



The Hollies PTFA Newsletter

Things to Join & Places to Visit

During the holidays, weekends and evenings we all look for things to do with our children. We as a PTFA have put together with the school some things for you to consider. Some you have to pay for, some are completely free of charge.

Things To Join



THRIVE CARDIFF

WHERE DISABLED CHILDREN & FAMILIES GROW

Thrive (Cardiff) is a self-funded, registered charity run entirely by Parents & Volunteers. Thrive Cardiff helps support children and families with disabilities. We do not receive any funding from local government and work hard to be able to self-fund our activities and events. Our aim is to offer our very special children, their siblings and families a protective arena where they can play in an exclusive: non judgmental and supportive environment without prejudice. For more information look on their website thrivecardiff.org



MOTION CONTROL DANCE - MCD

MCD provides an inclusive dance experience where they aim to enrich lives through movement for all ages and abilities. MCD believe that anybody can dance and strive to advocate the benefits of dance within the context of personal growth, health and social well-being, social and community interaction and cultural identity through an enjoyable and high-quality dance experience, giving everyone 'A Chance 2 Dance'. Contact: Email: info@motioncontroldance.com

Website: www.motioncontroldance.com and FB <https://www.facebook.com/motioncontroldance/>

Sport Cardiff COGA and Cardiff Table Tennis Club: Free fun sessions for disabled people and their family and friends; 6pm to 7pm at Cardiff City Community Table Tennis Club, Unit 4 Dominion Way, Cardiff, CF24 1RF. Booking is essential email: nathan@cardiffcittabletennisclub.co.uk

Beavers and Cubs

If anyone has a child that would enjoy joining the Beavers and Cubs and take part in all their activities then contact Amanda James (beaver leader) telephone 077723330132 or through their FB page. The 1st Llanedeyrn Group meet every Monday at Christ Church, Llanedeyrn. Times are: Beavers 4:45-6pm, 6 to 8 year olds. Cubs 6-7:30pm 8-10 year olds. Scouts 7:30-9pm 10-14 year olds.

Swimming

Free swimming opportunities for those with disabilities and their families has been launched at the STAR Hub. The aim of the sessions is to make swimming more accessible in the area and to help participants develop as swimmers. For all enquiries contact Sean Crisp email sean.crisp@GLL.ORG. The link to book is <https://t.co/OH2515sTcT>

Disability Sports Wales













Lots to choose from here, anything from Archery to Yoga; too many to mention here. Clubs are recognised by this organisation for their commitment to inclusion. For information please look on FB: Disability Sport Cardiff – Twitter @DisSportCardiff or email: jcoats-mcgrath@cardiffmet.ac.uk. <https://www.disabilitysportwales.com/>



Pedal Power

This is a charity based in Pontcanna in Cardiff that encourages and enables children and adults of all ages and abilities to experience the benefits of cycling. They strive to remove the barriers to cycling that many people face and work to a key set of values. Booking for this activity is essential tel: 02920390713 also bookings@cardiffpedalpower.org.uk

