



Fun Together Newsletter

Issue 11 - Friday, 25th July 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 July issue, you will find information about:

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

Easy Summer Recipe



Mango and Cardamom Frozen Yoghurt

Preparation time: over 2 hours

Cooking time: no cooking required

Serves: makes about 1 litre/1¾ pints

Fresh and fragrant, this easy frozen yoghurt recipe tastes amazingly creamy. Tinned mango pulp makes it a cinch to whip up with no blender. You can even make it without an ice cream churn.

Recipe by Sunil Vijayakar (Source: [BBC Food](#))

Ingredients

- 600g/1lb 5oz full-fat Greek-style yoghurt
- 300g/10½oz tinned mango purée or pulp
- 1 tsp finely crushed cardamom seeds
- 100g/3½oz caster sugar

Method

1. Whisk the yoghurt, mango purée, cardamom and sugar together in a bowl until well combined.
2. Chill an ice cream maker, if using, and churn the mixture according to the manufacturer's instructions or until it is possible to scoop the mixture. Freeze if you prefer a firmer texture.
3. Alternatively, spoon the mixture into a freezer-proof container with a lid and freeze for 1½ hours until beginning to solidify. Beat with a fork to break up any solid pieces, then refreeze and repeat two or three times before leaving to freeze undisturbed.
4. Remove from the freezer for 10–12 minutes to soften before serving.

Have fun, and enjoy your sweet treat!

Summer Crafts

Bow-Tie Noodle Butterfly

Source: www.craftymorning.com

Materials:

- Fun chalk markers or paint
- Black sharpie
- White paper
- Small bow-tie noodles
- Glue

Steps:

1. Start by painting your little noodles with bright fun colors and let dry.
2. For the grass, carefully cut the noodles in half and paint them green. Glue them all to a piece of white card stock paper.
3. Add sharpie antennas and dots behind them so it looks like they're flying!



Family Support & Resources

**Your Health Notts
Mums & Bumps Support**



Your Health
Notts

Mums & Bumps



Meet Other Mums To Be

Share stories and advice with other Mums to be in a safe space.



Gentle Movement

Exercise delivered by trained staff to prepare you and your body for birth and beyond.



Have a chat

Chat to a qualified Healthy Lifestyle Advisor about support for a healthy pregnancy

Where?

Kirkby Leisure Centre,
Hodgkinson Road,
Kirkby in Ashfield, NG17 7DJ

When?

Every Monday
12 - 1pm
Starting 28th July 2025

BOOK YOUR FREE PLACE TODAY BY CALLING 0115 772 2515



Breastfeeding
Friendly



Partners
Welcome



Children
Welcome

Upcoming Family Events & Activities

ATTFE College Holiday Activities and Food (HAF) Programme

Get ready for a fun-filled Summer holiday with our Holiday Activities and Food Programme!

We've got loads of exciting FREE activities lined up for children and young people aged 5-16 years old, plus a tasty meal with every session.

If you have a HAF code, you're all set! To sign up, simply scan the QR code on the poster or fill out our quick online form here:

[Book Here](#)



Academy
Transformation
Trust Further Education

#InThisTogether

Holiday activities and food

Summer

Nottinghamshire



Get involved in fun activities
this school holiday!

Plus so
much more

Funded by



Nottinghamshire
County Council



Department
for Education

ATFE College is offering FREE*
fun-filled Spring activities for HAF eligible children aged 5-16.
FREE breakfast & lunch included!

Available dates:

Week 1: 30th, 31st July, 1st August 2025

Week 2: 5th, 6th, 7th August 2025

Week 3: 12th, 13th, 14th August 2025

Week 4: 19th, 20th, 21st August 2025

Time:
10am - 2pm

Venue:
ATFE College,
Sutton Community Academy,
Sutton-in-Ashfield
NG17 1BN

**A range of different fun activities will
take place during these sessions,
from creative crafts to sports
activities!**

To book, please scan the QR Code to book online via
Eequ.org. Please note, you will need to book your
children via this platform as we do not accept walk ins.





