! The children also had a great time getting very messy by having a powder paint fight, which left them colourfully covered from head to toe as you can see from the photograph!



## Tesco Bags of Help-Pembrokeshire



Cubs across Pembrokeshire have benefitted from free in club workshops, kindly funded by Tesco and their Bags of Help community project. Redhill Holiday Club and Kingfishers CCASC have received Den building, Nature Zone and Games Galore workshops and here they are having lots of fun.

We have received excellent feedback from both settings. Here are a few of the comments:

### From Children

*"It was lots of fun with my friends in club"*

*"I liked building the den the best!"*

*"I liked that we could choose the equipment to make the dens ourselves"*

*"We had lots of fun in the woods learning new things"*

### From Playworkers

*"The training was well delivered for a wide age group of 3-11 yrs."*

*"We thoroughly enjoyed the training which has a relaxed but informative attitude."*

If you are a member of Clybiau Plant Cymru Kids' Clubs and have an Out of School setting in Pembrokeshire please contact the West Wales office to check if you are eligible to take part in the project.

### Need to contact us?

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

## NEW CHILDCARE BUSINESS DEVELOPMENT OFFICER FOR WEST WALES GREETS NEW CLUB MEMBERS FOR CARMARTHENSHIRE



Meet the Apprentices!



### Tell us about yourself

My name is Hannah Davies and I work in Gorseinon. I work in the school as a teaching assistant and the after-school club. I enjoy socialising, shopping and going for meals with friends and I have also trained in various beauty therapies such as nails and tanning.

### Why did you choose the course?

I have signed up to further my career and gain a Playwork qualification for my role as Playleader.

### What do you enjoy most about the course?

I enjoy everything about the course as it has allowed me the opportunity to examine my current skills as a Playworker and continue my professional development. The theory I have learned so far has been easy to transfer into the workplace and the children have clearly benefitted from the new ideas we have implemented.

### Do you find any aspects of the course challenging?

It can be challenging at times but the course is very flexible and is set at a pace that suits the learner.

### Would you recommend the course?

Yes, I would recommend it to anyone who wants to make the most out of the learning opportunities it provides and to further their career in Playwork.

### What would you say to anyone considering starting the course?

Sign up! I have made some lovely new friends on the course. We all help and support each other and it really works!



## Swansea Play Day 2019

Clybiau Plant Cymru Kids' Clubs uncovered the next generation of engineers and inventors at the Swansea Play Day this Summer. The event held at the National Waterfront Museum had hundreds of families passing through the doors to join in with the fun activities on offer. Clybiau Plant Cymru Kids' Clubs gave children the opportunity to explore electronics. Armed with screwdrivers and scissors children got to take apart computer keyboards and towers, plug sockets and even an old household hoover! Children of all ages, even as young as 2, got to explore what the inside of a computer looked like and we even had a few grandparents joining in! A great day was had by all who participated!



## Food for Thought

Singleton Playscheme in Swansea had fun over the summer holidays experimenting with foods from around the world. Each week focused on a different country from around the world, giving children the opportunity to try new foods which they may not have tried at home. Playworkers were surprised to see just how adventurous the children were, particularly in trying spicy food, and felt that this was down to children experimenting in front of their friends and peers. As Childcare and Play practitioners we know the importance of encouraging healthy eating habits from a young age. Experimenting with new foods in your setting is an excellent way to help children learn about food and enjoy it from an early age.



# North Wales



## Celebrating 30 Years

Congratulations to TEMPS After School Club who celebrated 30 years of offering Out of School Childcare in Wrexham.

To add to the celebrations TEMPS have also received funding from Wrexham County Council for a new outdoor classroom. The Mayor of Wrexham attended to help them celebrate and to 'cut the ribbon' to officially open their new outdoor classroom.

Well done TEMPS and here is to another 30 years.

### Clwb Y Morfa gains an Excellent rating

Massive congratulations to Clwb Y Morfa, Abergel in Conwy for achieving an overall 'excellent' in their recent Care Inspectorate Wales inspection. They are a Voluntary Managed, Breakfast, After School and Holiday Club based on the grounds of Ysgol Glan Morfa. Dolly Jones, Manager has worked so hard with the club over the past twelve months and is very proud of all the staff. Dolly said "I am so happy that all of our hard work has paid off, the staff work so hard and it's nice to have that noticed."

### New Club in Conwy

Clybiau Plant Cymru Kids' Clubs would like to extend a warm welcome to a new member club; Clwb Dyffryn Yr Enfys.

The club are a Charitable Incorporated Organisation and are based in a new school, Ysgol Dyffryn Yr Enfys, Dolgarrog in Conwy County. We are looking forward to working with them over the coming months.

#### Need to contact us?

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



## Deganwy Out of School Club in Bloom

Deganwy Out of School club, Conwy have successfully secured a grant from Conwy Town Council to develop their outdoor area.

The outdoor area to the rear of their building has been re-surfaced with Rubber Mulch as it had started to become a trip hazard due to wear and tear.



**Before**



**After**

To the side of the building there is a large area that was fenced off from the children and had waist high grass. Janet Smith (Club Manager), Nicky Roberts (Company Secretary) and a few volunteers have worked hard alongside Blooming Marvellous to design the new area with landscaped sandpits, raised flower beds, a story corner and sensory garden.

The club have made the use of the area to develop both play spaces for the children, planting herbs and scented flowers to enhance the children's senses, a mirror on the wall, a colourful hopscotch on the floor, wooden toadstools, windchimes and even a totem pole with different insects, all of which have further enhanced the area and encourage the children to take their reading books out to the garden to enjoy the quiet area. The use of colour in the garden is really effective and brightens the whole area.

The children have been busy painting bird and fairy houses which are displayed on the garden walls and have donated some of their old wellies to use as planters.

Well done Deganwy Out of School Club, a true representation of what hard work and dedication can bring, we look forward to joining you in the garden soon.

## An example Wildlife Club

Ysgol San Siôr in Llandudno, Conwy, home of Clwb San Siôr has been awarded the title of 'Example School' for their excellence in caring for and understanding of Nature and Wildlife. The school received a visit from the World Wildlife Fund (WWF) to observe how the children care for the animals and creatures within their school. The WWF have been so impressed with the knowledge and understanding the children have for the wildlife within the school and the World, that they have decided to use the school as an example school for others to visit and learn from. In return the school have successfully secured a permanent live link from the Amazon Rainforest to enable the children to see and hear actual footage of the rainforest and creatures within it. This live link will bring learning experiences to life for the children of the school.

