



JUST IMAGINE...

Summer holiday children's creative writing days (8–11s)

A unique and inspirational day for children aged 8–11 who want to have fun with words and keep their imaginations active until September!

Run by award-winning children's writer James Carter – one of the most high-profile children's poets/non-fiction writers in the UK. James has visited over 1100 schools and delivered workshops at the Edinburgh, Hay, Oxford and Cheltenham Literature Festivals.

'OUTSTANDING!' Ofsted

'It was an amazing experience. You really helped me to develop my writing.' Year 6 girl

'Thank you so much – you've really inspired me!'
Year 5 boy

'The best visitor we've ever had!'
Prep School, Hampshire

Tuesday 27 August

Crowmarsh Gifford CE Primary School, Wallingford OX10 8EN

Friday 30 August

Christ Church Centre, Henley-on-Thames RG9 1AG

Monday 2 September

Park United Reformed Church, Reading RG6 1DN

10am–4pm

Cost £45 per child

All adults DBS checked

To book a place or find out more please contact:

jamescarterpoet@btinternet.com
07812 174372

James's books are published by Bloomsbury, Macmillan, Little Tiger Press and Harper Collins.
www.jamescarterpoet.co.uk



In Partnership with



Adult First Aid

Thursday 18th July

10am-12pm

The Happy Hub,

Cholsey Pavilion

Cost £20

If you require help with the cost, please contact us on the details below.

Would you know what to do if an adult in your company was ill or had an accident?

In just 2 hours learn what to do in the vital minutes whilst you are waiting for the emergency services to arrive.

The course covers Adult First Aid from age 18+ and includes the following:

- Adult CPR
- Recovery Position
- Burns & Scalds
- Cardiac arrest and heart attacks
- Choking
- Using a Defibrillator (AED)
- Plus, much more

To find out more or to book your space please contact us on the details below.

Take Your First Step into A More positive future

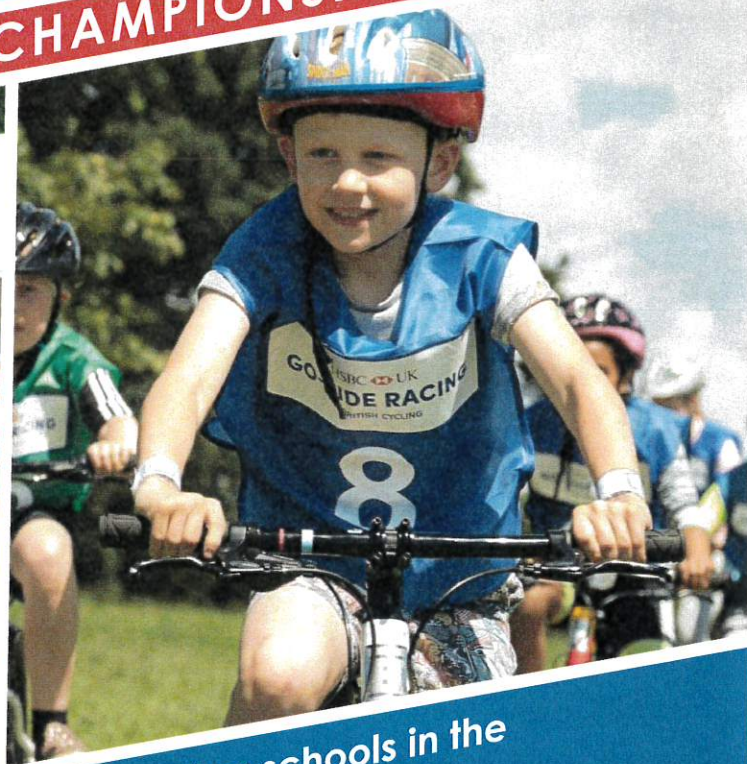
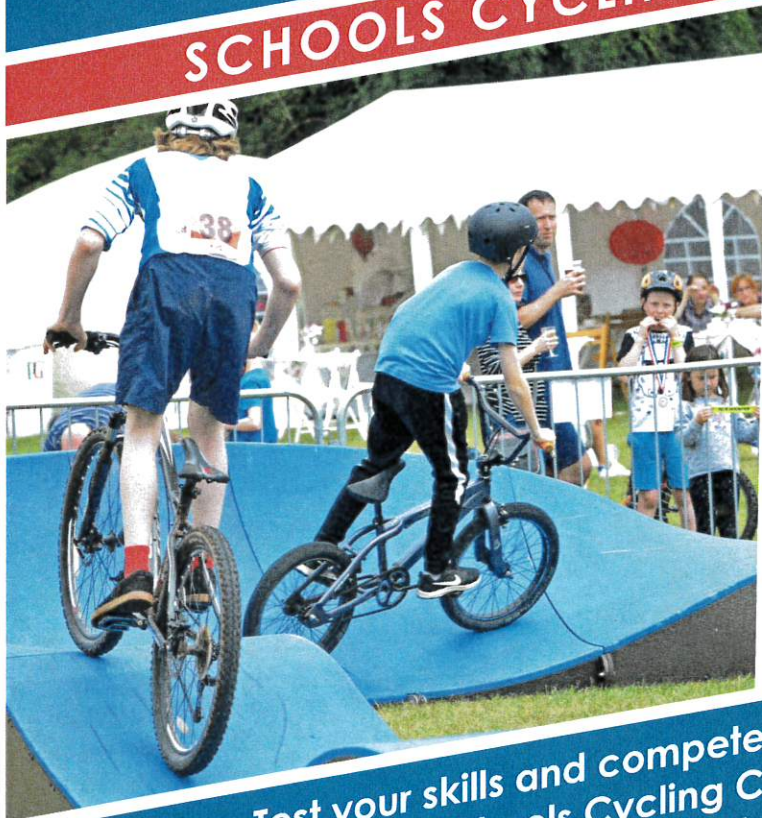
The First Step Forward Learning Hub, Cholsey Pavilion, Station Rd, Cholsey, Wallingford, OX10 9PT
T: 01491 652255 E: thefirststepforward@hotmail.com Twitter [@thefirststep10](https://twitter.com/thefirststep10)
www.facebook.com/thefirststepforward



