

Newsletter



10th July 2026 Issue 36



Dear Parents and Carers,

And that's a wrap! After three phenomenal nights, *Matilda Jr.* was nothing short of a triumph. From inspired casting and slick choreography to the seamless coordination of a huge ensemble and an impeccably designed set, every detail shone. This was Mrs Glover's debut as director - huge congratulations to her - yet it was truly a team effort, with everyone excelling to deliver a showstopper.

With the heat still unrelenting, today felt a touch cooler around school, as more than 200 students headed off to Adventure Island and Thorpe Park. Congratulations to all who qualified for the trips, a well-deserved achievement. We hope you had a brilliant day.

And now to the finale: we're entering the last week of the academic year, culminating in our much-anticipated end-of-year assemblies. These are a highlight for me, an opportunity to celebrate the accomplishments of so many of our amazing students. With over 750 parents and carers expected across four days, it promises to be a wonderful occasion. With the warm weather set to continue, please do bring water and a fan if you can.

Until next week, and for the final time this year, have a lovely weekend.

Natalie Christie
Principal of Passmores Academy

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www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 3rd to Thursday 9th July 2026

Kwofie, Sweetly	Year 7	40
Baughan, Henry	Year 7	39
Olasunkanmi, Fareedah	Year 7	38
Cotorobai, Vlad	Year 7	37
Coleman, Macey	Year 7	36
Goodson, Cali	Year 7	36
Morton, Ella-Grace	Year 7	34
Sayers, Jess	Year 7	34
Dixon, Sam	Year 7	33
Fitten, Callie	Year 7	33
Goodson, Ayla	Year 7	33
Gunter, Willow	Year 7	33
Matthews, Zack	Year 7	33
Mustafa, Maya	Year 7	33
Newberry, Gracie	Year 7	33
Patchcott, Izzy	Year 7	33
Tohill, Nyla	Year 7	33

Farooq, Tuba	Year 8	33
Howe, Tate	Year 8	33
Stoker, Sidney	Year 8	31
Denyer, Freya	Year 8	28
Sava-Luchian, Eric	Year 8	28
Warren, Fletcher	Year 8	28
Winckless, Danielle	Year 8	28
Aimes, Annabel	Year 8	27
Zagraba, Franka	Year 8	27
Mahon, Olly	Year 8	26
Seip, Joshua	Year 8	26

Yusuf, Zahra	Year 9	40
Crutchlow, Sam	Year 9	37
Gjoni, Leart	Year 9	37
Hards, Isabella	Year 9	37
McGill, Harry	Year 9	35
Aimes, Olly	Year 9	34
Biro, Emma	Year 9	34
Lloyd, Samuel	Year 9	34
Rogers, Mason	Year 9	34
Wing, Lacey-Mae	Year 9	34

Benge, Maddie	Year 10	43
Redding, Jack	Year 10	36
Silva Magri, Nicolas	Year 10	34
Andersons, Erik	Year 10	31
Denkewicz, Jan	Year 10	29
Norburn, Amber	Year 10	29
Chambers, Callum	Year 10	28
Keen, Rein	Year 10	28
Uddin, Ayaan	Year 10	27
Gunter, Noah	Year 10	26
Perez-Dusza, Cherry	Year 10	26
Potgieter, Demar	Year 10	26
Windeler, Emylei	Year 10	26

Year Group Attendance w/c 6th July 2026

Year 7	86.7%
Year 8	84.94%
Year 9	81.94%
Year 10	77.89%
All Students	82.92%

PASTORAL UPDATE

Thought for the Week...

This week, students and staff took part in an important transition day as we trialled the new school day structure and timings that will be introduced in September 2026. Throughout the day, students experienced the revised schedule and also spent their pastoral curriculum time with their new tutor groups in their new tutor bases. It was fantastic to see everyone approach the day with such positivity and adaptability. The trial was a success and has provided us with valuable feedback and learning points that will help inform our final planning and preparations for the new academic year. Thank you to all students and staff for embracing the opportunity and helping to make the day such a productive experience.



In the News



This week saw tutor groups reviewing their progress and efforts in the Passmores Attendance World Cup. It has been wonderful to see the enthusiasm and engagement that the competition has generated across the school. Attendance plays such an important role in success, and it has been encouraging to see students working together, supporting one another and striving to improve their tutor group's standing. Well done to all those who have taken part so enthusiastically.