Clwb San Siôr have the big responsibility of caring for and tending to the animals and creatures in the school over the holidays and have been very busy over the summer, cleaning, feeding and exercising the variety of animals that live within the school.

The school have supported the WWF for many years and are truly honoured to have been given such a respectful award from the organisation.



## Summer Holiday Playwork Pilot

In our last edition of Y Bont you may have read our article regarding a Welsh Government funded, Playwork Pilot scheme to tackle Holiday Hunger for children in Wales. The pilot aimed to demonstrate that registered Out of School Childcare Clubs can offer a solution to Holiday Hunger and ensure that the funding, if continued, is distributed to CIW registered Out of School Childcare Clubs. It aimed to also demonstrate that there is no need for 'Holiday Hunger' or 'Food and Fun' clubs where there is the existence (or potential) of a CIW registered Out of School Childcare Club.

Clwb Y Morfa, Abergel a Welsh medium Breakfast, After School and Holiday Club piloted the scheme in North Wales with collaboration from the Diocese of St Asaph.

Mrs Jones, Club Manager wanted to take part in the pilot to give disadvantaged families an opportunity to access a CIW registered setting over the summer holidays with qualified staff providing rich play opportunities which they may not access otherwise, as well as 3 meals a day, one of which was a hot meal. The club worked in collaboration with the Diocese of St Asaph who have been fantastic offering all children attending Holiday Club a high-quality packed lunch to remove the stigma of 'funded' children.

The pilot has been a success with 7 families massively benefitting from the project. The children have enjoyed taking part in activities, playing outdoors particularly on the bikes and scooters which they do not have access to at home.

One child in particular has blossomed over the past summer, she has come out of herself, grown in confidence with adults and her peers, improving her behaviour by learning the importance of sharing and taking turns.

The pilot has had a massive impact on the children and they have benefitted from being at club. They have had social interaction with both adults and their peers receiving both emotional support and positive encouragement in a safe environment.

Mrs Jones has said, 'I feel that on the whole the project has been a success in regards to reaching the right families and giving the children the opportunity to try new things, be part of a club, have healthy food over the summer and be involved with stimulating activities.'

We look forward to hearing how you got on continuing the project over October half term.



# South East Wales

## Meet the Club!

As part of an exciting new section of our Y Bont Magazine, we want to get Out of School Childcare Clubs involved, so what better way than a "Meet the Club" section, which gives you a chance to promote the great work you are doing and to tell us all a bit about yourselves!

**Club Name:** Kidz@Lullabyz

**County:** Newport

**What is your legal Structure?:** Limited Company

**What Childcare Services do you offer?:** Breakfast, After School and Holiday Club

**When did you open?:** October 2012

**What has been your biggest challenge as a setting so far and how did you overcome it?:** Initially it was recruitment. As we were a fast growing setting we were constantly hiring staff for the first two years and trying to find the right candidates was a hard job. Now we have a stable, reliable workforce and this provides continuity for the children in our care

**What is the best thing about working within an Out of School Childcare Club?:** We have a nursery as well as a Kids Club so we look after children from 6 weeks old. We love the fact that they can continue their journey with us and not leave us when they start school at 4. They get to stay a part of the Lullabyz family until they reach 12 years.

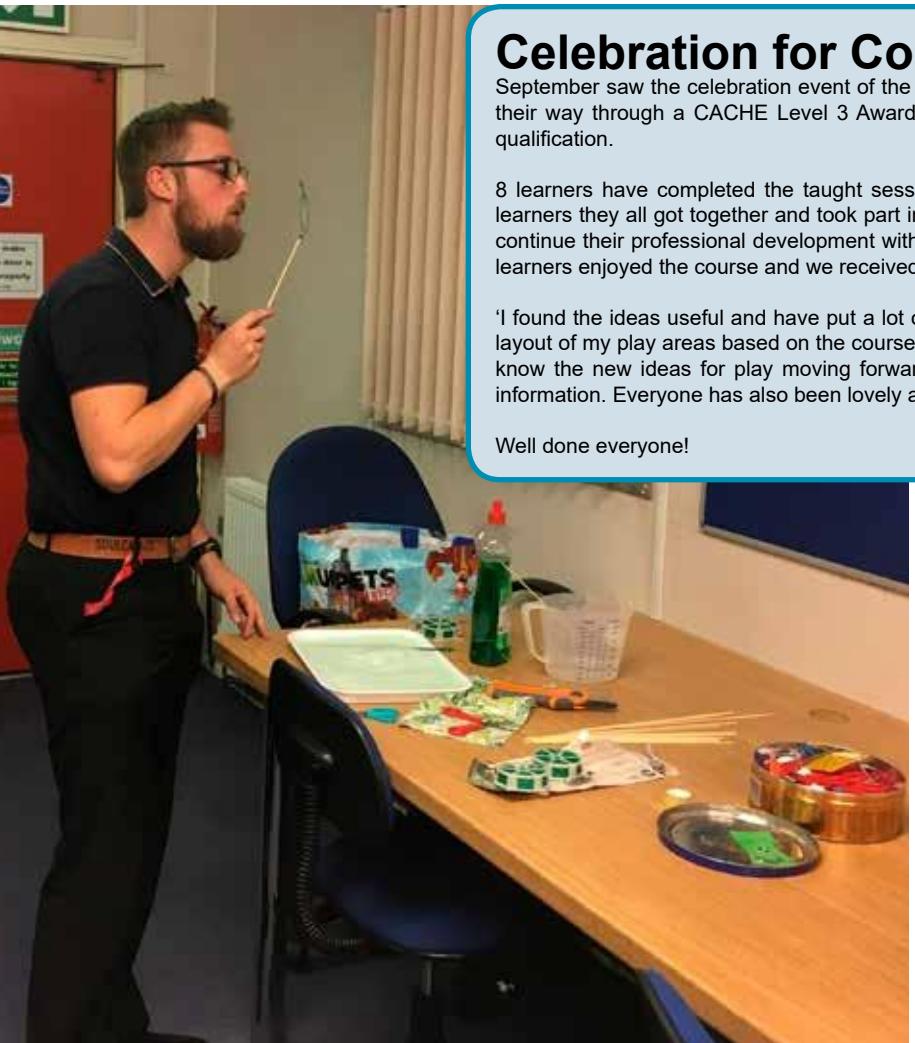
**What is your favourite memory of Club?:** We love it when the parents get told off for picking the children up too early. We often hear "NO! I've only just started playing" or "Can you come back later?" That's when we know that we're doing a good job.

