

SOUTH WILTS LEARNING DISABILITY NETWORK

ACTIVITY GUIDE



at home and out and about
in South Wiltshire

Compiled by Jeremy Bugden with thanks for the valuable input from members of the Network and George Cooper, Parent Support Advisor at Exeter House School

Codes

LD = Learning Disability

A = Autism friendly

AA = open to all abilities

C = child 'age' specific

Costs and opening times throughout are correct in the autumn of 2014 but it is always worth a phone call to check, especially if travelling a distance.

Contents

GETTING OUT AND KEEPING FIT	3
GETTING ARTY	7
OUT FOR THE DAY	10
STAYING AND PLAYING NEAR HOME	14
MEETING UP FOR A CUPPA OR A MEAL	21

Getting Out and Keeping Fit



1. Wiltshire Council Leisure and Sports Centres

Where: Salisbury, Amesbury, Durrington, Downton, Tisbury, Tidworth, Mere

Swimming and activity classes such as Football, Basket Ball, Badminton, Boccia, Table Tennis /Tennis.

Costs, at time of going to print some Gym membership offers start at £9.99. Adult swim £4.30. 17yrs and under swim £2.85. NOTE: there are often fitness sessions available at Amesbury Sports Centre.

NOTE: Swimming is free for 15 year olds and under in the school holidays.

www.wiltshire.gov.uk

fiverivers@wiltshire.gov.uk

Five Rivers Leisure Centre, Salisbury 01722 339966

2. Dolphins Swimming Club

Where: Five Rivers Leisure Centre, Salisbury

Saturday mornings 10am - 12noon. LD, A.

Canoers also use the pool (split) at 5.45pm.

Mr C McAnaspie

01722 332398

Mr Golding, Secretary

sasha385@sky.com

3. Play Partner Parties

Where: Five Rivers Leisure Centre, Salisbury

Third Sunday monthly 2-4pm. LD, A (some AA). Age: 5-16 Subsidised cost goes towards refreshments.

www.salisburyplaypartnerparties

07798 535452

Membership and details – Cally

callyscammell@hotmail.com

Scammell

4. Jumperoo Little Roo's Bounce & Play!

Where: St Gregory's Hall, Salisbury

Bounce and play sessions for pre school children in the term time, Tuesday 9.30-11am. £2 per child. One off events held during the holidays for older children to attend as well. LD, A, AA Tip - check insurance responsibility.

www.myjumperoo.co.uk

Chris and Corinna Garrett

01747 870579 / 07747 898401

5. Wilton House Gardens & Adventure Playground

Where: Wilton House, Wilton

Grounds open Sundays to Thursdays at Easter and May-September. Free admission for companions accompanying disabled visitors. Wheelchairs available on loan. Regular bus service to and from Salisbury. 4 miles. LD, A, AA.

www.wiltonhouse.co.uk/education

tourism@wiltonhouse.com

Contact regarding special needs

01722 764714

6. Picnic in the Park

Where: Queen Elizabeth Gardens, Crane Street, Salisbury Victoria Park, Castle Road, Salisbury Churchill Gardens, Churchill Way South, Salisbury Swings, slide, roundabout. Salisbury (day bus services into and return). LD, A, AA.

Free of charge. Parks easily located on route planner via laptop/ I-pad, or PC in the Library.

www.salisburycitycouncil.gov.uk

info@salisburycitycouncil.gov.uk

Play Areas

01722 342860

7. Moors Valley Country Park and Forest

Where: Horton Road, Ashley Heath, Nr Ringwood, BH24 2ET

Open 8am until dusk. Disabled persons with vehicles that are tax exempt may park for free. Take a ticket on entry to the Park and then call in at the Information Point in the Visitor Centre with your tax disc or proof of tax exemption. Disabled (blue) badge holders pay normal car park charges.