Leamington Picnic & Craft



Leamington Picnic & Craft

Free to those living on
Leamington Estate

3 – 5pm

Tuesday 29th July

Summer House Family Hub,
Clare Road (next to school)

Join us for an afternoon of fun
crafts and picnic snacks.

FREE!

please book to
secure your place



Booking Essential
For more info and booking
please visit:
www.dragonflycraftsuk.co.uk



Woodland Festival



FREE ENTRY*

The **SHERWOOD FOREST TRUST**

WOODLAND FESTIVAL

26th & 27th July
2025
10am-4pm

Thoresby Park
NG22 9EP

*£5 PARKING

The Sherwood Forest Trust

WOODLAND FESTIVAL

The Sherwood Forest Trust Woodland Festival is back at Thoresby Park for 2025!

Join us to celebrate our woodlands and traditional heritage crafts. You can find green woodworkers, have a go at arts and crafts, archery, forest school activities, and listen to the stories of Sherwood Forest.



Our projects range from restoring Sherwood's threatened heathlands, tree-planting and woodland creation to running our community tree nursery, the Sherwood Seedbank.



With thanks to our supporters

Bowring Transport Ltd.

NEWARK & SHERWOOD DISTRICT COUNCIL

Thoresby Park

DONATE ❤️



Community Support and Summer Activities

FREE TO
ATTEND

BEACHY CRAFTS & SUMMER COMMUNITY SUPPORT



**11
AUG**

10AM - 12.30PM

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

Free to attend. Drop in at any point, no need to book.

#INTHISTOGETHER



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: August 2025 Onwards

Level 1 Award in Stress Awareness

FREE

This qualification aims to improve learners' understanding of stress. They will look at the causes of stress and the effects stress can have on health. They will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress. We will explore different ways of coping with stress.

Course Code: 25ASF007

Wednesdays, 10am - 2pm
6th - 27th August 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@attfe.org.uk

Website: www.attfe.org.uk

#InThisTogether

Level 1 Award in the Awareness of Substance Misuse

FREE

This qualification enables the learner to develop a knowledge and understanding of substance misuse awareness - including alcohol - and its potential effects on individuals and others.

Course Code: 25ASF005

Thursdays, 10am - 2pm
7th - 28th August 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@attfe.org.uk

Website: www.attfe.org.uk

#InThisTogether

Fast Track Level 2 Counselling Skills

cpcab

This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.

Course Code: 25ASF001

Tuesdays, 9.30am - 2.30pm
Starting 9th September 2025 until
3rd February 2026

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

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

Website: www.attfe.org.uk

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Level 1 Award in Mental Health Awareness

FREE

This qualification aims to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.

Course Code: 25ASF003

Tuesdays, 10am - 2pm
5th August - 2nd September 2025

Venue:
Adult Learning, Sutton Community Academy,
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@attfe.org.uk

Website: www.attfe.org.uk

#InThisTogether

Functional Skills (Maths and English)

FREE

Supporting you to develop your maths and English skills in a friendly environment with our experienced tutors. Learners will be assessed at the beginning of the course to enable us to support you at the appropriate level for your needs.

Course Code: 25ASF041

Available sessions:

Mondays, 9.15am - 2.45pm **Tuesdays, 9.15am - 2.45pm**

Starting w/c 8th September 2025 until
w/c 15th December 2025 (13 weeks, term-time only)

This is a 1-day a week course. All learners will attend the first session and complete an assessment which will determine which day they will need to attend the course based on the current level of learning

Venue:
ATTFE College
Sutton Community Academy

Available for learners aged 19+ years. FREE to attend. Places will be limited and must be booked in advance. For further details or to book please call 01623 441310 or email college.info@attfe.org.uk

Website: www.attfe.org.uk

#InThisTogether

Level 3 Certificate in Applied Counselling Studies (CAST-L3)

cpcab

This qualification is intended for candidates who have already acquired a recognised qualification in counselling skills and want to: take the next step in training to become a counsellor, learn more about counselling theory, ethics and mental health, and/or be prepared for work as a professional counsellor in an agency setting.