**What do the Children most like to do when they are at your club?:** We have recently renovated the setting so the children are enjoying investigating all of the new equipment and resources. They have become so engrossed in their play that Nanny Joy (the club leader) is feeling redundant! We've told her, 'if you can't beat them, join them', so now she is having fun experimenting with the new resources herself. She even made a new light fitting out of an old bicycle wheel.



### Need to contact us?

You can contact the South East Wales team by phone on 029 2074 1000, by email: [info@clybiauplantcymru.org](mailto:info@clybiauplantcymru.org), by post: Bridge House, Station Road, Llanishen, Cardiff. CF14 5UW



## Celebration for Coalfields learners

September saw the celebration event of the Coalfields learners who have been progressing their way through a CACHE Level 3 Award in Transition into Playwork (from Early Years) qualification.

8 learners have completed the taught sessions and to celebrate the achievements of the learners they all got together and took part in our celebration event where they were able to continue their professional development with a Playing Out with the Elements workshop. All learners enjoyed the course and we received some lovely feedback.

'I found the ideas useful and have put a lot of the ideas into my setting. I have changed the layout of my play areas based on the course, added new activities too. I have also let others know the new ideas for play moving forward. I really enjoyed the exchange of ideas and information. Everyone has also been lovely and inspiring!'

Well done everyone!

## Funding Success

Congratulations to Trinity Childcare and Family Centre in Merthyr Tydfil for their successful application to the Moondance Foundation. Trinity is a registered Charity and Company Limited by Guarantee, offering quality childcare in a former coal mining community with economic and health disparities compared to the rest of Wales. Trinity is registered with CIW to provide childcare for up to 52 children from the age of 17 weeks to 12 years through a range of much needed services including a Day Nursery, Preschool, Cylch Meithrin, Breakfast Club, After School Club, Holiday Club and Inclusive provision. The setting provides spaces for Flying Start Families, is registered to offer the Childcare Offer and is a fully inclusive provision, having achieved the 'Amber to Green Inclusion Scheme' for Merthyr Tydfil County Borough Council.

As with many Voluntary Managed provisions, the staff at Trinity have to work hard to support its ongoing sustainability, to enable the much-valued services to continue. The award of funding from the Moondance Foundation will support these services to continue benefiting the local community.

### Congratulations!



## What Club Means to Me

Betsi Nicholls, age 9

- Clwb Corco Ysgol Melin Gruffydd, Cardiff

"The thing I enjoy the most about going to after school club is playing outside! We love to run around, climb the trees and have a chat in the shade. The other day when we were playing dens, we used our coats and the bike rack. Me and my friend Izzy stayed dry when everyone else got soaked! There is a climbing tree, me and my friends climb up it and pretend to be two different families going on their holidays together, the irresponsible family and the responsible family. We like it best when the grownups just leave us to play as they don't always understand the games we play."

If a child from your Out of School Childcare Club would like to feature in our next edition of Y Bont, please get in contact with your Regional Office!

## Congratulations Simply Out of School!

After months of hard work, Simply Out of School Llanharan were successful with gaining their CIW registration. Registration has meant that they have also been able to extend to offer a wraparound service to support the School's nursery class.

Well Done Simply!

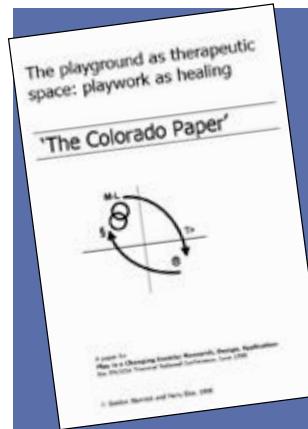
## Welcome to Rhondda Cynon Taf!

Fern Federation and Jaks at Hawthorn opened their doors of their new After School Clubs last term. They were very fortunate to be successful with applications for New Places Grants from the Local Authority, which allowed them to purchase some exciting resources for the Children to enjoy. We wish them all the best in their new adventures!



# Training

## Playvolution – Play Cycle Part 1



I have recently been reading the Research completed by Drs Pete King and Shelly Newstead that was published in The Play Cycle – Theory Research and Application (King and Sturrock 2019). What I found interesting was

The Colorado Paper written by the late Gordon Sturrock and Perry Else in 1998 introduced the term Play Cycle. Describing their research Sturrock and Else suggested that the information was not to reframe Playwork or introduce new theories but to verbalise and explain what already exists. As part of the work conducted to make sense of Playwork practice a review was made on the perceived "looping cycle of play" and for the first time this was theoretically broken down in component parts that enabled a greater understanding of play and the Playworker's role; creating the four stages as below:

- Meta-lude/drive and play cue
- Termination, decay or Annihilation
- Active Development
- Loop and Flow

Whilst the Play Cycle has had some development of how it looks and has been broken down the theory itself has not changed. The Colorado Paper is a vital read to help them gain a good understanding of Play and Playwork. The next Y Bont article in this mini series will look at the Play Cycle in practice. You may also want to look at the article on play in Romania where Play Cues are discussed further and reflected on.

If you want to read the Colorado Paper you check out this site  
<https://ipaewni.files.wordpress.com/2016/05/colorado-paper.pdf>

## Making I.T. Work

Clybiau Plant Cymru Kids' Clubs has developed a new workshop to support the management functions of childcare and Playwork settings.

The **Making I.T. Work** workshop focuses on the use of technology to streamline business operations. Aimed at owners and managers, this practical workshop will give participants the opportunity to experience first-hand how to use different technologies to make every day processes more efficient and effective.

The workshop will also give participants understanding of how people may access their services and how to manage security of these systems and services.

To find out how technology can boost your business, look out for courses near you.



## New CCPLD qualification

You may be aware that a new qualification for childcare launched in September. This qualification titled Child Care Play Learning and Development (CCPLD) reaffirms the importance in play and how it supports children to progress and grow. This qualification is completely different to the old Child Care Learning and Development (CCLD) as it ensures that learners receive training as part of the core of the qualification and sets tasks that need to be completed. To further support quality and continuity external assessments have been introduced, along with the removal of the ability to use evidence or credits from previous qualifications.

