



Show Up Show Off Central Bedfordshire's Got Talent

Auditions taking place in
November at a venue near you.

To register your interest email:
fyis@centralbedfordshire.gov.uk



Important Information

Most activities offer an accredited award
You must book your activity as places are limited and
Young People will be selected on a first come basis
Most activities require a £5.00 returnable deposit to

Central Bedfordshire in contact

Për Informacion	معلومات کے لیے
للمعلومات	Informacija
ਜਾਣਕਾਰੀ ਲਈ	Za Informacije
برای اطلاع	তথ্যের জন্য
Per Informazione	

-  on the telephone
0300 300 8000
-  by email
customer.services@centralbedfordshire.gov.uk
-  on the web
www.centralbedfordshire.gov.uk

For more information contact:

Patsy O'Kane
Tel: **0300 300 6400**
0300 300 8119
Email: patsy.o'kane@centralbedfordshire.gov.uk
fyis@centralbedfordshire.gov.uk

When you have returned your form you will be
contacted with more information on activity choice.

Website: www.13-19Central.co.uk



Central Bedfordshire Council
www.13-19Central.co.uk

Central
Bedfordshire

Summer Activities

12 - 19 years

Dunstable & Houghton Regis



Fill in this form to

Book a place

Name

Address

Contact phone number

DOB

Activity	Limited places so please choose preference Choice number 1-13 Number 1 = 1st choice
Carnival Arts	
Film Making and Photography	
Graffiti Art	
MC'ing and DJ'ing	
Fashion and Design	
Street Dance	
Dodge Ball	
Trampolining	
Football	
BMX'ing and SK8 Boarding in Corby	
Introduction to Kayaking & Sailing	
Quad Biking	
Active Adventure Day Camp and 3 Day Residential	

Please return form to:

Summer Activities,
Integrated Youth Support, Area Youth Office,
Council Offices, Vernon Place, Dunstable LU5 FEZ

13/19

Course	Date	Time	Venue	Information
Carnival Arts - 2 day project	26th to 27th July	10.30-16.00	Houghton Regis Community Centre	Learning new skills and techniques in creating carnival arts costumes.
Film Making and Photography - 2 day project	26th to 27th July	10.30-16.00	Houghton Regis Community Centre	Introduction to film and photography. If you enjoy the course then book to become involved in the production team and film the summer programme.
Graffiti Art - 2 day project	28th to 29th July	10.30-16.00	Houghton Regis Community Centre	Learn Graffiti Art with a professional artist and create a large mural.
MC'ing and DJ'ing - 2 day project	28th to 29th July	10.30-16.00	Houghton Regis Community Centre	Learn MC and DJ techniques with a professional instructor.
Fashion and Design	30th July	10.30-16.00	Houghton Regis Community Centre	T-Shirts will be issued or you can bring your old jeans to create your own designs using a range of materials.
Street Dance - 4 day project	2nd to 5th August	10.30-12.30	All Saints Academy	Learn new Street Dance moves with a professional instructor.
Dodge Ball - 4 day project	2nd to 5th August	13.00-15.00	All Saints Academy	Play Dodge Ball in teams.
Trampolining - 4 day project	2nd to 5th August	13.00-15.00	Dunstable Leisure Centre	Trampolining with a professional instructor.
Football - 4 day project	2nd to 5th August	10.30-12.30	Pro Zone - Dunstable Leisure Centre	5-a-side football with a professional coach.
BMX'ing & SK8 Boarding in Corby	9th August	10.30-22.30	Adrenaline Alley - Transport provided	Instruction takes place at an outdoor Skate/BMX Park - all equipment is provided.
Introduction to Canoeing, Kayaking & Sailing	11th August	12.00-17.00	Willen Lake - Milton Keynes Transport provided	Instruction takes place on the lake with safety boats and qualified instructors - you will be able to choose either Windsurfing or Canoeing, Kayaking and Sailing.
Quad Biking	13th August	10.30-18.30	Huntingdon - Transport provided	Learn how to quad bike safely.
Active Adventure Day Camp and 3 Day Residential				
Residential Meeting	27th July	18.30-20.30	Houghton Regis Community Centre	A chance to meet the residential group and discuss activities, sleeping arrangements etc. You must attend one meeting to go on the residential.
	28th July	18.30-20.30	The Place, Dunstable	
Active Adventure Day Camp	6th August	9.00-15.30	Bedford - Transport provided	Team building activities including low ropes and archery. Must attend to go on residential.
Residential meeting for Parents/Carers and Young People	10th August	18.30-20.30	Houghton Regis Community Centre	Final arrangements discussed with young people and parents including parental consent forms. You must attend one meeting to go on the residential.
	11th August	18.30-20.30	The Place, Dunstable	
Frontier Centre 3 day Residential	16th August to 18th August	Leave 9.00 Return 17.30	Leave and return from Dunstable. Transport provided.	This will be a fun packed 2 night trip away with activities like Kayaking, Raft Building and Abseiling.
Film Making - Final Production	20th August	10.00-16.00	Houghton Regis Community Centre	To create a film using all the activities filmed and photographed during the summer.

Disclaimer: We reserve the right to change or amend the programme. All course, time and venue details are correct at time of going to print.