



Fun Together Newsletter

Issue 9 - Friday, 7th February 2025



Welcome to the [ATTFE Fun Together Newsletter](#). Keeping you up-to-date with top tips, updates and news about free fun and local activities for families in the North Nottinghamshire area, aimed at families with children 0-11 years.

Our Fun Together newsletters aim to share information about activities and opportunities relevant to families.

In this February issue, you will find information about:

- Valentines crafts and recipe ideas
- Information about local food pantries
- Family Support & Resources
- Upcoming Family Events & Activities
- Courses for parents and guardians

Easy Valentines Recipe



Chocolate-Dipped Strawberries

Preparation time: 20 mins

Cooking time: 4 mins

Serves: 5 servings

Indulge in chocolate-dipped strawberries for dessert or as part of a romantic picnic. Drizzle over milk and white chocolate for the wow factor!

Recipe by Liberty Mendez (Source: [Good Food](#))

Ingredients

- 100g dark chocolate (roughly chopped)
- 400g strawberries
- 30g white and milk chocolate (roughly chopped), optional

Method

1. Cut a strip of baking parchment and leave to one side. To melt the dark chocolate, fill a small pan with 2cm water and bring to a simmer. Put the chocolate in a heatproof bowl and rest it on top of the pan, ensuring the bowl isn't touching the water. Stir the chocolate to gradually melt it. Or, melt the chocolate in 20 second blasts in the microwave, stirring after each blast until melted. Put the melted chocolate in a small deep bowl.
2. Gently hold the strawberries by the leafy top and dip into the chocolate. Tap off any excess chocolate and put on the parchment to set. If you have any leftover chocolate, pour it onto another strip of parchment and leave it to set, it can be used again.
3. If you'd like to decorate the strawberries, melt the white and milk chocolate and drizzle lightly over the fruit.

Have fun, and enjoy your sweet treat!

Valentines Crafts

Strawberry Heart Paper Craft

Materials:

- Red, green, white and black paper
- Scissors
- Glue
- Circle Punch (optional)

Steps:

1. Start by cutting out a large red heart, 3 smaller green hearts and a few tiny white hearts. Glue all the hearts together and add a stem.

2. You could also add a little character to your strawberry by gluing on a sweet face. We love punching out circles for our eyes, but googly eyes would look great too.



Family Support & Resources

Nottinghamshire Family Hub Network

Attention Parents & Carers! Need parenting support or advice? The Nottinghamshire Family Hub Network is here to help! They offer guidance on a wide range of **parenting topics**, providing valuable **support for families** across the community.

For further information or for guidance, call them at [01159 773741](tel:01159773741) or email.FHAshfield@nottsc.gov.uk. You can also visit a Family Hub near you for

in-person support!

Check out their weekly schedule in this post to see what's on offer! The Ashfield North area covers Sutton, Huthwaite, Skegby, Stanton Hill, Selston, Underwood and Jacksdale.



Are you a Parent or Carer of a child aged 0-19 or up to 25 if they have an additional need?

Help and Advice for You!

Just ask 😊

For more information on the Family Hub Network or to see how we can help, please contact us by

Phone: 0115 9773741

Email: FHAshfield@nottsc.gov.uk

Pop into one of our Family Hubs

- Being a new parent
- Where to meet other parents
- Breastfeeding and infant feeding
- Getting back to work
- Supporting your child's development
- Sleep and routines
- Behaviour
- Concerns about your child
- Your emotional health
- Debt and finances
- Boosting your confidence
- Volunteering
- Getting to know your community
- And much more....