Since the Launch of CCPLD we have been asked whether this means that there will no longer be the need to hold two qualifications. The answer to this is no! If you are working in Out of School Child Care you will still need a Playwork qualification as Play and Playwork are not the same. Play has a diverse definition and the way that Play is supported is shaped by the theories and understanding of the different perspectives. Playwork is about more than how Play is defined, it is about how to nurture children's innate drive to Play, how to respond to Play cues and also how to create a Play space that nurtures freely chosen Play. Therefore, if a Playworker completes Level 3 CCPLD they will also need to complete the Level 3 Award in Transition to Playwork (from Early Years). The good news is that some Providers are offering the two courses together so that those completing the new qualification can gain the opportunity to achieve both qualifications as part of their apprenticeship. It is important that if you are starting the CCPLD apprenticeship and also need a Playwork qualification that you ask whether this pathway is available and if it is delivered by staff who have recent Playwork experience. There is also still the option to choose the stand alone Playwork Qualifications if you are working in Out of School Childcare. If you are not sure which sure what option is right for you, you can give us a call/email, or contact our CIW inspector.



## First Aid Awareness Club Workshop

The new First Aid Awareness Club Workshop is a practical workshop for children to help them understand what risks exist within everyday life and how they can keep themselves and others around them safe should an accident happen.

The workshop will look at what may cause accidents and injuries, whilst giving children opportunities to practice some basic first aid techniques and instil confidence in them should they have to deal with any accidents.

The First Aid Awareness Club Workshop is available to buy for your club. Please contact your local office for further information.

## Den Building.....

Recently two of our training officers delivered a Den Building workshop to childcare practitioners in RCT. It was a great success, there was lots of fun and laughter.

During the workshop practitioners discussed where they obtained low cost/no cost resources, some of the ideas they shared were:

- Charity Shops
- Local businesses
- Parents /Families
- Recycle Centres
- Asking community via social media

We also asked the practitioners to think about how they felt while they were building the dens, this was to get them to think about what children are feeling whilst den building at clubs. Below was some of the answers they came up with: Inventive

- Excited
- Competitive
- Happy
- Sense of achievement
- Satisfied
- Fulfilled

**Den Building is a vital part of children's play.  
It supports children to problem solve, work as a team, use their initiative, use their imagination, use loose parts to name but a few.**



Clybiau Plant Cymru Kids' Clubs is experienced at developing and delivering workshops and qualifications to improve the quality of care, play and learning provided to children in clubs. Clybiau Plant Cymru Kids' Clubs is an approved centre with the Awarding Organisation, CACHE, for the delivery of accredited Playwork and Assessing qualifications. For more information on our courses and how to book, visit

[www.clybiauplantcymru.org/training-events](http://www.clybiauplantcymru.org/training-events)

# Work Welsh

## Work Welsh Project - The 'Setting Assessment'

As a part of our Work Welsh project we are travelling across the country to promote and increase the use of the Welsh Language in Out of School Childcare Clubs. We have been overwhelmed with the responses from our fantastic clubs and are hoping to be able to utilise this knowledge to encourage more settings to give it a go.

As a part of the introductory training, alongside the CAMAU Welsh courses, we will be conducting Welsh development support sessions. The first stage of that process is the initial assessment. The aim of this first session is to get an idea of the current level of understanding, use and promotion of Welsh Language within a setting. Below are some examples of answers from settings so far:

- Do children have an opportunity to make marks/written work through the medium of Welsh?

'Yes, chalk drawings outside and using pictures and resources from the Twinkle website' (This is a popular bilingual resource tool utilised by schools across the country, others include TES, which has no subscription and many free resources).

- Are Welsh resources shared with families i.e books, song sheets?

'No. Families don't ask, and we don't have the resources or time to make everything bilingual if families don't want it'

'We can do it either way, but usually we would not print everything bilingually in order to save paper'

- Are children given the opportunity to explore Wales and its culture?

'Yes, we take trips to Margam park, and celebrate St Davids day, follow the world cup, and of course Dydd Santes Dwynwen instead of Valentine's'

'Yes, Trips to Pembroke castle, the flying boat museum, and Carew castle'

It is important to remember that each setting is quite different, and will be utilising very different approaches to the delivery of Welsh in their settings, this isn't a bad thing! This can be a very good thing, especially when settings are actively looking to share, promote, and increase that learning.

It is worth noting that many of these answers have come from predominantly English-speaking clubs. They are keen, and actively seeking to promote the Welsh Language in their settings but sometimes lack the confidence and skills to carry that further into policy/procedure and family engagement. This in an area we will be looking into in greater detail over the coming months, focusing our efforts on increasing understanding and assisting clubs to develop greater confidence in these areas.

It is quite clear that clubs are excited to try the language, and are keen to encourage each other. An increase in the use of Welsh champions in settings has proven to aid in learning and development, and may be something we look to do in the future, which could support bringing Wales ever closer to a million speakers by 2050.

If your setting has some other ideas about how to best promote the Welsh Language in Out of School Childcare provisions, please do get in touch and we will try and share as many as we can in future issues of Y Bont.

The Work Welsh project runs alongside the CAMAU project: featuring training that aims to increase use of and confidence in the Welsh Language for all Early years, Childcare and Play settings. For more information about training opportunities, please contact your local Clybiau Plant Cymru Kids' Clubs office and one of our team will be glad to help.



Cymraeg

### Level Descriptors

Camau have provided a useful list of descriptions for the courses currently available through the Project:

#### Lefel Mynediad

The aim of the course is to enable childcare and early years practitioners who don't speak any Welsh to introduce simple Welsh language patterns in their every day work with children under the age of 5.

#### Lefel Mynediad (Play)

The aim of the course is to enable practitioners in the play sector who don't speak any Welsh to introduce simple Welsh language patterns in their every day work with children and young people.

#### Lefel Sylfaen

The aim of the course is to enable childcare and early years practitioners who don't speak much Welsh to introduce elementary Welsh language patterns and provide appropriate guidance in Welsh in their every day work with children under the age of 5.

#### Lefel Canolradd

The aim of the course is to enable childcare and early years practitioners who speak some Welsh to introduce extended Welsh language patterns and provide appropriate guidance in Welsh in their every day work with children under the age of 5.

#### Lefel Uwch

The aim of the course is to enable childcare and early years practitioners who speak Welsh to introduce fairly advanced Welsh language patterns and provide appropriate guidance in Welsh in their every day work with children under the age of 5.

**Winter Craft Workshop** Host a craft workshop and charge an entry fee to cover supplies and collect donations. Make Christmas decorations, arrange wreaths, bake biscuits, a craft event will attract families looking for an afternoon of fun.

If your town has a dedicated group of local artisans, hold a craft workshop where basic crafting skills are required, but attendees can pick and choose which items they want to make.

