

	Mon	Tue	Wed	Thur	Fri	Sat
						1
WK 1						
	3	4	5	6	7	8
WK 2	<u>MAY BANK HOLIDAY</u>	* Sisterhood 11 - 25yrs 5pm - 6pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* 7 O'Clock Youth Club 14 - 25yrs 7pm - 8pm	* Assistive Tech, 3pm - 5pm	* Afrobeats with Silvestone 8 - 25yrs 12pm - 2pm
	10	11	12	13	14	15
WK 3	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Creative 8 - 25yrs 5pm - 6pm	* Audio Book Club 11 - 25yrs 5pm - 6pm *Youth Forum (CLOSED GROUP) 5:30pm - 7pm	* Supper Squad 8 - 15yrs 5pm - 6pm	* Parents Assistive Tech 3pm - 5pm	* Social Saturday 11 - 25yrs 11am - 12:30pm * HAWB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
	17	18	19	20	21	22
WK 4	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Sisterhood 11 - 25yrs 5pm - 6pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Minds in Sight Local Meeting 14 - 25yrs 5pm - 6:30pm	* Assistive Tech, 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
	24	25	26	27	28	29
WK 5	* Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Minds in Sight National Meeting 14 - 25yrs 5:30pm - 6:30pm	* Audio Book Club 11 - 25yrs 5pm - 6pm	* Supper Squad 16 - 25yrs 5pm - 6pm	* Parents Assistive Tech 3pm - 5pm	* HAWB Work Out 8 - 25yrs 11am - 11:45am * Creative 8 - 25yrs 12pm - 2pm
	31	1 June	2	3	4	5
MAY HALF TERM	<u>MAY BANK HOLIDAY</u>	* Touchstone Stories (CLOSED GROUP) 1pm - 3pm * Sisterhood 11 - 25yrs 5pm - 6pm	* Sensory Story Time 0 - 8yrs 1pm - 2pm *Geology Rocks! (CLOSED GROUP) 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm	* Bake-a-long 8 - 25yrs 12pm - 2pm	* Gaming 8 - 25yrs 1pm - 3pm	* HAWB Work Out 8 - 25yrs 11am - 12pm

May Half Term Programme 2021

For more information or to book onto virtual sessions please check out our calendar of activities www.rsbc.org.uk/calendar-of-activities/

1st June

Touchstone Stories (CLOSED GROUP)

Time: 1pm – 3pm

Lead Staff: Owain & Sally

Gather round as we begin to create our own anthology (collection of poems) about the origin and journey of a range of touchstones.

Sisterhood with Guest Speaker

Time: 5pm – 6pm

Lead Staff: Sally & Lauren

Age: 11 – 25

Whether is your first time or it's been a long time, catch up with The Sisterhood and strengthen our bond as we discover how positivity, confidence and self-esteem can lead to a successful future. With a supportive group in a safe space, realise your full potential and go on to become leaders, originators, and trendsetters.

2nd June

Geology Rocks (CLOSED GROUP)

Time: 1pm – 2pm

Lead Staff: Jelani & Mark

This session will be a great opportunity for you to learn more about geology and all the different ways you can explore the world around us. From shale to siltstone, limestone to leucite; let's find out what those words mean together!

3rd June

Bake-a-long

Time: 12pm – 2pm

Lead Staff: Vivek & Lauren

Age: 8 – 25

After a successful banana bread bake-a-long, we are back with another - only this time we are baking cookies! Whether you prefer them crumbly and dunkable or soft and chewy bring your creativity to the kitchen and let's get baking!

4th June

Gaming

Time: 1pm – 3pm

Lead Staff: Alex & Owain

Age: 8 - 25

In this session we will be playing a variety of games suitable for all levels of gamers. We will be playing on the RS Game platform, so if you are unfamiliar, please book a session with Alex who can help you get set up before the main event. Hope to see you there, GLHF!

5th June

RSBC x P4L

Time: 11am – 11:45am

Lead: Lauren & Vivek

Age: 8 – 25

Palace for life (Crystal Palace FC) are joining us to deliver a session of fitness & fun. You'll be challenged physically and mentally with sports and exercise themed activities to ensure that you are keeping your mind and body working together!