Helping families get the right support at the right time



Nottinghamshire
County Council



What's On in Ashfield North

Day	Morning	Afternoon
Monday	9:30am – 11:00am BABES – Breast Feeding Support Group Summer House	1:15pm – 2:45pm Under 1s Summer House
Tuesday	9:30am – 11:00am Under 1s Tin Hat	1:15pm – 2:45pm Stay and Play New Woods
Wednesday		1:15pm – 2:45pm Under 1s New Woods
Thursday	9:30am – 11:00am Stay and Play Tin Hat	
Friday		1:15pm – 2:45pm Stay and Play Summer House

Phone 0115 977 3741 for more information

Summer House Family Hub,

Clare Road, Sutton in Ashfield NG17 5BB

New Woods Family Hub,

Barker Avenue, Skegby, NG17 3FQ

Tin Hat Centre

Matthew Holland Complex,

Chapel Road, Selston NG16 6BW

Helping families get the right support at the right time



Nottinghamshire
County Council

YOUR KIDS FAB HEALTH!

FOOD, ACTIVITY, BALANCE

FREE SUPPORT & ADVICE FROM
NUTRITIONISTS & PERSONAL TRAINERS

HELPING FAMILIES TO EAT WELL AND MOVE MORE

Empower yourself
to make positive
changes for your
family

To find out more:
Call us on 0115 7722515
Text 'Family' to 62277
Or scan the QR code



Your Health
Notts



QUIT SMOKING

Age 12 + smoking tobacco



You are 4 times more likely to quit for good with our help and support!

LOSE WEIGHT

Adults with a BMI between 30 - 50



Lifestyle changes to help you lose weight and keep it off!

FREE

integrated wellbeing service for Nottinghamshire* residents

IMPROVE STRENGTH AND BALANCE

For those at risk of falls



HEALTHY FAMILIES

Children 4 years+ above 91st BMI centile



HOW TO REFER

Online: www.yourhealthnotts.co.uk
Or call us on 0115 772 2515
Telephone and Online Support Available

Upcoming Family Events & Activities

February Half-Term Fun Together Family Activities



Fun Together Activities Timetable

Course Title	Date & Time	Venue	Description	Course Code
Family 'Have a Go at Knitting' Workshop	Monday, 17th February 2025 10am - 12pm	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Would you or your children like to have a go at knitting but need a bit of guidance to get you started? This workshop is the perfect place! All resources will be provided but feel free to also bring your own if you have them.	24TL186
Wicked-Themed Family Crafts	Monday, 17th February 2025 10am - 12pm	Kirkby Leisure Centre	We think this one will be Popular! Join us for Elphaba and Glinda themed crafts.	24TL187
SEND Inclusive Crafts & Games	Monday, 17th February 2025 12.30pm - 2pm	Kirkby Leisure Centre	An inclusive session for children with SEND and their families. Take part in fun crafts and games together.	24TL188
Star Wars Activity Camp	Monday, 17th February 2025 10am - 12pm	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Calling all Jedis in the making! Join us for lightsaber crafts and Jedi activities and games.	24TL190

FREE to attend. Suitable for all ages, children must attend with an adult. Places will be limited and must be booked in advance. For more details or to book please contact **01623 441310** or email college.info@attrust.org.uk, unless otherwise stated in the description.

Where relevant, please make us aware of any known allergies prior to attending. All adults attending will be required to complete a course enrolment form for each session attended.



Fun Together Activities Timetable

Course Title	Date & Time	Venue	Description	Course Code
Minecraft Family Crafts	Monday, 17th February 2025 1pm - 3pm	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Perfect for Minecraft lovers to get creative in our themed family craft session!	24TL191
Craft and Create	Tuesday, 18th February 2025 1pm - 3pm	Abbey Road Community Centre, Abbey Road, Edwinstowe, NG21 9LQ	Celebrate Valentines week by being crafty and creative in a fun and relaxed environment!	24TL170
Paddington-Themed Crafts	Tuesday, 18th February 2025 10am - 12pm	Tin Hat Centre, Selston, NG16 6BW	A fun family craft session themed around Paddington Bear. Bookings for this session need to be made directly with The Tin Hat Centre. To book, please contact 01773 864510.	24TL181
Paddington-Themed Crafts	Tuesday, 18th February 2025 10am - 11.30am	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	A fun family craft session themed around Paddington Bear.	24TL185
Spring-Themed Family Crafts	Tuesday, 18th February 2025 10am - 12pm	Hucknall Leisure Centre	A fun craft session making spring themed items for the new season	24TL189

FREE to attend. Suitable for all ages, children must attend with an adult. Places will be limited and must be booked in advance. For more details or to book please contact **01623 441310** or email **college.info@attrust.org.uk**, unless otherwise stated in the description.