In Other News

A huge highlight of the week was our school production of *Matilda Junior*, which was performed from Tuesday through to Thursday evening. The performances were nothing short of incredible, showcasing outstanding talent from our students both on stage and behind the scenes. From the superb individual performances to the impressive ensemble numbers, every aspect of the production reflected the immense time, effort and dedication shown by the cast and crew. We are incredibly proud of everyone involved and would like to thank them for giving our school community such a memorable series of performances.



On Friday, students who successfully met the Principal's Challenge criteria for this term enjoyed a well-deserved reward trip to Adventure Island and Thorpe Park. We hope they had a fantastic day celebrating their achievements and creating lasting memories with their friends.

Looking Ahead to Next Week...

As we approach the end of another successful academic year, next week will be a time for both reflection and celebration. Students will take part in a range of celebration assemblies and reward events as we recognise the many achievements, successes and contributions made throughout the year. We look forward to ending the term on a positive note and celebrating all that our students have accomplished during the 2025–26 academic year. We wish everyone an enjoyable and rewarding final week of term.



Timings of the school day

	Key Stage 3 Year 7, 8 & 9
Registration	08:45-08:55
Period 1	08:55-09:55
Period 2	09:55-10:55
Break	10:55-11:15
Period 3	11:15-12:15
Period 4	12:15-13:15
Lunch	13:15-13:45
PCT	13:45-14:15
Period 5	14:15-15:15
After school	Clubs (NOT MONDAYS)

	Key Stage 4 Year 10 & 11
Registration	08:45-08:55
Period 1	08:55-09:55
Period 2	09:55-10:55
Break	10:55-11:15
Period 3	11:15-12:15
Period 4	12:15-13:15
PCT	13:15-13:45
Lunch	13:45-14:15
Period 5	14:15-15:15
After school	Clubs (NOT MONDAYS)



Weekly Winners

Riley Ely
 Lacey Webb
 Mason Norris
 Nyla Tohill
 Summer Dean
 Kweku Offei
 Faith Hurlock
 Catalina James
 Poppy Tomlin

Careers Day – Year 7 & 8

On Thursday 2nd July, we held our first careers day for students in years 7 and 8 (see next page for photos). The key objective of the day was to help students make meaningful connections between the subjects they study in school and the wider world of work, whilst also highlighting the importance of developing transferable soft skills. There was an excited buzz around the school all day with local employer's giving up their time to deliver interactive group sessions. Alongside this, all year 8 students also learnt how to perform CPR, an important lifesaving skill. The following employers took part:

- Barclays
- Chas Berger
- David Lloyd Fitness
- DWP
- Home from Home Childcare
- Essex Police
- The Hill Group
- Princeps
- Sea Cadets
- Stansted Airport College
- Tiger-Lily Goldsmith

We also had students interested in journalism and media reporting on the event, taking photographs and interviewing employers. Our catering department worked with students to teach them how to cook on a budget. In science, students learnt how to solve a crime using forensics; use biomedical science to treat a patient; understand Space, with a mission to Mars and investigate water quality to save a river!

The day was a great success with fantastic feedback from employers, staff and students:

"Amazing day today, loved every minute of it." Dave Mulvey

"What an amazing group of students you have, supported by such fabulous teachers, it is genuinely a privilege to be able to help and support your students." DWP

"Student engagement was really good & teacher involvement was fantastic." David Lloyd

Students also fed back:

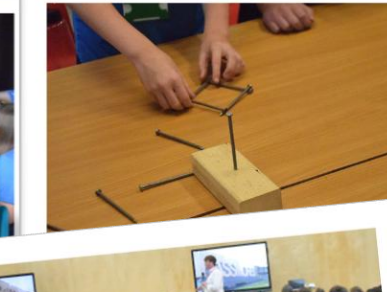
"It was amazing, my favourite session was preparing for business."

"I really enjoyed learning about construction."

"I liked how we had new people coming into school from a range of organisations."

"We learnt new things and discovered new skills."

YEAR 7 & 8 CAREERS DAY 2026



History– Year 9

Last week, some of our Year 9 students took part in the Holocaust360 experience, an immersive educational programme that brought the history of the Holocaust to life in a powerful and thought-provoking way. Using virtual reality technology, students followed the remarkable story of Holocaust survivor Manfred Goldberg BEM, exploring the places he lived and the camps where he was imprisoned during the Second World War.

