



2025 Newhaven Outreach Summer Challenge...



You have six weeks off for the summer holiday – the perfect opportunity to try the Newhaven summer challenge!

For each activity you complete, you get a point - points mean prizes in September!



Complete 1 – 5 tasks: Packet of sweets/chocolate bar of your choice

Complete 6 – 10 tasks: Greggs sausage roll or donut of your choice

Complete 11 – 15 tasks: £5 gift voucher

Complete 16 – 20 tasks: £10 gift voucher

Complete 21 – 25 tasks: £15 gift voucher

Complete 26 – 30 tasks: £20 gift voucher

Complete 31 – 35 tasks: £25 gift voucher

Complete 36 – 40 tasks: £25 gift voucher and McDonalds breakfast/lunch

Activity	What did you think about it?	Mark out of 10 (0 is terrible, 10 is amazing!)	Date completed
Have a movie night in with someone - eat popcorn or a snack of your choice			
Sit somewhere you find relaxing (a park/garden/local library/café/ etc...) and read a book or comic			
Go for a walk with a friend or family member			
Go to a park Follow this link for a list of parks in Greenwich: All parks Royal Borough of Greenwich (royalgreenwich.gov.uk)			
Go to a café or restaurant (for details of free and £1 meal offers for children and young people over the holidays following this link: 34 places where kids eat free over the summer holidays (bigissue.com))			
Make yourself/someone else a hot or cold drink			
Try eating something new			

<p>Speak to a friend or family member that you don't talk to often on the phone or send them an unexpected text message to say hi</p>			
<p>Ask a family member who their favorite musician was when they were your age; listen to some of their music together - how does it make you feel?</p>			
<p>Look through old photos with a member of your family or someone you love</p>			
<p>Grow a vegetable plant from seed Use the seeds from vegetables you have at home - tomatoes cucumbers and peppers work well How to Grow Vegetables from Seeds Without Buying Seeds (wikehow.life)</p>			
<p>Mix some of your favourite drinks to make your own (non-alcoholic) cocktail – give it a fun name!</p>			
<p>Challenge someone to a photo competition – who can take the best photo (try different angles, close up, far away, filters etc...)</p>			
<p>Create a dance routine to your favourite song - you could do this alone or with family/friends. Will you perform it to others or film it?</p>			
<p>Bake a cake (and eat some!)</p>			

Watch the news or read a newspaper article			
Paint or draw a picture			
Watch a documentary			
Listen to a podcast			
Borrow a book from your local library and read it. Whilst you're visiting, all Greenwich based children and young people can pick up a free nutritious packed lunch – Free meals for kids during school holidays Holiday Meals for Kids Royal Borough of Greenwich (royalgreenwich.gov.uk)			
Make your own ice cream – no need for an ice cream machine: https://www.youtube.com/watch?v=p-SikBqk2PM			
Play a game of cards or a board game with someone – The Movie Shack in Bexleyheath Broadway has a range of board games that you can play for a small fee - BOOK ONLINE Events and Activities (themovieshack.co.uk)			

<p>Go Geocaching Geocaching is a type of treasure hunt using GPS technology. The 'treasures' are found using coordinates published online by other forum members who have hidden boxes or containers (caches) there. Log onto: www.geocaching.com/play to find out more!</p>			
<p>Feed the Middle Park donkeys – they love carrots, apples and gingernut biscuits!</p>			
<p>Visit a free museum in London – the British Museum, Natural History Museum, Science Museum, V&A Museum of Childhood, Horniman Museum, National Maritime Museum, Imperial War Museum , RAF Museum and many more Follow this link to find more details: Free museums in London (visitlondon.com)</p>			
<p>Drop into Roots for life - a community action project teaching cooking skills, horticulture, exercise, Mindfulness and nutrition. Roots4Life They have a Community Fridge every Wednesday 3-5pm that is open to all (with no need for registration or to be receiving universal credit) - just drop in and pick up the fresh, tinned and dried what you need.</p>			
<p>Research something you're interested in and want to learn more about</p>			

<p>Visit a free art gallery – the Tate Modern, the Tate Britain, the National Portrait Gallery and more The Best Free Art Galleries In London — London Living Blog</p>			
<p>Meet some new people: -Young Greenwich social and activity groups for people aged 8 to 19 (up to 25 for SEND) Calendar - Young Greenwich Youth Services (young-greenwich.org.uk) -AIM (Autistic Inclusive Meets) runs social, boxing and football groups in Woolwich (Autistic Inclusive Meets UK Autistic Led Non-Profit) -Metro Shine LGBTQ+ youth group for people aged 16 – 25 (METRO Shine METRO Charity)</p>			
<p>Learn a new skill - it could be a yoyo trick, juggling, knitting, chess or coding - try something new!</p>			
<p>Cook a meal or help someone to cook a simple meal, then eat it together</p>			
<p>Do a crossword, word search or Sudoku Free Online Crossword Puzzles (boatloadpuzzles.com) Word Search Puzzles (thewordsearch.com) Play Free Sudoku online - solve web sudoku puzzles</p>			

<p>Visit Covent Garden and watch some street performers – you often see human statues, magicians, musicians and comedians</p>			
<p>Create a play list - you might want to make more than one to reflect a range of feelings and moods</p>			
<p>Have a water fight on a hot summer's day - make sure you only wet those who want to take part and remove anything that become water damaged</p>			
<p>Write a letter or postcard to someone you haven't seen in a while, walk to the post box and post it – don't forget to add the stamp!</p>			
<p>Go for a bike ride – If you're a bit wobbly on two wheels, Cycle Confident training gives you the chance to build your confidence and skills. It is free for anyone aged 7+ who lives, works or studies in Greenwich and they can loan you a bike to use. (www.cycleconfident.com/sponsors/greenwich/)</p>			
<p>Make your own sensory box or 'self-soothe box' (visit: www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/)</p>			
<p>Walk under the Thames! Walk between Greenwich from the Cutty Sark to the Island Gardens on the Isle of Dogs through the Greenwich foot tunnel - It takes around 5-10 minutes to walk the width of the Thames.</p>			

Visit an outdoor gym (visit: www.royalgreenwich.gov.uk/directory/14/parks_gardens_and_open_spaces/category/31)			
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Free activities during the summer

Free activities are available during the summer for young people aged 4 and 16 who are eligible for free school meals: www.royalgreenwich.gov.uk/holidayfoodandfun

Free meals for kids during school holidays

The council is ensuring that regular meals are available for all children and young people within the borough during school holidays. Food is served at multiple locations across the borough, and there's no age limit for children, meaning that nutritious meals are readily available and families continue to receive support outside of school term time. Meals are available throughout the summer holidays between **Monday 29 July to Friday 30 August** - just turn up and tuck in!

Venues	Mondays (except 26.08.24)	Tuesdays	Wednesdays	Thursdays	Fridays
Woolwich Library	12pm	12pm	12pm	12pm	12pm
Thamesmere Leisure Centre	12pm	12pm	12pm	12pm	12pm
Eltham Centre	12pm		12pm		12pm
Plumstead Centre	12pm		12pm		12pm
Greenwich Centre	12pm		12pm		12pm

Venues	Mondays (except 26.08.24)	Tuesdays	Wednesdays	Thursdays	Fridays
Plumstead Adventure Play	2pm			2pm	
Woolwich Adventure Play		2pm		2pm	
Glyndon Adventure Play	2pm			2pm	
Meridian Adventure Play		2pm		2pm	
Coldharbour Adventure Play	2pm			2pm	