Employment Advice – All Week

Lead Staff: Mark

Age: 16-25

Do you require some clarity about what employment currently looks like? The alternatives or what kinds of things we can be doing that will help us with employment when we get back to normal? Book to arrange a call and get the latest advice from our Employment Support Advisor providing 1:1 support.

Assistive Tech – 7th, 10th, 17th, 21st 24th

Lead Staff: Alex

Age: 8-25

Need help with apps, software and how to get the most out of technology? Book a session with our Assistive Tech Officer who can provide 1:1 support at a time that suits you.

Parents Assistive Tech – 14th, 28th

Lead Staff: Alex

Age: 8-25

Welcoming parents who need help with apps, software and how to get the most out accessible features on your smartphones to support your children and young people! Book a session with our Assistive Tech Officer who can provide 1:1 support at a time that suits you.

Audio Book Club – 10th, 12th, 17th, 19th, 24th, 26th

Lead Staff: Jelani and Owain

Time: 5pm – 6pm

Age: 11 – 25

Looking for a fun way to enjoy books and meet new people? Join our virtual sessions and enjoy listening to exciting audio books, intriguing podcasts, and taking part in insightful discussions. Take a journey through new worlds and explore ideas in our audio book club.

Afrobeats with Silvastone - 8th

Lead: Owain & Vivek

Time: 12pm - 2pm

Age: 8 - 25yrs

With the help of Afrobeats Artist, Producer and Songwriter SilvaStone we will be laying down some lyrics, beats and vocals to create our own track!

Creative – 11th, 15th, 22nd, 29th

Lead Staff: Owain & Jelani/Vivek

Time: 12pm – 2pm

Age: 8 – 25

Do you enjoy music, lyric writing, composing instrumental pieces? This is the place to be! Join our virtual Creative Group and take to the stage. You will learn new skills within the musical world, continue to excel and be able to showcase your amazing talents.

Health and Well-being – 15th, 22nd, 29th

Lead Staff: Lauren and Vivek

Time: 11am – 11:45am

Age: 8-25

Join the RSBC virtual workout squad & our fitness Queen Lauren for a quick morning workout every Saturdays, to boost your energy and start your day strong! Adapted to suit all abilities.

Sisterhood – 4th, 18th

Lead Staff: Sally and Lauren

Time: 5pm – 6pm

Age: 16 – 25

Join the virtual Sisterhood Squad for open conversations, helpful tips, activities, and a variety of discussion topics. Join Sisterhood to get talking to ensure that young VI women have the tools they need to build a positive relationship with themselves and others.

Supper Squad – 13th

Lead Staff: Jelani and Vivek

Time: 5pm – 6pm

Age: 8 – 15

Grab some food and join us virtually to socialise and discuss your recent experiences as well as current and evolving topics in a safe and supportive space.

Supper Squad – 27th

Lead Staff: Jelani and Vivek

Time: 5pm – 6pm

Age: 16 – 25

Grab some food and join us virtually to socialise and discuss your recent experiences as well as current and evolving topics in a safe and supportive space.

Sensory Story Time – 5th, 19th

Lead: Mandie

Time: 1pm – 2pm

Age: 0 – 8

Join Mandie from the Families First team for Sensory Story time - dress to get messy and have fun. A suggested list of props to make the stories come alive in your home will be emailed out when you register.

Minds in Sight Local - 20th May | Minds in Sight National - 25th May

Lead: Jelani & Mark

Time 5pm – 6:30pm

Age: 14 – 25

We're back for round two! The RSBC is proud to bring back the Minds in Sight project this May and this time we'll be revisiting Democracy & Participation. Whether it's your first time or your second go around, there's a lot of ground to cover on this subject so bring your questions and your ambition to this not-to-be-missed opportunity.

7 o'Clock Cub – 6th

Lead: Marie

Time: 7pm – 8pm

Age: 14 – 25

Come along to this virtual group (delivered in partnership with Henshaws) to connect with other VI young people, make friends and try new things. Contact marie.hansen@henshaws.org.uk to book your space!

Social Saturday – 15th

Lead: George

Time: 11am – 12:30pm

Age: 11-25

We've got your Saturday sorted (delivered in partnership with Henshaws)! Get social with other VI young people and challenge yourself: health & wellbeing workouts, beat boxing, games and more! Contact George.ferguson@henshaws.org.uk to book your space!