Rather than simply reading about history, students were able to step inside key locations, examine historical evidence and listen to Manfred's own testimony. The 360° experience encouraged students to think critically about the decisions, experiences and emotions of those who lived through the Holocaust. Many students commented on how the immersive format made the events feel more real and personal than they had expected.

The experience also reinforced the importance of eyewitness testimony. By following one individual's journey from childhood in Germany through persecution, imprisonment and eventual liberation, students gained a deeper appreciation of the human stories behind the statistics. It served as a powerful reminder of why it is so important to challenge prejudice, value democracy and ensure that the experiences of Holocaust survivors continue to be remembered by future generations.

Holocaust360 was an unforgettable learning experience that left a lasting impression on our students. It demonstrated how technology can be used to deepen historical understanding while encouraging reflection, compassion and respect for those whose stories must never be forgotten.



YEAR 9 & 10 WORK SHADOWING DAY 2026

Work Shadowing Day – Years 9 & 10

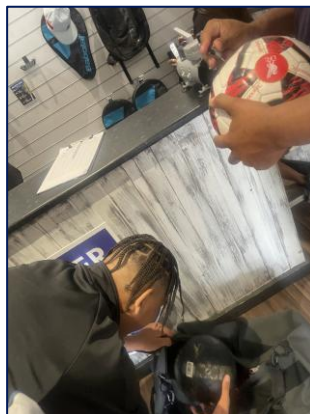
On the 2nd of July, our students in years 9 and 10 took part in a Work Shadowing Day. This gave them the opportunity to observe professionals in their daily work environment. It was a valuable experience that helped them understand how teamwork, communication, and problem-solving are essential in the workplace.

Throughout the day, they learnt about the different responsibilities involved in the role they shadowed and saw how theoretical knowledge is applied to real-life situations. They had the chance to ask questions about career paths, required skills, and the challenges and rewards of the job.

Overall, the feedback from students has been great with many gaining in confidence and having a clearer understanding of the workplace.

A few of the businesses visited included; London City Airport, DHL, Santander, Crown Prosecution Service OI Manufacturing, Essex County Fire & Rescue, SK Sport, Whipps Cross Hospital, Boxxe London & Princess Alexandra Hospital.

Francesca Griffiths
Work experience at Tesco



Kyraine Elliott
Work experience at
Finchley Power
League

SEND Transition Support

Changes to routines are often a challenge for young people with SEND and this makes the beginning of a new school year difficult with changes to classes and teachers.

To help support with this, we are opening the Access Centre on 2nd September - the day before Years 8 to 11 return to school. This will give students the opportunity to go through their new timetable with their SEND Lead and meet some of their new teachers. This is a voluntary provision for those that want to come in to school.

Year 7 will be in school on their own and will also be supported by the SEND team.

Year 6, 7 & 8 SUMMER BBQ & ROUNDERS

WEDNESDAY
15 JULY

In order to secure
your child a place,
please sign up via
the QR code or
click the link [here](#)
no later than
Monday 6th July
2026.



BBQ

ALL YEAR 7 EVENTS



Passmores Academy

3.45PM

All of the family welcome
Please book via the QR code or
<https://www.ticketsource.co.uk/passmores-academy>



Year 6, 7 & 8 DISCO



In order to secure
your child a place,
please sign up via
the QR code or
click the link [here](#)
no later than
Monday 6th July
2026.

Let's
Celebrate!

JULY

15

6 PM - 8 PM



PASSMORES ACADEMY MAIN HALL

[WWW.TICKETSOURCE.CO.UK/PASSMORESACADEMY](https://www.ticketsource.co.uk/passmoresacademy)

Dear PCLC Family, Parents & Carers,

Graham & Charlie Dowers (Paringdon) are taking on two cycling challenges this year as part of their annual fundraising mission in memory of their Nephew/Cousin, Greg and to raise much needed funds for The Chocolate Run, a charity that I Chair and that hosts a Drop-In every Sunday evening (5-7pm) where Harlow's Street Homeless & Vulnerably Housed can get a hot meal/dessert and companionship. Greg was a very popular Chocolate Run guest until July 2022 when he sadly died.

The Poplar Kitten has offered their support by hosting alternating QUIZ and BINGO nights every Wednesday evening (from 7.15pm) every week throughout June, July & August.

The Chocolate Run Trustees are very grateful to all involved and are keen to invite as many staff, parents, and carers to take part, either alone or as part of a group - I promise you will have a great time whilst raising money to help others.