Where relevant, please make us aware of any known allergies prior to attending. All adults attending will be required to complete a course enrolment form for each session attended.



Fun Together Activities Timetable

Course Title	Date & Time	Venue	Description	Course Code
Online Safety for Parents and Carers Workshop	Tuesday, 18th February 2025 1pm - 3pm	Hucknall Leisure Centre	This workshop aims to give parents and carers tips and advice for keeping children safe whilst accessing digital devices and programmes.	24DSP024
Fun with Food Family Cooking	Wednesday, 19th February 2025 1pm - 3pm	Tin Hat Centre, Selston, NG16 6BW	Join us for a family cooking session supporting families to have fun with food. Bookings for this session need to be made directly with The Tin Hat Centre. To book please contact 01773 864510.	24TL182
Super Hero Crafts & Games	Wednesday, 19th February 2025 10am - 12pm	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Have fun with your little super hero at this themed session which will include a range of super hero themed crafts and games. Fancy dress welcome but not essential.	24TL192
Family Stop Motion Animation Workshop	Wednesday, 19th February 2025 1pm - 4pm	Sutton Community Academy, Sutton- in-Ashfield	Have a go at stop motion animation, an animated filmmaking and special effects technique in which objects are physically manipulated. A creative way to get digital!	24DSP025

FREE to attend. Suitable for all ages, children must attend with an adult. Places will be limited and must be booked in advance. For more details or to book please contact **01623 441310** or email college.info@attrust.org.uk, unless otherwise stated in the description.

Where relevant, please make us aware of any known allergies prior to attending. All adults attending will be required to complete a course enrolment form for each session attended.

Spring 2025



Fun Together Activities Timetable

Course Title	Date & Time	Venue	Description	Course Code
Hearty and Healthy	Wednesday, 19th February 2025 9.30am - 12.30pm	Edwinstowe House, High Street, Edwinstowe, NG21 9PR	Show your love for Edwinstowe as we create hearts and walk the Edwinstowe in Bloom annual Heart Trail together!	24TL167
SEND Inclusive Games	Thursday, 20th February 2025 10am - 12pm	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	An inclusive games session including bocchia and target games suitable for children with SEND and their families.	24TL180
Wicked-Themed Family Crafts	Thursday, 20th February 2025 1pm - 3pm	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	We think this one will be Popular! Join us for Elphaba and Glinda themed crafts in our new Sutton town centre venue	24TL184
Sherwood Observatory Family Space and Science	Friday, 21st February 2025 10am - 2pm	Sherwood Observatory, Coxmoor Road, Sutton-In-Ashfield NG17 5LF	A chance for families to experience the new Sherwood Observatory and Planetarium. This workshop will include a chance to learn about the solar system, engage in science-based crafts activities and a telescope demonstration. This workshop is most suitable for children aged 7 years and over.	24TL183

FREE to attend. Suitable for all ages, children must attend with an adult. Places will be limited and must be booked in advance. For more details or to book please contact **01623 441310** or email college.info@attrust.org.uk, unless otherwise stated in the description.

Where relevant, please make us aware of any known allergies prior to attending. All adults attending will be required to complete a course enrolment form for each session attended.

Website: www.atffe.org.uk

#InThisTogether

**Family Courses
at the Tin Hat Centre, Selston!**

ATTFE College Fun Together

Family Sessions

at the Tin Hat Centre, Selston

Paddington-Themed Crafts

A fun family craft session themed around Paddington Bear.