**Gingerbread House Contest** Holding a Gingerbread House Making Contest is a fun, simple way to raise money over the winter – ask people to pay to enter and give a small prize away to the winner (and keep the profits for your fundraiser)!

**Sell Gift Baskets for St Dwynwen's Day**, the most romantic day of the year in Wales. Make and sell unique "date" gift baskets with items couples can enjoy — wine and cheese; specialty coffee and chocolates; popcorn and cinema vouchers; or a heart-shaped cake pan with the ingredients needed to bake together.

**Welsh Government Childcare Grant** The Welsh Government has launched a new Childcare Grant to facilitate the creation of

additional flexible childcare places throughout Wales. There are two separate Grants under the scheme, to enable new, and existing, providers to increase childcare places across Wales.

Funding applications were opened on Monday 30th September 2019. The Business Wales Childcare Grants are open to applications until 31st March 2020 (Childcare Start-Up Grant) and 31st August 2020 (New Employees Grant), (funds permitting).

**Childcare Start-Up Grant** Available to encourage new childminders into the sector, this grant offers some financial assistance to help with some of the costs associated with starting a childminding business.

**New Employees Grant** Aims to encourage the creation of new jobs across the childcare sector. The grant offers finances to support salaries and overheads whilst additional childcare spaces are filled.

To apply, applicants must:

- register with Business Wales

- be registered with Care Inspectorate Wales (CIW) at the point of Grant payment
- be able to demonstrate that the funding will help contribute to increasing the number of flexible childcare places in Wales

If you would like any further support or guidance regarding: Providing demonstrable evidence of a need for additional childcare provision in your area, or with registration with Care Inspectorate Wales (CIW), then please do not hesitate to contact your local Childcare Business Development Officer, here at Clybiau Plant Cymru Kids' Clubs, who will be delighted to assist you with this process.

Further information on how to complete the application and submit the required documentation can be found via the Business Wales Website.

If your business, or business proposal, already meets the criteria for these Grants and you feel confident in applying without any additional support from ourselves then please contact Business Wales on 03000 603000 to register.



#### Support us while we support you!

Online shopping through [www.easyfundraising.org.uk/clybiauplantcymrukidsclubs](http://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](http://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](mailto:membership@clybiauplantcymru.org) to ensure you receive your electronic copy.

## Out of School

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Approximately  
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to members of  
Clybiau Plant Cymru  
Kids' Clubs

**Out of School** insurance has been designed for out of school clubs providing activities both before and after school.

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or call

020 8603 0943



**Morton Michel**  
The Childcare Insurance Specialist

# Projects

## How Does Your Garden Grow?

In 2017 Clybiau Plant Cymru Kids' Clubs was awarded funding through Groundworks, Tesco Bags of Help to develop and pilot 10 bilingual low cost/no cost activities designed around how to use recycled materials to develop a garden space whilst building lasting intergenerational relationships and community awareness and respect of others.

The activities were developed. Our Training Officer piloted the activities with the staff and children of Anglesey Childcare Providers, St Mary's Holiday Club. Through feedback from the pilot and input from staff at Clwb San Sior, Conwy, the activity cards were amended.

Unfortunately, Clybiau Plant Cymru Kids' Clubs were not awarded enough funding to complete the project.

With funding from Anglesey Childcare Providers, we were able to complete the project. We would like to take this opportunity to thank Anglesey Childcare Providers who have been an integral part of this project since its inception.

With this funding **How Does Your Garden Grow?** Activity cards were designed and the final activities were delivered to the setting.

The activities are aimed at children aged 3 to 11 years old, focussing on developing new skills linked to gardening, the environment and recycling through fun, engaging play activities. A variety of topics are covered including how to re-use objects to make small outdoor spaces, recycle objects to make greenhouses and planters and how to create compost. The activities also encourage children to learn about the importance of growing their own food whilst gaining knowledge and skills from more experienced people around them.

Our Training officer Tracey Bargh delivered the new and improved activities and cards to Anglesey Childcare Providers.

These new and improved activities were evaluated after the session. Out of a score of 5 (1 being poor 5 being excellent), both Playworkers thought the content, structure, organisation of the training was good and scored us a 5 and the delivery was just right scoring us a 5.

Comments included: the trainer was very knowledgeable, explained step by step to the children what they needed to do in a safe and fun way, the pace was perfect, the training suited all the children in different age groups, they all enjoyed it especially using the different tools.

The staff also commented that the trainer had given good ideas and they were keen to continue with the project and engaging with the local community by bringing together children and Playworkers from Anglesey Childcare Providers, St Mary's Out of School Childcare Club and gardening volunteers from the local community to work together to develop the outdoor space at the club.

Some of the children's comments included how they enjoyed using the hammer and nails to make the pallet garden, planting the flowers, and seeds and through discussion with them they were excited to see the herbs grow and develop their garden further.



### Tesco Centenary Grants

Clybiau Plant Cymru Kids' Clubs has been successful in having two applications for funding for an exciting new Project go through to the public voting stage for the Tesco Centenary Fund. All Tesco stores across **South East Wales, Mid and West Wales** will feature a voting area for the Centenary Fund, where shoppers can choose between 3 Projects to determine the level of funding received for each project.

#### Our Project

The project will improve children's health and well-being across the South East, Mid and West Wales Regions through healthy food growing and preparation activities using a practical and community approach that is fun and rewarding.

We would develop a 'Grow Your Own Feast' initiative involving Out of School Childcare Clubs (offering high quality care for children aged 3-14years), volunteers, families and the wider community. Children will be outdoors, growing, harvesting and cooking their own nutritional feast, learning a wide range of new skills from older, experienced volunteers, as well as promoting mental health and wellbeing for all involved. Fun interactive resources and sessions will build children and Playworkers' confidence and knowledge to make healthy food choices of their own.

#### How can you help?

Look out for the voting stations in your local Tesco store when doing your weekly shop, and vote for Clybiau Plant Cymru Kids' Clubs to enable us to support Out of School Childcare Clubs and communities across Wales through this exciting Project! Share this with your friends and family to help increase our votes!

Voting stations for Clybiau Plant Cymru Kids' Clubs will be in stores from **1st October 2019 until 31st December 2019**. Your support is much appreciated!



### Meet the Team!

Name: Nenie Anetekhai

Job Title: Administrator

How long have you worked for Clybiau Plant Cymru Kids' Clubs? Since September 2019.



What is your favourite childhood memory?