Car parking costs £2.70 - £5.80 (seasonal) for 2-4 hours (depending on mobility - park off Horton Road FOC and walk in). Contact direct for information about leisure pursuits, bicycle hire and walks. Bus service to and from Salisbury. Salisbury 20 miles. LD, AA.

www.moors-valley.co.uk/visitor-information/access-for-all

Visitor Information

01425 470721

8. The Rapids Swimming Pool

Where: Southampton Road, Romsey, SO51 8AF

Splashtime £3.40 adult, £2.70 concession (registered disabled). Salisbury 21 miles. LD, A, AA.

www.valleyleisure.co.uk/centres/rapids/whats-new/news

Reception

01794 830333

9. Mundeford Quay

Where: Mundeford, Christchurch

Park at Mundeford Quay £4.00 - £5.00 for 3-4 hour stay. Public toilets, café and gift shop at Quay Head. Level access to Gundimore Beach (East of Mundeford Quay). LD, A, AA.

www.visitchristchurch.info

beaches@christchurchandeast

www.dorsetforyou.com/389367

dorset.gov.uk

Community and Recreation Team Leader

01202 795070

10. Steamer Point Nature Reserve

Where: Friar's Cliff, Christchurch, BH23 4TA

24 acre cliff top designated local nature reserve situated between Highcliffe Castle and Friar's Cliff. Good access. Most of site is flat with gravel paths. Main route through site is tarmacked. Gates with easy access latch at car park end of site. Car park £1.40-£4.60 1-4 hours. LD, A, AA.

www.visitchristchurch.info

countryside@christchurchandeast

www.dorsetforyou.com/408591

eastdorset.gov.uk

Christchurch Countryside Service

01425 272479

11. Martin Downs National Nature Reserve

Where: Hampshire-Wiltshire-Dorset border Off A354

Open nature reserve with butterflies, orchids etc. FREE. There is a car park on the A354 and another at the end of Sillens Lane, a minor road from the village of Martin, 1 km east of the reserve. Take care if wet (can get muddy) and ground slightly undulating. If dry, Picnic areas. Salisbury 11 miles. LD, A, AA.

www.naturalengland.org.uk

Reserve Manager

0300 060 6000

12. Strikers Bowling Club & Clown About Soft Play

Where: Tollgate Road, Salisbury

Fair wheelchair access. Costs: Laser Quest - party packages. Bowling; Adults £4.50. Children £3.75. Soft Play - similarly priced. Clown About open 9.30am-6pm daily. LD, A, AA.

www.outburstsalisbury.co.uk

Reception

info@outburstsalisbury.co.uk

01722 413121

13. Langford Lakes

Where: Duck Street, Hanging Langford, SP3 4PA

Nature Reserve with bird hides. FREE. Suitable for wheelchairs. Lovely place for a picnic on a warm dry day. Salisbury 10 miles. *Tip - take a pair of binoculars.* LD, A, AA.

www.wiltshirewildlife.org/Reserves/langfordlakes

Wiltshire Wildlife Trust HQ

info@wiltshirewildlife.org
01380 725670

14. SEN/Inclusion Holiday Programme

Where: Salisbury, Trowbridge, Corsham

Access sport outside of school, meet new friends and improve confidence. £25 for 2 day programme at Five Rivers 20th-21st August 2015. 10.30-3pm. LD, A, AA, C

www.wiltshire.gov.uk

Five Rivers Leisure Centre, Salisbury

robert.paget@wiltshire.gov.uk

01722 434770

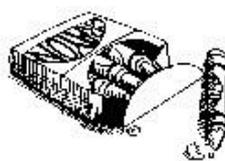
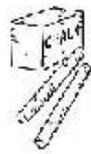
15. Camp Activate and Camp Activate Plus

Where: Salisbury, Trowbridge, Corsham

Holiday activity programme for people aged 5 to 14. Full day 8.30-5pm £22. Half day am or pm £11. LD, A, AA, C NOTE: the young person must have a leisure card £6.50 to register. If your child requires 1:1 care we can offer Camp Activate Plus or requires administration of medication you must contact the duty officer before you book.