Course Code: 25LCB004

Fridays, 9.30am-2.30pm
12th September 2025 - 24th July 2026

Venue:
Portland Pathways, 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@attfe.org.uk

Website: www.attfe.org.uk

#InThisTogether

We also offer **online courses**, which are a more flexible option:



Online Courses

SUPPORTING CHILDREN AND YOUNG PEOPLE

This course is **FREE** for eligible learners. Please enquire further with us regarding the eligibility requirements.

Level 2 Understanding Children and Young People's Mental Health

Course Code: 603/813/7
Guided Learning Hours: 135 hours

Level 2 Understanding Mental Health and Early Years

Course Code: 603/5862/2
Guided Learning Hours: 105 hours

Level 2 Introduction to Neuroscience in Early Years

Course Code: 603/5216/4
Guided Learning Hours: 105 hours

Level 2 Understanding Adverse Childhood Experiences

Course Code: 603/5808/7
Guided Learning Hours: 120 hours

Level 2 Safeguarding and Prevent

Course Code: 603/2818/6
Guided Learning Hours: 115 hours

Level 3 Understanding Autism

Course Code: 603/1935/5
Guided Learning Hours: 189 hours

All courses are **FREE** for eligible learners and suitable for learners aged 19+ years.

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www.attfe.org.uk

| 01623 441310

| college.info@attrust.org.uk



Academy Transformation Trust
Further Education College



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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

Let's All Eat food pantries are open to everyone—no referrals or eligibility checks needed!

Our weekly food pantries provide low-cost food for families whilst reducing food waste. We currently have three welcoming locations in Sutton-in-Ashfield, Huthwaite, and Ollerton.

All you need is a £1 lifetime membership and £3.50 per visit to receive a food box filled with approximately £12–£15 worth of food. It's a simple, affordable way to reduce food waste and support your household.

- Huthwaite Methodist Church
 - Every Wednesday, 1.30pm - 3pm
 - Location: Sherwood Street, Huthwaite, Sutton-in-Ashfield, NG17 2LX
 - Contact information: [07867451424](tel:07867451424)
- St. John's Methodist Church
 - Every Monday, 1pm - 2.30pm
 - Location: Titchfield Avenue, Sutton-in-Ashfield, NG17 1EU
 - Contact information: [07867451424](tel:07867451424)
- Lifespring Centre and Oasis Cafe
 - Every Thursday, 1pm - 2.30pm
 - 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'

Visit the Let's All Eat Website

LET'S ALL EAT FOOD PANTRY
SUTTON-IN-ASHFIELD

Academy Transformation Trust Further Education

Let's help reduce food waste!
We use surplus food from supermarkets to support the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

Every Monday from 1pm until 2:30pm
St John's Methodist Church,
Titchfield Avenue,
Sutton-in-Ashfield, NG17 1EU

£1 lifetime membership fee
£3.50 each week for your food box
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required as everyone is welcome! Just come along and access the support you need in a welcoming space.

+44(0) 786 7451 424 | www.letsalleteat.co.uk

LET'S ALL EAT FOOD PANTRY
HUTHWAITE

Academy Transformation Trust Further Education

Let's help reduce food waste!
We use surplus food from supermarkets to support the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

Every Wednesday from 1.30pm until 3pm
Huthwaite Methodist Church
Sherwood Street,
Huthwaite, NG17 2LX

£1 lifetime membership fee
£3.50 each week for your food box
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required as everyone is welcome! Just come along and access the support you need in a welcoming space.

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LET'S ALL EAT FOOD PANTRY
OLLERTON

Academy Transformation Trust Further Education

Let's help reduce food waste!
We use surplus food from supermarkets to support the reduction of food waste and ensuring food sustainability. Through our food pantries, people are able to access affordable healthy food which reduces landfill whilst enabling money to stretch further.

Every Thursday from 1pm until 2:30pm
Lifespring Centre & Oasis Cafe
Sherwood Drive
New Ollerton, NG22 9PP

£1 lifetime membership fee
£3.50 each week for your food box
Each food box contains an equivalent of £12 - £15 worth of food.

No referrals needed, no qualifications required as everyone is welcome! Just come along and access the support you need in a welcoming space.

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ATTFE College

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