Places To Visit

	<p>Dyffryn Gardens</p> <p>Within the gardens is a beautiful grand Victorian mansion which overlooks magnificent gardens. You can also explore the house and there are 3 different types of play areas for the children. Admittance for our children is free.</p>		<p>Cosmeston Lakes - Penarth</p> <p>This beautiful lake and park has gained Local Nature Reserve Status and has a medieval village. It's a lovely walk with a childrens' play area and places for picnics. The children particularly like the swans and ducks</p>
	<p>Teqhniquest</p> <p>This is a great place to visit on rainy days. It's a science museum with hands on inter-active play for the children. A fabulous water play area which the children find fun, fun, fun but take a change of clothes</p>		<p>The Gruffulo Trail</p> <p>You can follow the Gruffulo footprints and see all the characters from the Julia Donaldson book The Gruffulo. Best visited on a dry day. You can also visit the hobbit house and the magical fairy forest.</p>
	<p>Castell Coch</p> <p>Castell Coch is Wales own fairytale castle nestled in the Beechwood trees. It's a magnificent vision of a medieval world. You can also choose to walk one of the 3 trails into the wooded area.</p>		<p>Forest Fawr Sculpture Trail</p> <p>The Sculpture Trail is not far from Castell Coch. Children can walk at their leisure and discover all sorts of dragons witches, animals and a treasure chest. It's quiet and an adventure for the children.</p>
	<p>St Fagans</p> <p>Another lovely place to visit with St Fagans Castle and grounds to walk around. You can also see the houses of many, many years ago which gives an insight to how people live.</p>		<p>Pencoedtre Park-Barry</p> <p>The park provides a safe place for play. There is a dedicated toddler area, a family bay area and of course the splash pad which is very popular.</p>
	<p>Roath Park</p> <p>A lovely park with boats for hire and play areas for the children. You can walk from the clock tower in a complete circle of the park and see all the wildlife in their natural habitat.</p>		<p>Amelia Trust Farm</p> <p>This is a place where you can meet the animals, explore the woodlands and have lots of fun playing in the park. There are nature trails to follow and after all that a visit to the coffee shop.</p>
	<p>Bute Park</p> <p>Bute park is situated behind Cardiff Castle in the city centre. The parklands have a variety of self-led trails to which lead you to certain activities and topics.</p>		<p>Cefn Mably Farm</p> <p>Children can feed and hold the animals and ride the ponies. If that's not enough there is an indoor soft play area. Ideal for a picnic or you can eat in the restaurant by the soft play area.</p>

<p>Dan yr Ogof-Neath</p> <p>Here you can explore the dinosaur park. There are more than 200 models in the park for you to discover. If that's not enough you can also visit the show caves.</p>		<p>Margam Park</p> <p>Margam Park has lots to offer with Margam Castle, a farm trail where you can see giant hay bale animals and if that's not enough there is a fabulous play area for our children.</p>	
<p>Penarth Cliff Top Park</p> <p>This is a lovely small park on the cliffs with a beautiful view of the channel. Car parking is free and with the park there is a pitch and putt which can be great fun. You can also visit the Bistro for a snack.</p>		<p>Victoria Park Splashpad</p> <p>This is a lovely park for children with the highlight being the splashpark which will keep them happy for hours. Of course there is the gardens to see as well. A good place for a picnic.</p>	
<p>National Museum Cardiff</p> <p>The museum is full of wonderful things to see with collections of archaeology, botany and zoology to name but a few. You can see insects, fossils and Bronze Age weapons.</p>		<p>Alexandra Park Penarth</p> <p>Alexandra Park is picture post card beautiful and has grassy green meadows and shade trees to keep you cool. The park also has an aviary where the bandstand was originally. Worth a visit.</p>	
<p>Cwmcarn Forest- Xkeys</p> <p>A visit here offers a variety of activities for the family, children's explorer trail, fishing, mountain biking and many walking routes for all abilities.</p>		<p>Roath Park Cardiff</p> <p>This is a Victorian Park which has a lake to go boating, a botanic garden to visit and an adventure playground for our children. You can also feed the swans and ducks and if you're lucky spot the turtles.</p>	
<p>Walnut Tree Farm</p> <p>With over 120 acres of farmland there's plenty to see and do. Meet the animals, explore the trails and play in the brilliant play areas. Enjoy a picnic or relax in the café. A lovely place to visit</p>		<p>Cefn Mably Farm Park</p> <p>Cefn Mably Farm Park has something for everyone, from crazy mini golf, to feeding the animals. There is a new train ride around the park, under a bridge, in a tunnel and past the ducks.</p>	
<p>Jump</p> <p>Jump is a large indoor play area for children of all ages. Our children can visit free of charge. There is a small cafe and also a toddler zone where the little ones can play in safety.</p>		<p>Ants Inya Pants</p> <p>Again Thrive has negotiated a Friday evening for our children where they can play in safety (Covid restrictions allowing). It is a smaller play centre with lots of things for our children to explore.</p>	
<p>Zone Play & Parties</p> <p>This is an indoor play centre with rope bridges, ball pits, slides and climbing frames. Thrive has negotiated 2 Sunday mornings a month where our child (Covid restrictions allowing) where our children can visit and have the place to themselves</p>		<p>Green Meadow Farm</p> <p>Everyday there are lots of fun daily activities which include: Milking demonstration, tractor ride, cuddle corner. In addition to this you can enjoy the Stick Man Trail plus much more throughout the year.</p>	