<http://www.wiltshire.gov.uk/leisureandrecreation/leisureandsportscentres/lsccampactivate.htm#leisure-centres-five-rivers-camp-activate-Anchor>
Five Rivers Leisure Centre, Salisbury 01722 339966

Getting Arty



1. Odeon and other Cinemas

Where: Salisbury, Andover (18 miles), Romsey (20 miles), Shaftesbury (24 miles). Warminster (18 miles)

Costs: 'Odeon Kids Club' £2.50 per Adult & Child. Young & older Adults:- typically £7.60 upwards. 'Odeon Card' Carers -Free. Autism friendly showings. LD, A, AA.

www.odeoncinemas.co.uk

2. Splash of Colour Ceramic Café

Where: Fisherton Street, Salisbury

Design, paint and fire your own plate or mug. Costs: £5.00 per session. Children's parties can be organised (Pottery Making – minimum number 6). LD, A, AA.

www.splashofcolourcafe.co.uk

Cafe

01722 322250

3. Salisbury Art Centre

Where: Bedwin Street, Salisbury

Wide variety of plays, art exhibitions, music with a child play area and café. Workshops for Parents & Children too. Open Tues – Sun. 10-3pm.

Costs: indoor child play area -free. Most art exhibitions -free. Plays vary between £5-£12 (under 18 reduction). LD, A, AA.

www.salisburyartscentre.co.uk

info@salisburyarts.co.uk

Reception

01722 321744

4. City Hall

Where: Malthouse Lane (off Fisherton Street), Salisbury

Variety of comedy, music and talks, some suitable for children/young adults. Costs: wide range of prices from £6 -£15 (under 18 reduction). LD, A, AA.

www.cityhallsalisbury.co.uk

cityhall@wiltshire.gov.uk /

tickets@wiltshire.gov.uk

Tickets 01722 434434

Admin 01722 434726

5. Salisbury Playhouse

Where: Malthouse Lane (off Fisherton St), Salisbury

Plays, pantomimes and other productions. (even shows for 2-3year-olds).

Costs: various prices £7 - £15.00. LD, A, AA.

NOTE:- Studio 65 and Relax Performances are also offered through Salisbury Playhouse www.salisburyplayhouse.com/page/get-involved
email: participation2@salisburyplayhouse.com

01722 345165

www.salisburyplayhouse.com

info@salisburyplayhouse.com

Tickets 01722 320333

General enquiries 01722 320117

6. Zone Club

Where: Salisbury Art Centre

Usually last Saturday of the month, drama, film, music and story based therapy and learning specially devised for young people with learning

disability. Costs: £18.00 per session (subsidies can sometimes apply). LD, A.

www.zoneclub.org/Salisbury-page simon@salisburyarts.co.uk
Simon 01722 343027

7. 'Light Touch' Community-Based Sessions

Where: Wiltshire Council's Wyndham Road Day Opportunities Centre, Salisbury

These activities are open to those who can attend unsupported or have their own support worker, Costs vary depending on activity chosen. LD, A.

Note: Social Worker Referral system usually applies.

www.wiltshire.gov.uk

Jenny Fowler, John Page 01722 432400

8. Focus Point Community Resource Centre

Where: 62a Stratford Road, Salisbury, SP1 3JN

A community resource centre, for young people and adults with learning disabilities, challenging behaviour and/or autism, which aims to improve overall quality of life by offering opportunities for individuals to socialise with their peers, and by developing a range of life and employment skills centred on local social enterprise projects. Fully equipped gym and communications suite. Referral form can be completed yourself or by an agency. Focus Point do an assessment to ensure they provide the service required. LD, A

www.turning-point.co.uk/focus-point Zanna.finnerty@turning-point.co.uk

Zanna Finnerty 01722 413376

9. Wiltshire Scrapstore

Where: Unit 5, Griffin Farm, Lacock, SN15 2PP

Environmental charity who collects resources that would otherwise go to landfill sites and redistributes them for creative projects. Open Monday-Saturday. Shop, café and workshops.

www.wiltshirescrapstore.co.uk create@wiltshirescrapstore.co.uk
Warehouse, Shop and cafe 01249 730011