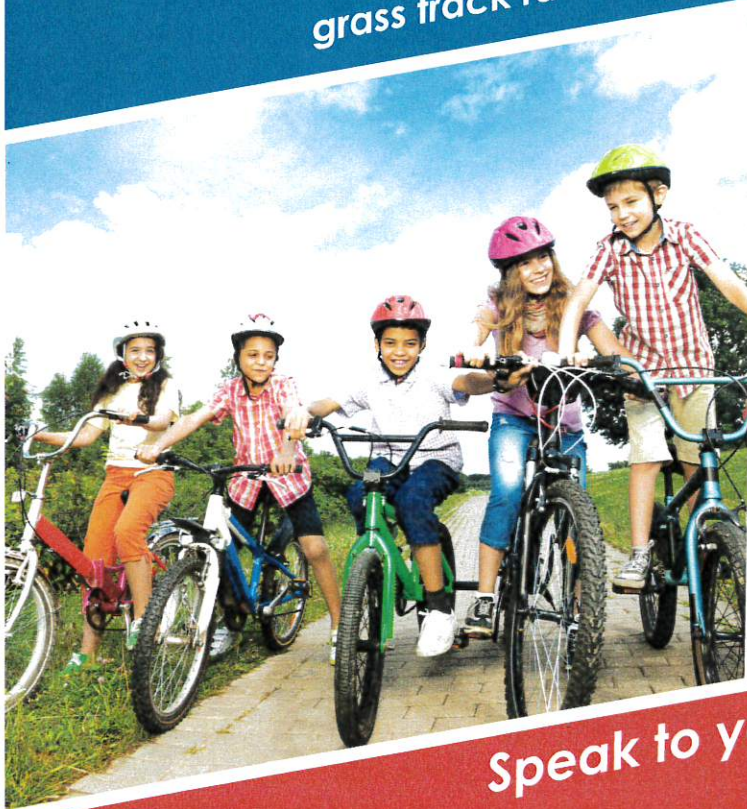
WALLINGFORD FESTIVAL of CYCLING

13 July 2019

SCHOOLS CYCLING CHAMPIONSHIPS



Test your skills and compete against other schools in the WFOC Schools Cycling Championships - 3 events: grass track racing • skills course • dual track race



Speak to your teacher to find out more!
www.wfoc.co.uk

Come along and celebrate summer ahead of National Meadows Day!

Summer Fair

11am - 4pm | 29 June 2019 | Harcourt Arboretum

Activities for all the family; storytelling, bug-hunting, craft and lots of billowing grasses and beautiful wildflowers to admire. See scything in action, discover more about managing meadows and Oxfordshire wildlife or simply enjoy some delicious food and drink.

A great day out for all, and FREE with your Arboretum entry ticket.
£5.45 adults, children under 16 free with a paying family member.

Book online now at obga.ox.ac.uk/whats-on
and avoid the queues.

Harcourt Arboretum, Nuneham Courtenay, OX44 9PX



BRITISH KRAV MAGA AS SEEN IN:

MARTIAL ARTS
ILLUSTRATED
EST. 1988

The Daily Telegraph

THE SUNDAY TIMES

The Mail
ON SUNDAY

BRITISH KRAV MAGA

OXFORD

SELF DEFENCE



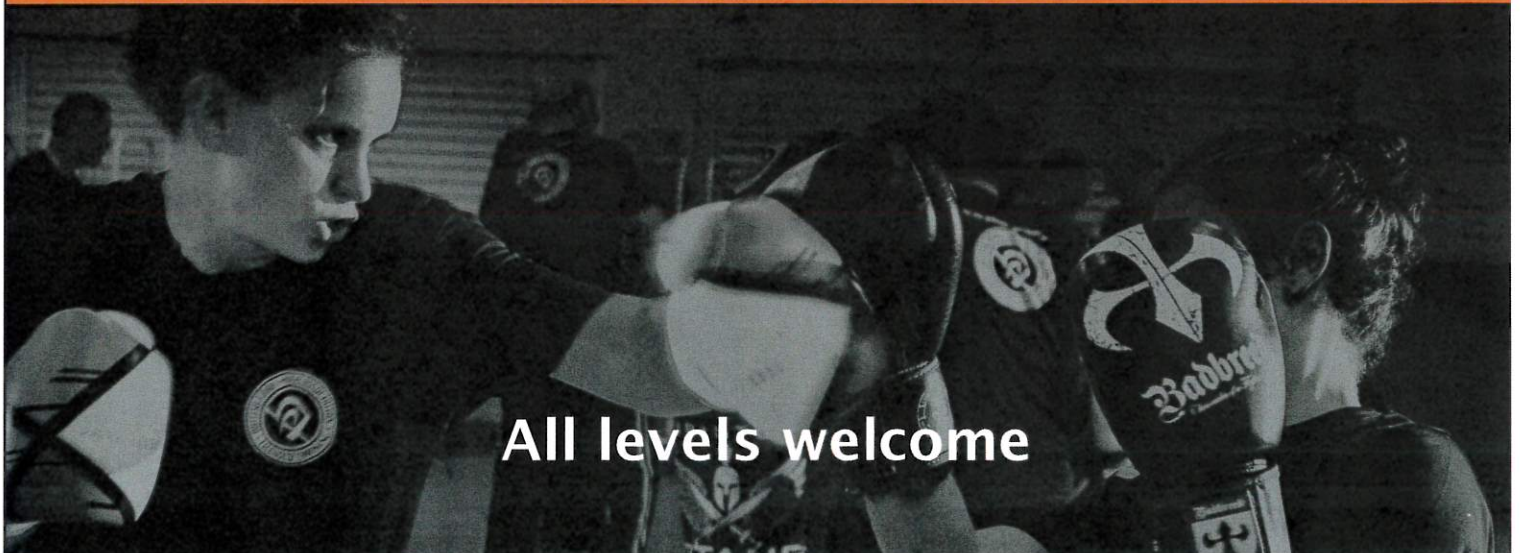
WHAT WILL YOU LEARN

- ♦ De-escalation skills
- ♦ Blocks & counters
- ♦ Ballistic striking
- ♦ Releases from chokes & holds
- ♦ Fighting from your back
- ♦ Dealing with verbal conflict
- ♦ Recognising common threats
- ♦ Preventing common street attacks
- ♦ Dealing with street weapons
- ♦ Dealing with Multiple attackers

BENEFITS OF TRAINING IN KRAV MAGA

- ♦ Self-Defence Training
- ♦ Fitness
- ♦ Weight Control
- ♦ Body Definition & strength
- ♦ Self Confidence
- ♦ Anti-Bullying
- ♦ Great way to meet new people
- ♦ Fun

MONDAYS 17:00-18:30PM | CROWMARSH GIFFORD C OF E PRIMARY SCHOOL



All levels welcome



**A multitude of varieties & colours of
bedding, basket, border and patio
plants all grown on the nursery**



Purely Plants



HANGING BASKETS
SPECIALISTS

BEDDING &
CONTAINER PLANTS

VEGETABLES
& HERBS

PERENNIALS
& CLIMBERS

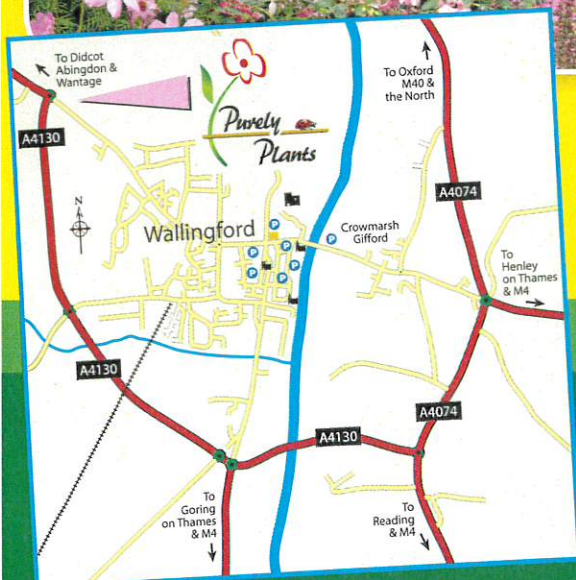
 Find us on
Facebook



**Summer Season
April - July**

Open 7 days a week 10am - 5pm

Pop in for your
Container/Bedding Plants
and Hardy Perennials -
Plus Rare & Unusual
Specimens



142a Wantage Road, Wallingford OX10 0LU

Contact us for further information and visit our website
to check opening dates:

Andy@purelyplants.co.uk or Barbara@purelyplants.co.uk

01491 833 831

www.purelyplants.co.uk