Jo Busson
CHAIR
The Chocolate Run

POPLAR KITTEN

CHARITY NIGHTS

EVERY WEDNESDAY EVENING

From now until September!

SUPPORTING CHARLIE & GRAHAM'S BIKE RIDES IN THE SUMMER

QUIZ ONE WEEK – BINGO THE NEXT – ALTERNATING EVERY WEEK!



QUIZ NIGHT

TEST YOUR KNOWLEDGE
GREAT PRIZES TO BE WON!



BINGO NIGHT

EYES DOWN FOR FUN
GREAT PRIZES TO BE WON!

ALTERNATING EVERY WEDNESDAY!

RAISING MONEY FOR CHARITY



CHOCOLATE RUN HARLOW

Supporting: Chocolate Run Harlow
helping homeless and vulnerably housed people in Harlow.

AIDING HOMELESS PEOPLE & THE VULNERABLY HOUSED IN HARLOW

BECAUSE EVERYONE DESERVES A CHANCE

OUR ANNUAL RIDE

HARLOW TO CLACTON

THE BIG CHALLENGE

LONDON TO PARIS

2026

At The **POPLAR KITTEN**

TAWNEYS ROAD, HARLOW, ESSEX, CM18 6PN

COME ALONG, HAVE FUN & HELP US MAKE A DIFFERENCE!

DONATE HERE:

EAT ★ DRINK ★ PLAY ★ SUPPORT CHARITY *you!*

SUPPORT GRAHAM & CHARLIE'S CHARITY RIDE

www.justgiving.com/page/graham-dowers-3

Every donation helps us make a real difference.



Thank you for your support!



ATTENDANCE DROP IN

WHERE? Y103 ATTENDANCE OFFICE (OPPOSITE L101)

WHEN? EVERY WEDNESDAY BREAK TIME

WHO WITH? MRS LAWSON, MRS EKE & MRS SAVIDGE

**COME AND JOIN US TO FIND OUT MORE ABOUT YOUR
ATTENDANCE AND WHAT IT MEANS.**

**ARE YOU WONDERING HOW CLOSE YOU MIGHT BE FOR A
REWARD TRIP?**

DO YOU HAVE A PERSONAL GOAL?

DO YOU HAVE ANY WORRIES AROUND ATTENDANCE?

WE ARE HERE TO HELP



SPORT / PE UPDATES



SPORTS DAY 2026



AEF SUMMER HOLIDAYS SPORTS & ACTIVITIES FOR 11-16 YEAR OLDS

22ND JULY - 28TH AUGUST

FOOTBALL | GOLF | BOXING / GYM | LASER TAG

FREE - FUNDED BY ACTIVE ESSEX FOUNDATION

HARLOW

BOOK NOW: [CLCS.AS.ME/SECONDARYSUMMERACTIVITIESAEF](https://clcs.as.me/secondarysummeractivitiesAEF)



SUMMER TIMETABLE

Book: clcs.as.me/secondarysummeractivitiesAEF

Date	Activity	Time	Location	Notes
22nd July	Football	5pm	Mark Hall Astroturf	
28th July	Football	5pm	Mark Hall Astroturf	
29th July	Golf	6pm	Stansted Golf World	Meet 5pm at Bush Fair Gym
30th July	Boxing / Gym	11:00	Bush Fair	
04th August	Football	5pm	Mark Hall Astroturf	
05th August	Golf	6pm	Stansted Golf World	Meet 5pm at Bush Fair Gym
06th August	Boxing / Gym	11:00	Bush Fair	
07th August	Laser Tag	14:30	Kingsmoor Academy	
11th August	Football	5pm	Mark Hall Astroturf	
13th August	Laser Tag	14:30	Kingsmoor Academy	
17th August	Laser Tag	14:30	Kingsmoor Academy	
18th August	Football	5pm	Mark Hall Astroturf	
19th August	Golf	6pm	Stansted Golf World	Meet 5pm at Bush Fair Gym
20th August	Boxing / Gym	11:00	Bush Fair	
25th August	Football	5pm	Mark Hall Astroturf	
26th August	Golf	6pm	Stansted Golf World	Meet 5pm at Bush Fair Gym
27th August	Boxing / Gym	11:00	Bush Fair	
28th August	Laser Tag	14:30	Kingsmoor Academy	



Experience a Day in the Life of a Healthcare Assistant

You will:

Discover the role of a Healthcare Assistant

Learn about Infection Prevention and Control, including: Hand hygiene, Using Personal Protective Equipment (PPE), The 5 Moments of Hand Hygiene and Bed-changing skills

Take physiological measurements and record NEWS observations

Learn Basic Life Support skills

Take part in a Healthcare Escape Room challenge

This fun and interactive workshop will give you a real insight into life on a hospital ward while helping you develop practical skills through realistic clinical activities.