AND DON'T FORGET.....these major day activity/learning service providers for South Wiltshire

1. Wiltshire Parent Carer Council (WPCC)

They provide detailed listings of activities, especially for holiday periods; clubs, holiday projects and other age-appropriate activities and social opportunities throughout Wiltshire.

www.wiltshireparentcarercouncil.co.uk admin@wiltspcc.co.uk 01225
764647

2. South Wilts Mencap

They provide a range of activity, social and leisure clubs and fun days throughout the year for different age groups

www.southwiltsmencap.org.uk Jeremy Bugden, Family 07920
Visitor 522462

3. Elizabeth House Social Centre

Offers social and activity opportunities.

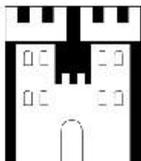
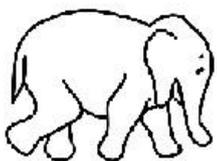
www.elizabethhouse.org.uk Patricia Fagan or Freda 01722
Goddard 323783

4. Exeter House School

Based in Somerset Road in Salisbury manage some activities in school holidays.

www.exeterhouseschool.co.uk George Cooper, Parent 01722
Support Advisor 334168

Out for the day



1. Woodland Trust

Woodlands across the area and are responsible for information, wildlife and plant spotter charts. Normally FREE (may be a small cost for purchasing and/or printing charts).

www.visitwoods.org.uk

2. Bournemouth Oceanarium

Where: West Beach, Bournemouth, BH2 5AA

Open 10am - 5pm, on the sea front with easy access for wheelchairs and buggies. The Oceanarium displays are situated on two floors with lift access, as well as stairs. Café on ground floor. Costs: discounted tickets for Carers, disabled. Standard Entry Adult £7.95. Child (3-15) £5.20.

Salisbury 28 miles. LD, A, AA.

www.oceanarium.co.uk

General enquiries

01202 311993

3. Beaulieu Motor Museum

Where: Beaulieu, Brockenhurst, SO42 7ZN

Rides and a cafe on site. Open 10am - 5pm (6pm 24/5 - 28/9). Costs discounted tickets available, e.g. Carer goes free. Entry; Child £10.50, Adult £21.00. Salisbury 20 miles. LD, A, AA.

www.beaulieu.co.uk

info@beaulieu.co.uk

General enquiries

01590 612345

4. Monkey World

Where: Nr Wareham, Dorset, BH20 6HH

Open 10am - 5pm (6pm July & August). Good wheelchair access. Costs; Carers sometimes go free when in a supporting role. Group Discounts too. Child Entry £8.00. Salisbury 32 miles. LD, A, AA.

www.monkeyworld.org

apes@monkeyworld.org

General enquiries

01929 462537

5. Old Wardour Castle

Where: Nr Tisbury, SP3 6RR

Open 10am - 5pm (at dusk in winter). An English Heritage place of interest and beauty, includes extensive grounds. Costs usually free entry for Carers in a supportive role. Accessible toilets. Standard Entry; Adult £4.20. Child £2.50 (5-15). Salisbury 14 miles. LD, A, AA.

www.english-heritage.org.uk

Site telephone

01747 870487

6. Salisbury & South Wilts Museum

Where: 65 The Close, Salisbury

Open 10am - 5pm. Nearest Public Car Parks (some disabled parking at Museum, nearest public car parks in Crane Street or New Street both 600-metres away). Costs Adults £8.00. Child £4.00. LD, A, AA.

www.salisburymuseum.org.uk

museum@salisburymuseum.org.uk

General enquiries

01722 332151

7. Fisherton Mill

Where: 108 Fisherton Street, Salisbury

Exhibits interesting art, crafts, older material too. Uneven floors upstairs, no lift. Costs Free entry. Cafe has good selection of refreshments and light lunches. Open Tuesday to Friday 10am – 5pm and Saturday 9.30am – 5.30pm

www.fishertonmill.co.uk

admin@fishertonmill.co.uk

Sarah Martyn

01722 500200

8. Longleat Safari and Adventure Park

Where: Warminster, BA12 7NM

Open 10am - 5pm, or at dusk in winter maybe share a car with friends, see the Lions, Monkeys, Hippo and others. Costs: Child £19.50 'all day' access to grounds and other activities, often concessions for disabled & families. Salisbury 22 miles.

