

**45** years of kindness

**Mountbatten** Isle of Wight

A registered charity

## Schools Walk the Wight with **Mountbatten**



Schools Walk the Wight was originally launched as part of a Healthy Schools initiative encouraging children to be as active as possible and support their local community by fundraising for Mountbatten Isle of Wight.

Children take up the challenge of completing 26 miles, the distance of one Walk the Wight during their everyday activities. They receive a WTW map to clock up their miles and a sponsorship form to raise funds for Mountbatten.

30 minutes of activity = one WTW mile. All activity counts - walking, scooting, skating, running, jumping, playing sports etc.

Children are invited to complete the last four miles of their map by taking part in the Schools Walk at Walk the Wight on Sunday 8 May and receive their WTW medal for completing their challenge when they cross the finish line.

If they complete their challenge without taking part on the day they will receive their medal via their school after the event.

All children who take part also receive a certificate of achievement via their school after the event.

### **The Schools Walk - Sunday 8 May**

Your child can just walk the final four miles of Walk the Wight on Sunday 8 May. If they wish to do this, you still need to register them.

The 4-mile Schools Walk from Freshwater Bay to The Needles Landmark Attraction is for all registered children and their families who wish to participate on the day of Walk the Wight.

*Continued on next page*

Living, dying, remembering.



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One parent/guardian may accompany a registered child for free on the Schools Walk. Anyone else wishing to walk with them will be asked to register on the day for a suggested minimum donation of £10 per adult and £5 for children.

Southern Vectis provides FREE all-day travel on any of their services to all participants with walker numbers. This offer has been extended to include the parents/guardians of children taking part in the Schools Walk.

To make registration easier this year, parents can register online via [our website](#).

<https://www.mountbatten.org.uk/Event/schools-walk-the-wight-registration>.

Anyone who is unable to register online can call us on 01983 217300 to register over the phone. Our office is open Mon-Fri, 08:30-16:30.

Registrations close on Friday 8 April.

You can register for free or choose to give a donation of £3.50 to help cover our costs. When you register online you also have the option of giving a further donation.

You will receive a digital fundraising pack and event information by email that includes a sponsorship form and a Walk the Wight map for your child to clock up their miles. These will also be available on our website. Your child's walker number will be sent to your child's school ahead of Walk the Wight on Sunday 8 May.

We hope many of you will join us to walk and raise funds for Island people.

Warmest wishes,

**Charlotte Hornblow**

Campaigns and Community Fundraiser  
Mountbatten Isle of Wight



Living, dying, remembering.

 Registered with  
**FUNDRAISING  
REGULATOR**

Working together for a successful future



# SOCCER CAMP

**12,13,14,19,20,21 & 22ND APRIL**

**FOR 4 - 11 YEARS**

**£10 PER DAY**

**10am until 2:45pm**

**Ryde Academy, Ryde**

**All of our Coaches are FA Level 2 Qualified and have all been CBR checked.**

 **073688 86639**

 **ljrcoaching97@gmail.com**

 **ljrcoaching**



## GOALKEEPER ACADEMY ASMIR BEGOVIC

### EASTER GK CAMPS

ABBEY RANGERS FOOTBALL CLUB,  
ADDLESTONE MOOR, ADDLESTONE  
KT15 2QH.

**APRIL 4TH  
MONDAY**

ABBEY RANGERS FOOTBALL CLUB,  
ADDLESTONE MOOR, ADDLESTONE  
KT15 2QH.

**APRIL 8TH  
FRIDAY**

ISLE OF WIGHT  
HOLY CROSS PRIMARY  
PO32 6AS

**APRIL 20TH  
WEDNESDAY**

GK CAMPS ARE FOR BOYS AND GIRLS AGES 7-16.