I have lots, mainly around traditions that I am still doing. I think my favourite is Christmas and New Year, where all members of the family go to gramps's house for the festive season; there is lots of cooking,

prayers, eating, going to church, going out, games, music and loads of fun.

**What do you like to do in your spare time?**  
Rest, sleep, movies, and spend time with family and friends.

**If you could have a superpower, what would it be and why?** I would heal the world because a lot of people are hurting from a lot of things both internally and externally.

**What would people be surprised to find out about you?** In primary school, because there was no Girl Guides in school I joined the Boy Scouts and became the only girl in the troop, which I enjoyed because it was fun and I got to go camping with the boys, build tents and light camp fires. A couple of months later a Girl

Guides group was formed.

**What is your favourite TV programme and why?** Friends, the series; it's funny and can never get tired of watching it.

Name: Janine Elworthy

Job Title: Childcare Business Development Officer

How long have you worked for Clybiau Plant Cymru Kids' Clubs? Since September 2019

What is your favourite childhood memory? Playing in the sand, mud and chippings

**What do you like to do in your spare time?** Navigate for the rally.

**What is your favourite TV programme?** Not a huge fan of television, Grand Designs? Saw an incredible documentary at the weekend. Think it's called 'The magic pill', about how our diets have brought on modern diseases, and how going back to nature could fix the obesity crisis.

**If you could have a superpower, what would it be and why?** Teleportation, sitting in traffic drives me wild.

**What would people be surprised to find out about you?** I like to show my vegetables in local horticultural shows. Matching vegetables and huge pumpkins make me happy. My friends think it's mad.

**What is your favourite film and why?** Love Actually, because good people should always have a happy ending.

Name: Tracey Bargh

Job Title: North Wales Training Officer

How long have you worked for Clybiau Plant Cymru Kids' Clubs? Since December 2006

What is your favourite childhood memory? Playing outdoors. Making dens and rope swings in the woods.

**What do you like to do in your spare time?** Socialising, going on holiday and going for walks with my family and dog.

**If you could have a superpower, what would it be and why?** To be able to fly. That way I would be able to go anywhere without the traffic affecting me.

**If you were stuck on a desert island with one luxury item (not mobile phone) what would it be and why?** A Swiss army knife to prepare food, protect ourselves, and build a shelter.

**What would people be surprised to find out about you?** I am an adrenaline junkie. I have completed a skydive which included a 30 seconds freefall, I love skiing and have a free pass to all of the zip World activities.

**What is your favourite film and why?** I love anything animated. I'm a big kid at heart.

## UK Space Agency



As part of our UK Space Agency funded project, we held 3 "Launch Events" across Wales during October 2019. Each Event included our new Space Workshop as well as the opportunity to experience an inflatable digital planetarium courtesy of Dark Sky Wales. The planetarium show was delivered by a professional astronomy educator, who took Playworkers on a mythological tour of the heavens, discovering modern cosmos including planets, galaxies and nebula, immersed in a spectacular visual and audio experience!

After brilliant engagement and some lovely entries in our **UK Space Agency**

**Competition**, the 6 winning Out of School Childcare Clubs who achieved the most 'likes' on their competition entries were:

Oasis Fun Club, Barmouth  
Little Darlings Out of School Club  
Brynna Playscheme (Llanharan Drop In Centre)  
Yellow Bunnies  
Teddy Bear Towers  
St Andrews Out of School Club

All 6 Out of School Childcare Clubs received In-Club Space workshops during October and November.

The full outcomes of this Project will feature in our Spring edition of Y Bont!

## Let's Get SASSy!

As mentioned within our Autumn edition of Y Bont, Care Inspectorate Wales (CIW) has announced that the Self Assessment of Service Statement (SASS) for Registered Childcare Providers will be taking place in early January 2020.

The previous SASS (which was divided into 2 parts) has been condensed into one, with requests for information that will provide CIW and Welsh Government with valuable information in relation to the sufficiency of childcare (capacity, services offered etc), quality and other areas of interest for Policy Makers (for example, the impact of the Childcare Offer, use of Welsh Language). CIW has consulted with Clybiau Plant Cymru Kids' Clubs, along with other CWLWM partners, to help to ensure that the SASS will be fit for purpose for the Childcare Sector and to enable us to be well placed to support Out of School Childcare Clubs through the process.

CIW will be contacting all Providers via letter to notify you about the SASS, at which point you will need to contact CIW by telephone in order for them to provide you with a PIN to access your online account (a new PIN is

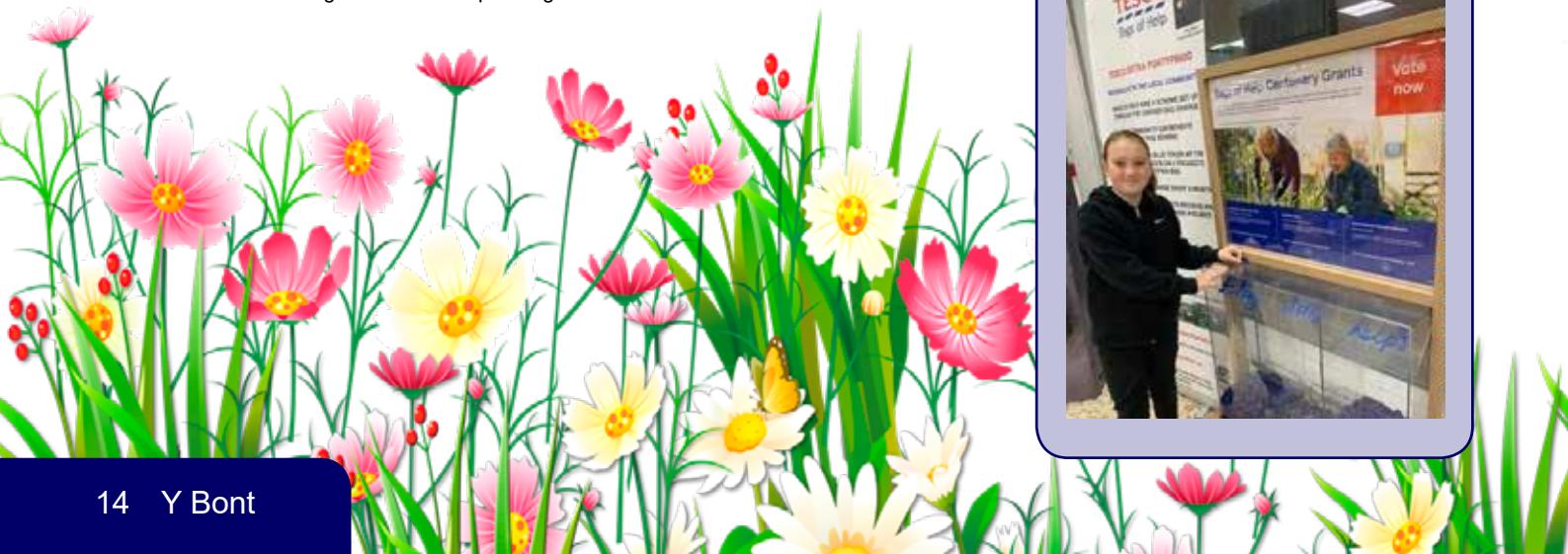
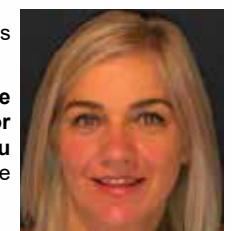
needed even for those Providers who took part in the last SASS).