www.longleat.co.uk

enquiries@longleat.co.uk

General enquiries

01985 844400

9. Breamore House

Where: Breamore Park, SP6 2DF

Museum and ground floor of house fully wheelchair accessible. Ring binders of 1st floor main items are available. Wheelchair users and those with restricted mobility may drive up to Breamore House and park in the courtyard by the front door. Wheelchair can be borrowed by booking in advance. Costs: Tea Rooms and Grounds, free, £1.50 upwards. Museum;

Adult £9.50, Child £6.00. 2 for 1 admission for registered disabled visitors and their carers. Open usually Easter and May to October.

www.breamorehouse.com

breamore@btinternet.com

Museum 01725 512468

House 01725 512858

10. New Forest Wildlife Park

Where: Longdown, Nr Ashurst, SO40 4UH

See mammals and birds. Café. Adventure playground. Due to the nature of the forest environment it may pose difficulties for some visitors. They advise you ring in advance. Costs: Adult £10.50. Child £7.50. Open every day except Christmas/Boxing Day 10am - 5pm (dusk in winter). LD, A, AA.

www.newforestwildlifepark.co.uk

info@newforestwildlifepark.co.uk

General enquiries

02380 292408

11. Buckler's Hard

Where: Beaulieu, SO42 7XB

Maritime Museum, woodland walk, Shipwright's Cottage, river cruise. Detailed accessibility info on the website. Costs: Child £4.40. Family £18.00. Often a concession for free refreshment in the Captain's Cabin Tea Rooms. Open 10am - 5.30 or 4.30pm (seasonal times).

www.bucklershard.co.uk

info@bucklershard.co.uk

General enquiries

01590 616203 /614777

12. Salisbury Cathedral

Where: Cathedral Close, Salisbury

Grounds, Magna Carta, Chapter House and Cloisters Areas - including cafe - Free. Open times, gift shop and restaurant; 9.30-5.30pm. Costs for Main Cathedral Child £3.00 recommended donation, Adult £6.50 Remainder FREE. LD, A, AA.

www.salisburycathedral.org.uk

chapter.office@salcath.co.uk

General enquiries

01722 555120

13. Stonehenge

Near Amesbury, Wilts.

Good wheelchair access in Museum and on path around the stones. Costs one can pre-book (often) discounted tickets online; Adult £13.90. Child (5-

15) £8.40. Opening times 9.30 - 7.00pm (reverting to 5pm Oct - Mar). LD, A, AA.

www.english-heritage.org.uk

General enquiries

0870 333 1181

14. Cholderton Charlie's Farm

Where: Cholderton, SP4 0EW

Indoor soft play. Outside playground. Meet farm animals. Café. Fairly good wheelchair access although a lot of grass. Adult £6.95. Child £6.95.

Open daily 10-6pm. Salisbury 7 miles. LD, A, AA.

www.choldertoncharliesfarm.com

info@choldertoncharliesfarm.com

General enquiries

01980 629438

15. River Bourne Community Farm

Where: Cow Lane, Laverstock

See farm animals. Free – donations welcomed. Small café and farm shop.

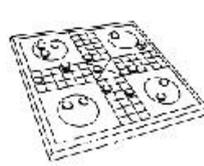
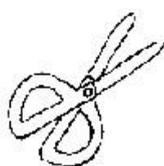
Events; Open Days, Christmas Fayre, Live Music & Cream Tea Sundays. LD, A, AA.

www.riverbournecommunityfarm.org.uk

Office

01722 330667

Staying and playing near home



We recommend supervision with all of these items to ensure safety whilst having fun. Store items such as glue, scissors and paint out of reach in between activities and use newspaper or an old sheet to protect surfaces whilst you have fun getting creative.