## YOUTH CAFÉ @ PARKSIDE PAVILION EAST COWES ... COMING SOON!

- **Board games, arts and crafting, pc and wii games**
- **Free hot chocolate and cold drinks, toast and snacks**
- **Friendly, experienced youth workers and a safe place to be**
- **Work experience and volunteering opportunities for ages 14+**

**For more information and to request a registration form please email Laura :**

**lreid@actioniw.org.uk**

# WANT TO TRY HOCKEY?

JOIN THE IOWHC TODAY!



MAKE FRIENDS, IMPROVE YOUR SKILLS AND GET THE CHANCE TO REPRESENT OUR CLUB!

## JUNIOR TRAINING

SUNDAY MORNINGS @ SMALLBROOK STADIUM  
10AM-11:30AM

Mouth guards and shinpads required  
Sticks provided

For more info head to [www.iowhc.co.uk](http://www.iowhc.co.uk) or find us on Facebook, Instagram and Twitter.



WITH SPECIAL GUEST  
ARTS  
LITTLE LIFE



## Gymnastics & Trampoline Fun Days - Easter Holiday Clubs! Aerial Silks Also Included!



Tuesday 12<sup>th</sup> April 2022  
Wednesday 13<sup>th</sup> April 2022



10:00 - 15:00 each day

Sea Cadets Cowes,  
Whitegates, Arctic Road, Cowes, PO31 7PG

£25 per Child for the Whole Day  
(£23 for Little Rocket Gymnasts)

Please Bring a Packed Lunch and Drinks and Wear Suitable Clothing (Leotard / Shorts & T-shirt and Socks)  
A tuck shop for sweets and drinks will also be available

### HOW TO BOOK

Please go to <https://little-rockets.class4kids.co.uk> to book your place on line.

If there are any queries please contact Christy on 07518 335319  
Thank you ☺

# Big Moments of summer fun!



## For all 5 - 8 year-old boys and girls

Give your little star a summer of big moments, making new friends, learning new skills and creating new memories.

Every participant receives their very own personalised kit bag including bat, ball, cap and t-shirt!

Sign up today at

[allstarscricket.co.uk](http://allstarscricket.co.uk) or at the centre



# This is our game.

Calling all 8-11 year-olds!

Sign up today, at

[dynamicscricket.co.uk](http://dynamicscricket.co.uk)

# The **A to Z** of being a **YOUNG CARER**

**1 in 5** young people in the UK have a caring responsibility for a member of their family

## Easter holiday activities



**connect4 communities**

Department for Education



## “F is for the **FEAR**

I feel when I have to leave my parent alone, is it fair I should fear the worst may happen simply because I am not there?”

Young Carers have a caring role for a member (or members) of their family due to a long term illness, physical or mental health condition, disability or substance misuse. On the Isle of Wight, Barnardo's and the YMCA work together to ensure Young Carers, aged 5 to 18, receive the support they need to lead happy and healthy lives.

For more information visit [www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk) or call 01983 529208

**connect4 communities**

Do you help to look after someone in your family?  
For help and support in school please speak to



## Easter holiday activities

Free places available for children who receive benefit-related free school meals.

A wide range of engaging activities with a nutritious meal are on offer for school ages (5 to 16) during the Easter holidays.

Places are limited, so book early to avoid disappointment.  
To find out more and book, visit: [www.connect4communities.org](http://www.connect4communities.org)

[www.connect4communities.org](http://www.connect4communities.org)



### ZERO TO 5K IN 8 WEEKS!

**What We Offer:**

- WE AIM TO GRADUALLY BUILD UP STAMINA, ABILITY AND CONFIDENCE
- COURSE RUN BY QUALIFIED RUN LEADERS
- RELAXED AND FRIENDLY SESSIONS HELD ON RYDE SEAFRONT
- OPEN TO ALL BUDDING RUNNERS AGED 16 AND OVER

**Venue**

RYDE ROWING CLUB, APPELY LANE, RYDE, PO33 1ND

**Time**

EVERY THURSDAY FROM 28th APRIL TO 23rd JUNE AT 6.30PM  
*No session 2nd May during half term*