4th November – letters sent to providers with no previous online account;  
11th November – letters sent to Child minders with online accounts; and  
18th November – letters sent to Day Care providers with online accounts.

If you have not yet received your letter, please contact CIW as it is essential that you have your PIN to access and submit your SASS prior to the deadline, which will be 28 days from the date it begins in January (date to be confirmed).

We hope that those of you that attended our Autumn Network Events featuring a talk from CIW about the SASS found the experience useful. We will also be offering support to the sector throughout January – please contact your Regional Office if you require support.

Arolygiaeth Gofal Cymru  
Care Inspectorate Wales



# Employer Update

## The end of the journey to become a Charitable Incorporated Organisation

Congratulations! You have reached the end of the journey, you have submitted all your paperwork to the Charity Commission, received your Charity number. You have re-registered with Care Inspectorate Wales and have your registration number.

Now as a Board of Trustees you need to agree a date on which your old Unincorporated Association will cease to exist, it will be on or before this date that all assets will be transferred to your CIO.

As a CIO along with the robust legal status you now hold, you have **reporting requirements** to the Charity Commission.

Staff at Clybiau Plant Cymru Kids' Clubs are here to support you through this process too, along with templates and guidance.

There are different requirements for different sizes and types of charity. To understand what applies to your charity, you will need to check:

- Is your charity also a company (registered with Companies House and the commission)?
- Are you a charitable incorporated organisation solely registered with the commission?
- Your charity's income for the current financial year
- The value of your charity's assets

The answers to the above will determine whether or not your charity is now of a size that is required to be registered as a charity with the commission

You should then ensure that the charity's trustees understand:

- what type of accounts must be prepared
- what information is needed in the trustees' annual report (annual report)
- whether the accounts need an independent

- examination or audit
- what information must be sent to the commission

If you do have to send your charity's annual report and accounts to the commission, you must do so within 10 months of the end of your charity's financial year. In the interests of transparency, the commission encourages you to do so much sooner than this in order to give an up-to-date and current picture of your charity to those interested in your charity's work.

**Accounts, annual reports and annual returns:** preparation and filing with the commission

Accounts preparation: **all charities** (whether registered with the commission or not) **must** prepare accounts and make them available on request.

**Trustees' annual reports preparation:** all registered charities must prepare a trustees' annual report and make it available on request.

**Filing accounts and annual reports:** **all charitable incorporated organisations** (irrespective of income) must file their accounts and an annual report with the commission. The annual report and accounts should be filed online.

**Annual return form:** **all charitable incorporated organisations irrespective of their gross income** in the financial year must complete and file an annual return with the commission.

Each registered charity receives an annual return form from the commission shortly after its financial year end. In all cases the annual return should be completed online. The annual return form helps the commission to make sure that the details of every charity on the register of charities are as complete and accurate as possible. The annual return gives the commission basic financial details, and

details of contacts, trustees, activities and of the charity's classification.

### Types of charity accounts

A charity may prepare either receipts and payment accounts or accruals accounts. Which of these is needed will depend on the income of the charity and whether or not it has been set up as a charitable company.

### Receipts and payments accounts

This is the simpler of the 2 methods of accounts preparation and may only be used where a non-company charity has a gross income of £250,000 or less during the financial year.

Receipts and payments accounts contain a statement summarising all money received and paid out by the charity in the financial year, and a statement giving details of its assets and liabilities at the end of the year. Charitable companies are not allowed by company law to adopt this method.

CIOs preparing their accounts on a receipts and payments basis should note that they are required to make 2 specific disclosures regarding guarantees and debt.

### Audit or independent examination?

Only charities with a gross income of more than £25,000 in their financial year are required to have their accounts independently examined or audited.

The type of scrutiny required depends on the income and assets of the charity. Broadly speaking, an independent examination is needed if gross income is between £25,000 and £1 million and an audit is needed where the gross income exceeds £1 million. An audit will also be needed if total assets (before liabilities) exceed £3.26 million, and the charity's gross income is more than £250,000.

## Are you Care Inspectorate Wales (CIW) Inspection Ready?



All Registered Out of School Childcare Clubs receive inspections from Care Inspectorate Wales (CIW) to ensure that safe care is being provided, and that the National Minimum Standards are being adhered to.

Ways that you can ensure (and demonstrate) that you prioritise Children's Participation as a Club include:

- Ensure you have a Children's Participation Policy in place
- Set up a Children's Committee
- Hold children's meetings
- Start up a suggestion box, or post it wall
- Utilise questionnaires after new activities, trips and about meals/snacks offered to gather feedback
- For quicker answers to questions, you could try using games to gain feedback (e.g. run to this wall if you think....) or ask one question at a time via a 'sticky dot vote'
- Set up a 'Participation file' where you can include questionnaires, photos and other sources of information/evidence that you can use to demonstrate during inspections how you are ensuring that the children attending your Club have a voice
- Have a 'You said, We did' board where you note down feedback received from children and what you have changed in response. Where changes are not possible, see if a compromise can be made, or provide details about why the changes are not feasible, so that the children understand and feel that their input has been valued.
- Have a Club Newsletter that is 'staffed' and managed by the children themselves
- Attend Children's Rights and Participation Training

### Out of School Childcare Clubs based in Day Nurseries

In some recent inspections within Day Nurseries, feedback has been provided specifically about the Out of School Childcare provision on site. In some Day Nurseries, the number of places allocated for children of school age are limited; however, it is still essential that these children are provided with an experience suitable for their age. Having age appropriate equipment, suitable space, Playwork trained staff and tailored marketing of the Out of School Childcare Clubs can not only enhance the quality of experience for these children and promote their enjoyment and development, but it can also support the sustainability of the business as a whole, as children are much more likely to want to attend a Club that has its own identity and age-relevant appeal as opposed to attending something that is seen as part of the general Nursery provision.