You can source bits and pieces needed from shops like Pound Land and The Works at very low cost. You will also be surprised how much can be found in your recycling box that can be used for these creative ideas.

Games

Sensory Games using Flour

Mix cornflour and water together to provide a great sensory tool. A Cleaner and more Colourful Tip; put mixture into sealed plastic bag with food colour + squish around.

Costs minimal as just flour, see-through sealable bags and food colouring.

Games of Matching Pairs

Use digital pictures of family, home and pets OR collect old Christmas and Birthday cards, even calendars, and match up cut halves or shapes.

Costs minimal just collect and store similar photos and cards /calendars.

Home Skittles

Use a half piece of guttering and tennis balls to knock down cardboard skittles or plastic bottle skittles.

Costs very little as could ask at the park or a tennis club for spare balls. If no spare guttering, maybe ask the foreman at a building site for a small surplus piece. Collect toilet rolls for skittles.

Pen and Paper Games

Battleships, Noughts and Crosses, Hangman, copying a drawing of any subject in the home or in a magazine.

Costs: if purchasing some felt tips or marker pens try and ensure they are 'non-permanent'.

Blowing and popping/catching Bubbles

Costs minimal as most stores and the Pound Shop stock 'blowing bubbles sets'.

Important tip - Ensure a clear space for jumping around/waving arms.

Costs minimal, ensure your tube used is large enough (consider down pipe) for the ball or 'bean bag' used.

Tip - if you want something slower and easier to hit, use cotton wool balls and a bowl of water.

Straw Football

With two or four players - use a straw each and a ping-pong ball (on carpet or table) with a homemade net at both ends.

Costs minimal - ping-pong balls can be purchased from most sports shops.

Tip - by leaning on cushions you should protect elbows from hard or rough flooring

Apple Bobbing

Float a small apple in a washing up bowl of water. Each youngster tries grabbing it in their mouth, without using their hands.

Costs: bowl of apples from the Market and a washing up bowl from the Pound Shop.

Pass the Parcel

Why wait for a Party? Maybe wrap up smaller items like stickers or small sweet bars. Play this game to any music. Alternatively, if this game does not take too long - add in a game of Musical Chairs and/or Cushions. Even invite your friends.

Costs: minimal, as sheets of newspaper - even coloured differently, could be used as wrapping paper. Or use material or clothing as the wrapping.

Tip - try and make the games age appropriate and age equal as these games can become highly competitive.

Newspaper Basketball

Roll newspaper sheets into balls and throw into a wastepaper basket and/or different sized pans spaced apart.

Costs: Nil if just storing and using old newspapers.

Tip - give the smaller or further away targets more points.

Arts and Crafts

Mouldable Sand

Build castles, make animals etc... Mix flour and baby oil to make sand like dough that you can mould into shapes.

Cost for plain flour and baby oil.

<http://theimaginationtree.com/2011/11/recipe-for-mouldable-sand.html>

Crazy Graffiti Wall

Stick blank white or brown paper to a wall or screw a white board onto a wall and away you go with paint, chalk, pens and crayons.

Costs minimal for paper (large sheets), crayons or paints.

Places like Salisbury Printing, Speedyprint can have large paper sheets at reasonable prices or call into a Removal company like Armitage or Pickfords. DIY store sell value rolls of lining paper.

Wax Crayon Rubbings

Use wax crayons onto thin paper resting on various surfaces; bark of a tree, leaves, carpet, radiator, stone /tile floor.

Costs: minimal, but check out places like the Pound Shop or Miles of Value for bargain paper

M&M or Skittle Painting

Purchase one or both sweets, separate colours into pots and pour water over. Then use as water colour paints.

Costs: minimal, ensure paper is thicker quality, as absorbs paint better.

Paints can stain, use disposable aprons.

www.teachpreschool.org/2012/01/mixing-up-bright-and-colourful-mm-paint-in-preschool/

Paint Eggs

Hard boil eggs (8 mins), let them cool completely before painting the shell.