Tuesday, 18th February 2025
10am - 12pm

Fun with Food Family Cooking

Join us for a family cooking session supporting families to have fun with food.

Wednesday, 19th February 2025
1pm - 3pm



Venue:
Tin Hat Centre,
Selston, NG16 6BW



To book, please contact the Tin Hat Centre team
by calling 01773 864510.



Hearts and Crafts in Edwinstowe!

Fun Together Family Sessions Hearts and Crafts in Edwinstowe

Craft and Create

Celebrate Valentines week by being crafty and creative in a fun and relaxed environment!

Tuesday, 18th February 2025

1pm - 3pm

Abbey Road Community Centre, Abbey Road,
Edwinstowe, NG21 9LQ

Course Code:
24TL170

Hearty and Healthy

Show your love for Edwinstowe as we create hearts and walk the Edwinstowe in Bloom annual Heart Trail together!

Wednesday, 19th February 2025

9.30am - 12.30pm

Edwinstowe House, High Street,
Edwinstowe, NG21 9PR

Course Code:
24TL167



Get creative and have fun!

Places are limited, so please pre-book! To secure your spot or if you require further information, email Carol.Hallam@attrust.org.uk or fill in our online form by scanning the QR Code.



Something for Our Parents and Carers

Did you know that Fun Together is a programme delivered by **ATTFE College**?

We are a local college who support both family and adult learning across the Mid Nottinghamshire area. We have a range of adult learning courses available for adults to access.

Here are a few of our **upcoming courses**! Please keep an eye on our social media pages for the latest updates and information. Alternatively, you can view all of our upcoming courses on our website:

Courses: February 2025 Onwards



Level 2 in Understanding Children and Young People's Mental Health

Through this qualification, you will learn about children and young people's mental health in context, mental health problems commonly associated with children and young people, the impact of mental ill-health on children and young people and support available to maintain mental wellbeing in children and young people.

Course Code: 24ASF181

FREE

Wednesday, 4pm - 8pm
Starting 5th March until 25th June 2025

Venue:
ATTFE in the Community Venue
9 - 11 Low Street
Sutton-in-Ashfield

Suitable for learners aged 19+ years. Places will be limited and must be booked in advance. For more information or to book please contact 01623 441310 or email college.info@attrust.org.uk

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Level 2 in Awareness of Adverse Childhood Experience

This qualification will provide learners with an opportunity to develop an understanding of adverse childhood experiences (ACEs) relevant to their current or future roles and will equip them with basic understanding of techniques for preventing and addressing adverse childhood experiences (ACEs) in practice.

Course Code: 24ASF180


FREE

Tuesday, 4pm - 8pm
Starting 4th March until 20th May 2025

Venue:
ATTFE in the Community Venue
9 - 11 Low Street
Sutton-in-Ashfield

Suitable for learners aged 19+ years. Places will be limited and must be booked in advance. For more information or to book please contact 01623 441310 or email college.info@attrust.org.uk

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Online Safety for Parents and Carers

Technology is a big part of our day to day world meaning our children are more and more exposed to the digital world. This workshop aims to give parents / carers tips and advice for keeping children safe whilst accessing digital devices and programmes.

Course Code: 24DSP022

Monday, 17th March 2025
9.30am - 11.30am

Venue:
ATTFE in the Community Venue,
9 - 11 Low Street, Sutton-in-Ashfield

Free to attend. Places will be limited and should be booked in advance by emailing college.info@attrust.org.uk or calling 01623 441310.

Due to the funding to support this workshop, attendees will need to complete a short registration form and share feedback at the end of the session.

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Fun & Games Sessions

Our Fun and Games sessions are packed with a variety of enjoyable activities such as Boccia, bingo, card games, and many more!