This opportunity is available to students in Year 9 and Year 10.

Date: Wednesday 22nd July or Thursday 23rd July

Time: 10am – 3:30pm

Venue: Brentwood Community Hospital

How to book your place:

You can apply for the opportunity through the [Experience Hub](#)

Student Spotlight...

Maksim Ananjevs – Year 9

Year 9 student Maksim Ananjevs was invited to participate in the Costa Blanca International Youth Futsal Cup 2026, which took place in Spain earlier this month.

The tournament brought together 26 teams from several countries, including Portugal, Spain, France, Australia, Brazil, and England. Bishop's Stortford FC proudly represented England, with Maksim playing as the team's goalkeeper.

The team performed exceptionally well throughout the tournament, reaching the quarter-finals before narrowly losing to a highly skilled Spanish side with a professional-level futsal programme.

Representing England in such a prestigious international competition was a fantastic achievement for Maksim and provided invaluable experience competing against some of the best young futsal players from around the world. Well done, Maksim!



ANY OTHER INFORMATION

KEY CONTACT INFORMATION

School Address

Passmores Academy, Tracyses Road, Harlow, Essex, CM18 6JH

Main Telephone

01279 770800

passmores@passmoresacademy.com

Student Absence

Report via the  Arbor app

Change of Contact Details

h.day@passmoresacademy.com

Student Services

pastudentservices@passmoresacademy.com

First Aid

pafirstaid@passmoresacademy.com

Extra-Curricular Clubs

h.day@passmoresacademy.com

Account / Trips

s.hodges@passmoresacademy.com

Homework

datateam@passmoresacademy.com

Free School Meals

pastudentservices@passmoresacademy.com

For a full list of staff contact details, click [here](#)

Reporting An Absence

If you need to report your child absent from school, please ensure you are following the correct procedure on Arbor.



If notifying us via the app:

- Click on the 3 lines (at the bottom left of the dashboard).
- Log Absence (green bar at the top)
- Complete the information and click 'Log Absence'

If notifying us from a web browser:

- Click on the 'Quick Actions' button
- Click 'Attendance'

FORTHCOMING EVENTS

Monday 13 th July	DRAGON Celebration Assembly
Tuesday 14 th July	GRIFFIN Celebration Assembly
Wednesday 15 th July	LION Celebration Assembly
Wednesday 15 th July	Year 6-8 Rounders, BBQ & Disco
Thursday 16 th July	UNICORN Celebration Assembly
Friday 17 th July	End of Term Early Finish for Students



Lost property will be left out on the tables in the **Heart Space** on
Thursday 16th July.

Anything unclaimed will be going to charity.

Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

Keeping Healthy

Immunisations

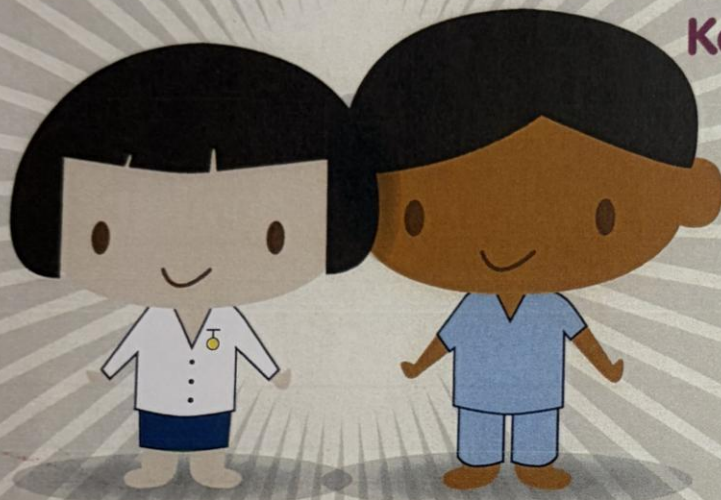
Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking



We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a team to support you.

Non Judgemental

We are here to help, not to judge.

When and Where can I Access my School Nursing Service?