Costs: typically half a dozen eggs costs £1.50 (could enquire about any free ones near 'best before' date).

Tip – use an egg cup to keep the egg steady while painting and make drying easy.

Life-size ME

Use lining paper from DIY store and roll out onto the floor. Now the child lies down and you draw around their body shape. The youngsters now use colours to draw in details like; eyes, ears, nose and clothing.

Costs: minimal, a roll of lining or backing paper can usually be bought for £3.50 a roll

Tip – use wool or dry pasta for hair and features to bring the picture to life.

Scrapbook of Memories

Record special moments when out and about of your favourite days/trips. Alternatively, create Texture Book using; wallpaper, bubble wrap, sand paper, scour pad, foam cloth.

Costs: just the scrapbook.

Paper Plate Masks

Make animal faces, clown or silly faces, cut holes for eyes and mouth. Support with straw or lollipop sticks.

Costs paper plates can be found cheaply at the Pound Shop, In Excess or the Market.

Design your own Bungalow

Cut up the cardboard from cereal boxes into square or oblong shaped walls. Select pictures of furniture, decoration and gardens from old Argos and Home & Garden Magazines. Use felt tips when necessary to draw in people.

Costs: minimal, but some further ideas could be gained from calling into your local Tourist Office (e.g.: Gardens).

Tip - ensure cardboard walls are cut out and, once additions are made, are then stuck together. You could even ask for a carpet remnant to provide flooring.

Make a Texture & Sensory Box

Using a dark cardboard box (maybe cut a hole for entry of one hand), put into this box things with a variety of textures, such as a piece of tree bark, sheet of sandpaper, bubble-wrap, tin foil, scouring pad, cotton wool, fluffy toy - introduce scents as well.

Costs: free to minimal

Make a CD Hovercraft

With an old CD, taped to a sports bottle top attached to the top of an inflated balloon - watch your hovercraft hover.

Costs: minimal, balloons can be purchased at The Entertainer or the Pound Shop.

Salt Dough Models

Mix three cups of plain flour, a cup of salt and a cup of water. Model just like play dough. Dry Models in cool oven until dough is hard like a biscuit. Costs: minimal but ensure you do this activity with plain flour. Value salt can be purchased from supermarkets in a bag.

Tip – use animal moulds like rabbits, cats, dogs but line with soapy water first.

Make Believe, Acting, Musical

Salisbury Library Prop Box

Ask at the information desk for the prop box which contains items relating to well know stories. The children's area has plenty of space to take a seat and have fun acting out the story together.

Free

Salisbury Library, Market Place

Sensory Tent Space

Use a large sheet over two chairs, kit out with old CDs, tinsel and ribbons. Alternatively; a Sensory Tray is used like a Washing up Bowl with dried beans, spaghetti, foam etc.

Costs: lots of materials stocked by The Pound Shop or In Excess, and charity shops.

Dance & Lyrics Competition

Why not invite some friends or family around - select some songs to dance to, but also team up to make up your own song using your own words. Maybe have your own in-house 'X-Factor' competition?

Costs minimal but could ask to use the local Hall if there are several of you?

Tip - you can google the web for ideas for songs and even words to songs.

Make your own musical Instrument

Maybe link with the last idea by using the following items; Xylophone - using empty jam jars /or milk bottles half filled with water, tap with a

spoon. Cymbals - two saucepan lids. Drum - upside down saucepan or wooden box and use wooden spoon or even chop sticks. Harmonica - greaseproof paper and a comb. Maracas - dry pasta in small bottle. Costs very minimal. Maybe use the Pound Shop for items like; combs, greaseproof paper.

Mini Garden

Fill a washing bowl with soil and use twigs, leaves, daisies and even tin foil for the stream and pebbles for the paths.

Costs: minimal but tinfoil and small pebbles are good to make this activity work.

Mum or/and Dad on the catwalk

With your parent's or grandparent's permission, ask to select some of their clothing and dress them!

Costs: Nil.