Course Code: 24TL173

Fridays, 10am - 11.30am
Starting 28 February until 4 April 2025
(excluding 28th of March 2025)

Venue:
ATTFE in the Community Venue
9 - 11 Low Street
Sutton-in-Ashfield

Places will be limited and must be booked in advance. For more details or to book please contact 01623 441310 or email college.info@attrust.org.uk

Website: www.attfе.org.uk #InThisTogether

Craft Club

A fun, inclusive and sociable craft group suitable for all levels. A different craft activity will be done each week.

Course code: 24TL174

Wednesdays, 1pm - 3pm

Starting 12th February until 2nd April 2025

Venue:
The Community of Christ Church, The Oval,
Sutton in Ashfield, NG17 2FR

Free to attend. Suitable for adults aged 19+ years, however children are welcome to attend. You can join these sessions on any of the dates. Places should be booked in advance. For more information or to book please contact college.info@atrust.org.uk or call 01623 441310.

Website: www.attfe.org.uk

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5 Ways to Wellbeing

A series of fun and engaging sessions to support you with basic tips and information to increase your confidence, support positive mental wellbeing, move more and be more active, eat more healthy, and staying safe online.

Course code: 24TL175

Thursdays, 1pm - 3pm

Starting 27th February to 3rd April 2025

Venue:
ATTFE in the Community Venue
9-11 Low Street,
Sutton in Ashfield, NG17 1DH

Suitable For adults aged 19 + years. Free to attend. Place will be limited and should be booked in advance. For more information or to book please call 01623 441310 or email college.info@atrust.org.uk

Website: www.attfe.org.uk

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Beginner Level French Course

Do you want to communicate better when on holiday in France? Or maybe you just want to try something new? Come and join our beginner-level French course. Lots of useful topics will be covered; greetings, eating out, shopping, describing health conditions, getting around town and lots more. By the end of the course you will be able to say some basic phrases to help you get the best out of your holiday.

Course Code: 24TL171

FREE

Saturdays, 10am - 1pm

Starting 1st March to 5th April 2025

Venue:
ATTFE in the Community Venue
9-11 Low Street
Sutton in Ashfield

Suitable for learners aged 19+ years. Free to attend. Spaces will be limited and must be booked in advance. For more details or to book please contact 01623 441310 or email college.info@atrust.org.uk

Website: www.attfe.org.uk

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An Introduction to Digital Skills

These introductory sessions aim to support anyone wishing to develop basic digital skills for everyday activities using a mobile phone or other device such as shopping online, filling in online forms, downloading apps or connecting with friends and family delivered in a friendly and inclusive environment.

Course code: 24DSP021

Mondays, 9.30am - 11.30am

24th February - 10th March 2025

Venue:
ATTFE in the Community Venue
9 - 11 Low Street
Sutton-in-Ashfield

Free to attend and suitable for learners aged 16 years and over. Places are limited and should be booked in advance. For more information or to book please call 01623 441310 or email college.info@atrust.org.uk

Funded by UK Government Ashfield PARTNER SCHOOLS

We also have some **ONLINE** courses that you might be interested in:

ATTFE College Online Courses

Supporting Children and Families

Qualification	Course Title	Description	Course Code
Level 2 Estimated Length: 117 Hours	Introducing Caring for Children and young people	With over 50,000 children identified as needing protection from abuse in the UK, it is important that those working in the care sector understand the risks of abusive and exploitative behaviour that some children experience. Knowing what strategies are used to protect them from this behaviour, whilst following procedures, is essential to helping those effected.	60003364
Level 2 Estimated Length: 135 Hours	Understanding Children and Young People's Mental Health	Mental health problems affect around 1 in 10 children and young people. Emotional wellbeing is just as important as a child's mental health, therefore it is important for those working with children and young people to have a good understanding of the concepts, risk factors, and impact of mental health.	60328137
Level 2 Estimated Length: 115 Hours	Safeguarding and Prevent	The purpose of this qualification is to support anyone who is responsible for the safeguarding of people and for helping prevent radicalisation. It gives learners an understanding of recognising the signs of abuse, how to reduce the risk of radicalisation, and the potential consequences of illegal online activity.	60328186
Level 2 Estimated Length: 129 Hours	Understanding Specific Learning Difficulties	Having a learning difficulty means that people find it harder to learn certain skills. As this affects around 15% of people, it is important for those working in healthcare, social care, and education to have knowledge of different Specific Learning Difficulties such as ADHD, dyslexia, and dyscalculia.	60320412
Level 2 Estimated Length: 152 Hours	Understanding Autism	Autism is described by The National Autistic Society as a complex, lifelong developmental disability that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation. Individual preference regarding terminology used for an individual on the autism spectrum may vary and must be valued and respected.	60163306