Every Tuesday

10.55 – 11.45 am

In the A/C.

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE



Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES



Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS



A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

5 CREATE SOCIAL PULL



For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE



Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scoot short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES



Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY



Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE



If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS



Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.07.2026

#WakeUpWednesday

The National College

Bereavement support for children



Helping 5- to 15-year-olds navigate grief through creativity, connection and understanding.

FREE SUMMER WORKSHOPS
29 July
12 August

Hastingwood,
CM17 9JX



Make a referral

stclarehospice.org.uk/bereaved-children
bereavement@stclarehospice.org.uk

Has your child experienced the loss of a family member, friend or someone significant in their life?

Led by St Clare Hospice's family therapist and specially trained bereavement volunteers, our gentle, creative bereavement workshops provide a safe and supportive space where children can:

- Explore and express their feelings
- Remember their special person
- Build confidence and resilience
- Meet other children with similar experiences so they know they are not alone



Wind Chimes of Remembrance

**Wednesday 29 July
2.30pm to 4.30pm
For ages 5 to 15**

Children will create their own personalised wind chime as a meaningful keepsake to remember someone special. Through creative activities and gentle conversation, we'll explore memories, emotions and ways to stay connected to those we miss.

Spaces are limited. A referral is required to be considered for a place.

The Colour Monster: Music, Art and Movement

**Wednesday 12 August
2.30pm to 4.30pm
For ages 5 to 11**

Inspired by the popular Colour Monster books, children will explore emotions linked to grief through music, art and movement. Together we'll discover that all feelings are welcome and learn healthy ways to express and manage emotions while having fun and connecting with others.



Make a referral

stclarehospice.org.uk/bereaved-children
bereavement@stclarehospice.org.uk



ZINC SUMMER JAM!

FREE TO ATTEND!

Every Wednesday in August

The club days will be packed with fun sports and arts activities to keep you Motivated and Active! Whatever your ability, come and join us!



**Lunch
Included**



Ages 11-17



11-1pm



**Ongar Youth Centre, The Gables
Chipping Ongar, CM5 0GA**

**Book your
place here**



01277 365 626



rhianna.picking@zincarts.org.uk



SA FOUNDATION

WOMEN'S WALKING FOOTBALL

FUN. FRIENDLY. FOR EVERYONE.

Join SA Foundation (SAF) for **FREE** women's walking football sessions and be part of something amazing!



Get active in a fun, relaxed and supportive environment



Improve your health, fitness and wellbeing



Meet new people and be part of a great community



STARTING MONDAY
15TH JUNE – 27TH JULY



Passmores Academy
Tracyes Road, Harlow,
Essex, CM18 6JH



EVERY MONDAY
Time: 5:00pm – 6:00pm



For women 18+
All abilities welcome!

FREE
TO TAKE PART!

**BOOK YOUR PLACE
TODAY!**

Spots are limited –
scan the QR code or
use the link below to book:



<https://book.EnglandFootball.com/Kickabout18/safoundation/Summary/ba64c5ea-50de-4537-a779-242a7f5a8ad3>



safoundation.co.uk



@safoundationuk

**STRONGER TOGETHER
THROUGH FOOTBALL**

Join the pride!

Lions ON THE Loose

Volunteer with *Lions on the Loose* this summer!

St Clare Hospice's spectacular public art trail is coming to Harlow, Epping and Loughton – and we need you to help make it a roaring success!

Volunteer solo, or as a team with colleagues, friends or family, and help make *Lions on the Loose* an un-fur-gettable experience for everyone!



We need:

-  **Safari Squad Rangers and Responders:** Keep our lions safe and happy
-  **Farewell Weekend Volunteers:** Support the grand finale celebrations
-  **In Memory Rangers and Responders:** Help the Lions on the Loose legacy live on

Why get involved?

-  **Make a difference** in your community and support St Clare Hospice's vital care for local people
-  **Have fun:** Meet new people, enjoy the outdoors and be part of a creative, colourful trail that everyone will love
-  **Learn and grow:** Gain new skills and experience – perfect for individuals or corporate volunteering days



lionsontheloose.co.uk/volunteer
lionsvolunteers@stclarehospice.org.uk

Volunteer. Roar. Repeat.



Presenting Partner

 **Harlow Health Centres Trust**
Promoting Health and Wellbeing

Sponsored By


HASLARS

In Association

St Clare Hospice



Join the pride!

Lions
ON THE
Loose

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Sign up now