Tip - they may even allow you to help out with the make-up. Maybe take a before and after photograph, even compare seasons like Winter & Summer.

Plane Making & Flying Competition

Make your very own aeroplane from cardboard and paper and see how far it can fly. Google for instructions.

Costs: minimal, maybe use felt tips or marker pens, and stick-ons, to personalise any planes.

Tip - maybe visit Old Sarum Air Field to obtain ideas for design and colour?

Home Cinema afternoon

Choose a DVD, buy some popcorn, cut up carrot and cucumber - place into small bowls.

Costs just the DVD hire and some nibbles.

Tip - Remember to use a dark blanket to cover up the light.

Further Tip - to reduce costs further, why not record a Film off the TV to watch later.

Meeting up for a cuppa or a meal



1. The Potato Patch

Where: St Paul's Church, SP2 7QW

Good wheelchair access. Tuesdays in term time 12-1.15pm. Costs: £1.25 for a jacket potato. Tea 80p. Coffee £1+. Kid's Lunch £2. LD, A, AA.

www.stpaulssalisbury.org

office@stpaulssalisbury.org

St Paul's Salisbury

01722 334005

2. Church Cafe at Elim Church

Where: Dews Road, Salisbury (left at last roundabout before the Railway Station Bridge)

Tuesday; 10am-2pm. Costs often just £1 for refreshments and £2 - £3 for light snacks. (Note - there is a lift to the first floor).

www.elimsalisbury.org.uk

01722 770020/559191

3. Tea At The Top café

Where: Catherine Street, Salisbury (top floor of Salisbury Antique Market)

No Lift, steep stairs. Usually offers available from this family run business, like; tea/coffee and a tea-cake £1.95. Note - closed Sundays.

www.salisburyantiquemarket.co.uk

4. Shine Tuesday Drop-In

Where: Salisbury Baptist Church, Brown Street, Salisbury

Good wheel-chair access. Coffee shop open Tuesday 10-11.30am. Lunch served 12-1.15pm. Pick 'n' Mix afterwards 1.30-3pm. Suggested donation £2 for lunch.

www.shineinthecommunity.org.uk/dr
op-in

chair@shineinthecommunity.org
uk

5. United Reformed Church

Where: 30 Fisherton Street, Salisbury

Good wheel-chair access. Coffee morning every Tuesday and Saturday 10-12pm with sausage rolls, cakes and biscuits on sale. Fridays 10-2pm are run by Alabaré Christian Care residents.

www.salisburyurc.org.uk

www.alabare.co.uk/home/cafe-delicious

01722 326101

6. St Thomas Church

Where: St Thomas walkway (between Bridge St and Minster St), Salisbury
Fair wheelchair access. Tuesday and Saturday mornings. Refreshments £1. In the Charity Café, 1st, 2nd and 3rd Fridays of each month are run by different charities.

www.stthomassalisbury.co.uk/events/regular-events office@stthomassalisbury.co.uk

01722 322537

7. Bemerton Methodist Church

Where: Roman Road, Salisbury

Fair wheelchair access. Monday 9.30-12.30 Bread-making followed by lunch. Costs £1.00 or less for tea, coffee or squashes. Lunch prices to be confirmed.

www.bemertonmethodist.org.uk

outreach@bemertonmethodist.org.uk

Rachael

07779 941457

8. Coffee & Chat

Where: St Michael's Church, Bemerton Heath
10-12pm every weekday for cake and coffee.

www.bemertonparish.org.uk

Simon

07762 136992

9. Tesco Salisbury Bourne Centre Extra

Where: Southampton Road

Explore managing your own activity and Parent meet-up in their meeting room.

Costs currently either nil or a token sum.

www.tesco.com

03456 779592

Safe Places

Leaflets explaining the Safe Places scheme are always available just to the left inside the main door of the Library.

Safe Places ICE cards are available if you ask at the Library help desk.

www.wiltshire.gov.uk/communityandliving/communitysafety/safeplaces

www.facebook.com/wiltshiresafeplaces