

St Albans Comedy Garden – 10% off all tickets!

CHS PTA has partnered with St Albans Comedy Garden to offer a special discount on tickets.

St Albans Comedy Garden is coming to St Albans from 27-31 July and is set to be a comedy extravaganza with some of the finest comedians of the moment! Find out more here: <https://www.stalbanscomedygarden.co.uk>

Buy tickets to any of the nights and use this special discount code to receive 10% off the full ticket price. An additional 5% commission on all sales using this code will be donated to the PTA.

**SPECIAL OFFER FOR
CHS PTA**

Buy tickets for the
ST ALBANS COMEDY GARDEN
and receive a **10% discount**
plus **5% commission** for the PTA

Use code:
CUNNINGHAM

27-31 JULY 2022 **ST ALBANS COMEDY GARDEN** VERULAMIUM PARK
presented by **heycor**



EVERYONE

**WANTS TO BE SAFE
THIS SUMMER...**

...RESPECT THE WATERS

If you got into trouble in the water, would you know what to do?

What about if it was someone you care about in danger?

Find out how to keep you and your loved ones safe with advice from the RNLI and Everyone Active.

STAYING SAFE AT THE BEACH

-  **RED AND YELLOW FLAGS** will show the safe places to swim, body board and use inflatables on the beach. You will often see a lifeguard positioned between the red and yellow flags
-  **RED FLAG** is the sign for danger and means **NO SWIMMING**. Never go in the water when the red flag is flying, under any circumstances. Possible reasons may be fog, large waves or pollution
-  **BLACK/WHITE FLAG** for hard surf craft including surfboards, kayaks, canoes and other craft without engines. Never swim or body board in this area
-  **ORANGE WINDSOCKS** indicate offshore winds blowing out to sea or strong wind conditions – never use an inflatable when the sock is flying



Summer Crash courses

Progress your child's swimming, book onto one of our holiday crash courses.

Swim every day at the times below.

Week 1 - 25th – 29th July

9.30am	Stage 1 skills	£45.00
10am	Stage 2 Skills	£45.00

Week 2 - 1st-5th August

9.30am	Stage 3 skills	£45.00
10am	Stage 4 Skills	£45.00

Week 3 - 8th – 12th August

9.30am	Stage 2 skills	£45.00
10am	Stage 3 Skills	£45.00

Week 4 - 15th – 19th August

9.30am	Stage 1 skills	£45.00
10am	Stage 2 Skills	£45.00

Week 5 - 22nd – 26th August

9.30am	Stage 2 skills	£45.00
10am	Stage 3 Skills	£45.00

Week 6 - 30th August – 2nd September

9.30am	Stage 3 skills	£36.00
10am	Stage 4 Skills	£36.00

Places must be booked in advance to avoid disappointment.

Westminster Lodge Leisure Centre, Holywell Hill, St Albans AL1 2DL

01727 736080.

everyone
ACTIVE

Please find below links from FAMILY LIVES for support over the summer if required

As the summer holidays approach please know that support is available from Family Lives national services during the holiday period as below.

Helpline (<https://www.familylives.org.uk/how-we-can-help/confidential-helpline>)

Family Lives national services offer a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm

Live Chat (<https://www.familylives.org.uk/how-we-can-help/online-chat?referrer=/how-we-can-help>)

Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between 10.30am to 9pm. You can contact them about any family or parenting issue. To start a chat, you can click on the ['Live chat' button](#) when the service is available. Please note, the service is closed on weekends and bank holidays.

Email

You can contact askus@familylives.org.uk about any parenting or family issue. Please note they are unable to respond to legal or medical issues, and are not connected to social services.

Forum (<https://www.familylives.org.uk/how-we-can-help/forum-community>)

The [forums](#) are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life.

A promotional poster for the Saracens Foundation Summer Holiday Camp. The background is a photograph of children playing under a large, colorful parachute (green, purple, blue, yellow) on a grassy field. In the top right corner, the Saracens Foundation logo (a black circle with a white star and crescent) and the text "SARACENS FOUNDATION" are displayed. Overlaid on the image are several red text boxes with white text. The main title "Summer Holiday Camp" is in a large, bold font. Below it, the month "AUGUST" is shown, followed by three weeks of dates: "WEEK 1 - 8TH, 9TH, 10TH", "WEEK 2 - 15TH, 16TH, 17TH", and "WEEK 3 - 22ND, 23RD, 24TH". The price "£25 a day" is listed next. A red box states "Open to children in reception to year 6". Another red box provides the location: "How Wood Primary School and Nursery, St Albans, AL2 2J". The bottom red box contains the website "www.bookwhen.com/saracensfoundationcamps".

**SARACENS
FOUNDATION**

Summer Holiday Camp

AUGUST

WEEK 1 - 8TH, 9TH, 10TH

WEEK 2 - 15TH, 16TH, 17TH

WEEK 3 - 22ND, 23RD, 24TH

£25 a day

Open to children in reception to year 6

How Wood Primary School and Nursery, St Albans, AL2 2J

www.bookwhen.com/saracensfoundationcamps

Saracens Foundation Camp will be running during the summer holidays at How Wood Primary School and Nursery in St Albans for 9 days.

The camp will include a mixture of activities throughout the day, such as Multi-Sports, Team Games, Arts and Crafts, Dance, Inflatables, sweet hunts and lots more fun!

Please see below the link to book and pay for your child's space and see all relevant information regarding the camp such as dates, timings and an early drop off and late pick up option.

www.bookwhen.com/saracensfoundationcamps

If you require any further information please email aimeegill@saracens.net

Saracens Foundation look forward to welcoming you to camp this summer!

Herts Hubs Family Cycling Event

Join us: Saturday August 20th

The Marlborough Club, Cottor Mill Lane, St
Albans, AL1 2EF



Pump Track



Cycling Activities For
Everyone



Balance Bikes Circuit



Food Stalls



Bouncy Castle



Smoothie Bikes

More Info



Fun for all the family