For more details or to sign up, please contact 01623 441310 or email college.info@attfe.org.uk.

Please quote course codes when signing up.

For a **complete list** of online courses that we have on offer, please click the button below:

Online Courses PDF

For more details or to sign up, please contact **01623 441310** or email college.info@attrust.org.uk. Please quote course codes when signing up.

Helping with the Cost of Living



Let's All Eat Food Pantry

Our weekly food pantries provide low cost food for families whilst reducing food waste. See below details to find out where your local food pantry is. There is no need to book and no referral needed.

Good quality high value food bags (please bring your own bag) available on a weekly basis. For £3.50 payments each week you will receive between £12-£15 worth of good quality food.

A £1 joining fee applies to all to ensure a lifetime of membership to the 'Let's All Eat Pantry'. This is payable on your first visit along with the £3.50 for that week's food.

- Huthwaite Methodist Church
 - Every Wednesday, 1.30 - 3.30pm
 - Location: Sherwood Street, Huthwaite, Sutton-in-Ashfield, NG17 2LX
 - Contact information: [07867451424](tel:07867451424)
- St. John's Methodist Church
 - Every Monday, 1 - 3pm
 - Location: Titchfield Avenue, Sutton-in-Ashfield, NG17 1EU
 - Contact information: [07867451424](tel:07867451424)
- Lifespring Centre and Oasis Cafe
 - Every Thursday, 1 - 3pm
 - Location: Sherwood Drive, New Ollerton, Newark, NG22 9PP
 - Contact information: [07867451424](tel:07867451424)

On a Tuesday evening 4-7pm we offer good quality high value food at the Lifespring Church through the 'Stay and Eat Social Hub'

Academy Transformation Trust Further Education

Let's All Eat
St John's Food Pantry

Every Monday
1.00 - 3.00 PM

St John's Methodist Church
Titchfield Avenue
Sutton-in-Ashfield
NG17 1EU

Cost:
£1 lifetime joining fee
£3.50 each week for parcel
(equivalent of £12-£15 worth of food)

For enquiries, please contact 07867 451424
or email teams@letsalleteat.co.uk

#InThisTogether

Academy Transformation Trust Further Education

Let's All Eat
Huthwaite Food Pantry

Every Wednesday
1.30 - 3.30 PM

Huthwaite Methodist Church
41 Sherwood Street
Huthwaite
NG17 2LX

Cost:
£1 lifetime joining fee
£3.50 each week for parcel
(equivalent of £12-£15 worth of food)

For enquiries, please contact 07867 451424
or email teams@letsalleteat.co.uk

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Academy Transformation Trust Further Education

Let's All Eat
Ollerton Food Pantry

Every Thursday
1.00 - 3.00 PM

Lifespring Centre and Oasis Cafe
Sherwood Drive
New Ollerton
NG22 9PP

Cost:
£1 lifetime joining fee
£3.50 each week for parcel
(equivalent of £12-£15 worth of food)

For enquiries, please contact 07867 451424
or email teams@letsalleteat.co.uk

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ATTFE College

High Pavement, Sutton-in-Ashfield,
Nottinghamshire, NG17 1EE, Nottinghamshire
United Kingdom

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