When planning for your Out of School Childcare Club, it is useful to incorporate Children's Participation techniques noted in the previous section, to ensure that the activities and resources provided are attractive and suitable for the age range you are catering for.

If you require support or information in relation to the information above, or for preparing for your next inspection, please contact your Regional Office.

## Governance in Out of School Childcare Clubs

In our Winter edition of Y Bont, our article about governance in Out of School Clubs explained that in many Clubs run by voluntary committees, committee members are not adequately protected from personal liability if the assets of the organisation are insufficient to cover liabilities. A formal **legal structure** that limits the liability of its members for any liabilities of the organisation is recommended.

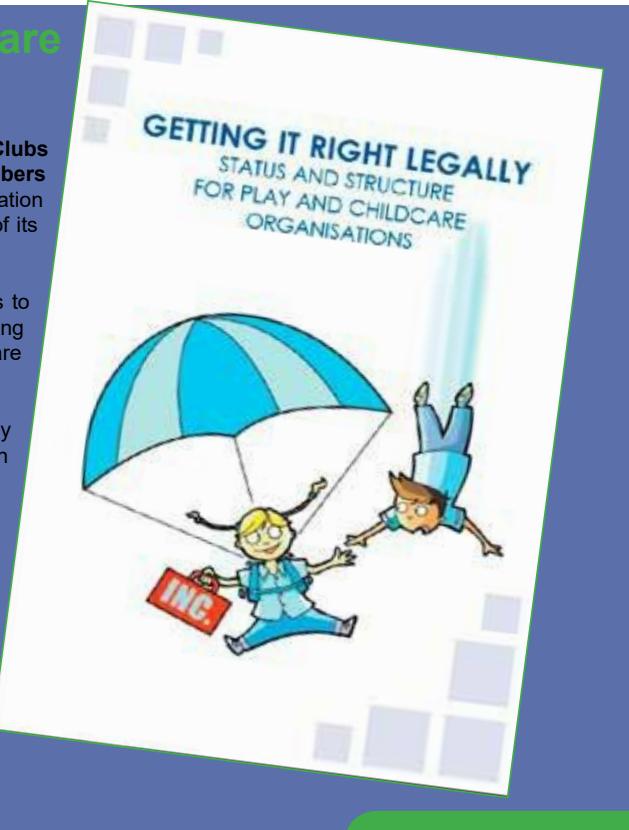
Clybiau Plant Cymru Kids' Clubs is able to offer information to voluntary run clubs to help them review their management model and decide whether it is still suitable moving forward using our resource '**Getting It Right Legally**' (GIRL) for the play and childcare sector.

One option is becoming a **Charitable Incorporated Organisation (CIO)**, where any liabilities arising from e.g. employing staff, renting buildings, fall on the organisation itself rather than individual committee members.

### The basic steps in moving to this legal structure are:

1. Draft a constitution (set of rules) for the new company.
2. Register with the Charity Commission.
3. Transfer the business of the old voluntary group to the new company (CIO).
4. Close down the old voluntary group.

Get in touch with your Childcare Business Development Officer or regional office if you would like some more information about GIRL which outlines the advantages and disadvantages of a range of management models for the childcare and play sector.



# Winter Activities

Winter is a perfect time to explore the environment and surroundings in a different way. Think about the possibilities of it being colder and icier at night and in the mornings, think about it getting darker in the afternoons... the changing seasons that we are lucky to experience afford the children and young people a whole new wealth of play possibilities.

## Board games

Try making your own Twister. Using an old sheet get the children to paint their hands and feet and place them onto the sheet; leave to dry and you have a personalised twister. They could even use other body parts – cheek, elbow, knee – to make it different.

Alternatively paint the hands and feet on to paper, leave to dry and laminate. Cut them up and then have a moveable game of twister. What other games could be recreated? Use cardboard and pens for them to make their own.

## Sumo

A great rough and tumble game and an alternative to sock wrestling. Create a sumo ring, using blankets, crash mats, cushions or similar. Then you will need two large men's t-shirts and cushions. With two children at a time, get them to put on a t-shirt and then pad



out front and back with cushions. Now sumo. Make sure beforehand that you set ground rules with the group.

## Bird feeders

A really simple method to make bird feeders are to use toilet roll tubes, peanut butter and bird seeds. Simply cover the toilet roll tube in peanut



butter and roll in bird seed and leave to harden then pick a branch or somewhere to hang it.

Alternatively, if you don't want to use toilet rolls then use a piece of toast. You can even make them into different shapes. What birds can you spot?

## Egg box penguins

All you need are egg boxes, black paint, white and orange paper and googlie eyes. Paint the



egg boxes black and leave to dry, then cut out the individual "cups", turn upside down and stick on bits of white and orange paper as well as googlie eyes to make a penguin. What else can the children make from egg boxes?

## Torch It

Great fun to play in the darker evenings, get a load of torches... you can purchase them for a £1 each from "buy me for a pound" stores. Give each child a torch and play Torch It, if you get caught in the light of the torch and they call your name, you're 'It'. What other games can be played in the dark?

## Snow Paint

Should the Beast from the East return this year then getting out in the snow will be a must, but how about painting in the snow? Use empty spray bottles, fill with water and add food colouring for DIY snow paint. Simply point and spray. For more vibrant colours try using gel food colourings.



## Georgie's Garden Corner

### Feed the Birds

The winter is a difficult season for birds, with smaller birds needing to eat a third of their weight a day to survive the low temperatures. Feeding the birds during the winter helps keep children connected with nature during the long dark months and can be a fun, messy and creative activity!

You could get creative with Lego or decorate recycled material such as old cartons to create amazing feeders.

For a simple bird feeder, you will need:

- Lard
- Mixed bird seed
- Cookie cutter
- Ribbon

The best ratio for this recipe is one-part fat to two parts dry mixture. Mix all your dry ingredients together in a bowl.

Melt some lard in a pan and add the dry mix. Stir well until the fat has all been absorbed and the mixture sticks together.

Place the cookie cutter on a tray or baking paper, fill it with the seed mixture and press down with the back of a spoon so it's packed in tightly.

Use a skewer to make a hole for the ribbon. Put in the fridge and leave to set overnight.

Ease the shape out of the cutter, thread with ribbon.