**Cost**

£20 TO INCLUDE A RUNNING TOP FOR ALL PARTICIPANTS

**Contact**

PLEASE SEND ANY QUERIES TO [beginnersorydeharriers.co.uk](http://beginnersorydeharriers.co.uk)

FOR BOOKING AND COURSE DETAILS VISIT [www.rydeharriers.co.uk](http://www.rydeharriers.co.uk)

# OUR 'FOOD FOR THOUGHT' SURVEY IS NOW LIVE!

 **Chartwells**  
So much more than fantastic food



Send us your views in the survey on how we can improve school meals, and we'll give you a chance to win one of five £100 Love2Shop Vouchers!

**CLICK THE LINK:  
SERVICEMONITORTABS.  
CO.UK/CHARTWELLS/  
PRIMARY**

## FOOD FOR THOUGHT

PARENT SURVEY MARCH 2022  
BRIEF FOR SCHOOLS

 **Chartwells**  
So much more than fantastic food



<https://servicemonitortabs.co.uk/chartwells/primary>

### INTRODUCING FOOD FOR THOUGHT

We are delighted to introduce our annual school meals survey, called FOOD FOR THOUGHT, putting an emphasis on to what we do best – serving great tasting, nutritious food to schools. And this year we are re-launching FOOD FOR THOUGHT via our survey partner, 'Service Monitor.' The insights gathered from this survey will help to develop the Autumn/Winter menus and help to further improve the service going forward, both with the aim of driving an uptake in school meals within primary schools.

Last year we had a total of 3,900 responses. This year we are looking to increase the number of individual responses to capture as much feedback as possible.

### WHERE WE NEED YOUR HELP

To reduce our use of paper we need your support in the completion of our digital surveys, so please engage the parents as soon as possible so that we can maximise the attention this year's survey receives. We have several digital assets available for you (listed below) to help raise awareness of the survey and help encourage responses.

- "Keep an eye out!" survey starts next week e-shot.
- "FOOD FOR THOUGHT is live!".
  - E-shot.
  - Twitter post.
  - Header banner.
  - Plasma screen.
- "Have you had your say?" 2 weeks to go e-shot.
- "The Final Countdown" 3 days to go e-shot.



Working together for a successful future

**FREE**

**FREE**

**Family ~ Youth Club ~ Community  
Food ~ Games ~ Art  
Nature ~ Fun**

**Parkside Pavilion Picnic**

**Friday 22nd April 11am - 2pm**



In partnership with  
HM Government | THE NATIONAL LOTTERY  
COMMUNITY FUND



**NHS**

### **Vaccinations for 5-11 year olds**



**Find your nearest  
vaccination site via the NHS  
website, by calling 119 or by  
calling our Hampshire and  
Isle of Wight helpline on  
0300 561 0018**

All Children aged 5-11 will now be eligible for their first jabs as the COVID-19 programme rolls the vaccine out across Hampshire and the Isle of Wight. The vaccine is a specially developed paediatric version for children. Parents are able to access the vaccine through vaccination centres, local pharmacies and GPs. There has been an overwhelming response from parents who would like to vaccinate their children and teams across Hampshire and Isle of Wight are working hard to provide additional capacity. Parents are able to find their nearest vaccination site via the NHS website, by calling 119 or by calling the Hampshire and Isle of Wight COVID-19 helpline on 0300 561 0018 which can help find and book slots or direct you to your nearest walk-in. New sites and vaccination slots are uploaded all the time so please check regularly.

Working together for a successful future

# 80th ANNIVERSARY

of the defence of Cowes & East Cowes by the Polish destroyer

## ORP Błyskawica



### EVENTS IN EAST COWES 30th April - 7th May

**EAST COWES HERITAGE CENTRE** Monday 2nd May to Friday 6th May 10am-1pm.

The centre will be open for visitors. A new Blitz Art Exhibition will be on set up in the shop windows.

**EAST COWES TOWN HALL** Sat. 30th April to Mon. 2nd May and Sat. 7th May

**EXHIBITION**

Photographs and artifacts from the time will be on show. 'Voices of the East Cowes Blitz', an oral history film record of the attacks will be shown. Artwork inspired by the events of 1942 will be on display, created by local youth organisations and pupils from East Cowes and Whippingham schools.

**FREE ADMISSION**

**EAST COWES TOWN HALL** Weds 4th May, 7.00pm

**BLITZ TALK & FILM**

A talk by Sarah Burdett telling the events of May 1942 and a showing of 'Voices of the East Cowes Blitz' film on the big screen.

**FREE**

**KINGS SQUARE** Thurs. 5th May 2.00pm

**Unveiling the plaque of ORP Błyskawica and Grom**

**KINGS SQUARE** Thurs. 5th May, 2.30pm to 4.00pm

**BLITZ WALK**

A walk around East Cowes starting at Kings Square highlighting the town's role in WW2 and the areas affected by the air raids. Led by Sarah Burdett. Arriving at Kingston Cemetery for a memorial service.

**FREE**

**KINGSTON CEMETERY** Thurs. 5th May, 4.00pm

**COMMEMORATIVE SERVICE**

A service at the civilian war memorial to remember the people of East Cowes killed in the air raids. Wreaths will be laid and the Last Post played. Blitz walk returns to Kings Square.

**EAST COWES TOWN HALL** Friday 6th May, 7.30pm to 11pm

**EVENING OF MUSIC**

On stage **THE MEDINA MARCHING BAND**. East Cowes welcomes **KATY CARR** - Award-winning British singer/songwriter with Polish roots. **TICKETS: £10** available from [www.ticketsource.co.uk](http://www.ticketsource.co.uk) (Limited No. of tickets on door. At least 45% of price going to Ukraine Appeal)

**KINGS SQUARE** Sat. 7th May From 11am

**POLISH FOOD MARKET AND STALLS**

Market stalls selling Polish foods will be on the square near Waitrose. Traditional and regional favorites.

**KINGS SQUARE** Sat. 7th May between 1pm & 4pm

**ENTERTAINMENT**

**Pete Walkden** - DJ. **The Rug Band** - Ukelele and folk band. **Learning Zone** - Children's performance.

**Little Karpaty** - Polish Dancing. **Wight Variety Company** - Wartime songs

**Karolinka Dance Company** - Polish Dancing.

**EAST COWES TOWN HALL**

**1940s DANCE EVENING**

**Saturday 7th May 7pm to 11pm** (Licensed Bar and snacks)

**TICKETS £5** (Proceeds to local charities) On sale at Heritage Centre and Flix Hairdressers or on the door

An evening of wartime dance music hosted by Alan and Sylvia Williams. V40'sV. Period dress encouraged.



# Wight Eagles FC

Wild Cats

Girls Football



Girls aged 6-11 years-old



**Have Fun & Make Friends**

Visit [http://faevents.thefa.com/Book?](http://faevents.thefa.com/Book?SessionID=217335)

[SessionID=217335](http://faevents.thefa.com/Book?SessionID=217335) to book in

Wednesday's 6.00-7.00

Queensgate Primary School

Beatrice Ave, PO326PA



Everyone Welcome

UEFA Licensed Coaches

[www.wighteaglesfc.co.uk](http://www.wighteaglesfc.co.uk)  
[wighteaglesfc@mail.com](mailto:wighteaglesfc@mail.com)  
Facebook @WightEaglesFC  
Twitter @WightEaglesFC

All activities must be booked in advance including fun hours and swimming.

All under 8's must be accompanied by an adult on the premises during all activities.

Swimming pool – book online – to book online you need to register with us on 752168 and we will give you a PIN.



### Booking terms and conditions

#### ACTIVITIES

- Payment must be made in full at time of booking
- Users and members are asked to notify us as soon as possible if attendance at a booked activity is not possible
- Bookings can be cancelled at any time. No refund will be given for cancellations less than 24 hours before a booked activity
- Members who do not attend booked sessions will be required to pay the cost of a non-member at that session
- We reserve the right to refuse further bookings from anyone who repeatedly does not honour their booking or the terms and conditions
- Bookings can be made 8 days ahead.
- Children under 8 must be accompanied by an adult on the premises during all activities

#### ONLINE BOOKINGS

- Only Fun Hour and Open Swim can be booked online
- Users/members must be registered, with a valid email address and issued with a unique PIN in order to be able to access the online booking portal. Please telephone and ask for your PIN and details
- We reserve the right to suspend an online booking account at any time

- Bookings can be made online up to 2 hours before the time of the booking. After that time bookings should be made over the phone
  - Bookings can be cancelled online no later than 24 hours before the booking. After that time bookings must be cancelled over the phone
  - Payments cannot be refunded online. Please call us to process your refund
- #### COURSES
- Courses (i.e. activities that are repeated over a period of time) cannot be booked online.
  - All courses must be paid for in full at time of booking
  - In the event of a cancellation by a customer, full fee will be retained unless the place can be re-sold, in which case a refund of 80% of the fees or pro-rata if the course has commenced
  - In the event of cancellation by us 100% refund will be issued or pro rata if the course has commenced

We accept the following payment cards:



# Easter Holiday Fun 2022

OPEN SWIM SESSIONS  
PRE-SAILING SKILLS  
SWIMMING LESSONS  
SKATEBOARDING  
KAYAKING  
FENCING  
CLIMBING  
FUN HOURS  
SNORKELLING  
RAFT RACING  
MULTI-SPORTS  
POOL OLYMPICS

11-22 April



West Wight  
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Tel: (01983) 752168  
www.westwight.org.uk  
E-mail: info@westwight.org.uk

Reg. Charity No. 273334



## TEENS CIRCUITS CLASS

NEW

14-17YRS

MONDAYS

16.45-17.45

£3

STARTING

4TH APRIL 2022



West Wight  
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Reg. Charity No. 273334

Tel: (01983) 752168  
www.westwight.org.uk  
E-mail: info@westwight.org.uk



### Green Time Walk Your Way to Health

The Natural Way to Good Emotional Wellbeing and Mental Health

Easter Saturday 16th April 2022

Quarr Abbey & Surrounding Countryside

12.30pm to 5pm

Meeting Point: Quarr Abbey Car Park - Free Parking



Supported by  
ISLE OF WIGHT

MCEnhancement  
Mental Health Enhancement Programme

#### Green Time

- ✓ Physical Exercise
- ✓ Creative Activities
- ✓ Food & Health
- ✓ Emotional Wellbeing
- ✓ Mental Health

Four mile round trip 8,500 steps, 345 Kcal - take a gentle walk to Binstead Wood and Dame Anthony's Common. Stopping to explore Play Lane Millennium Green. Heading back through Ladies Walk and Binstead Golf Course. Stopping to learn about Holy Cross Church Binstead. Walking shoes/boots or wellington boots needed as first part of the walk is likely to be muddy. Dogs also welcome.

Abbey of Our Lady of Quarr - tour the Visitors Centre, farm and book shop. View the art at the Abbey, step inside the Monastery and tour the grounds. Relax with refreshments in the Abbey Cafe.

Call or Text Mark Today To Book A Place!

0785 - 485 - 2518

For more info visit our website  
www.equalsiw.org.uk

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# A job that makes you smile



## In unpaid work? Invest in yourself with Skills 4 Work

- Free 1-2-1 employment coaching
- • Free training and qualifications
- • Free CV, job application and interview coaching
- • Support with ID, childcare and travel costs
- • Help with anything holding you back from finding a job you love

## Get in touch with us now for all the details

Call 0300 5000 926 and ask for the Skills 4 Work team

Help with anything holding you back from finding a job you love



Working in partnership

Sovereign Housing Association Limited is charitable

Working together for a successful future