



## FREE Get Cycling training for your Early Years team

Through funding from Hertfordshire County Council, HSP would like to invite any Early Years practitioners to attend a FREE half day practical training course. Get Cycling is a new pilot programme from the Bikeability Trust which focusses on playground-based activities to get more young people cycling and active!

Includes balance biking, learn to ride and fun skills activities for those who can ride. Our focus is the Balance Biking stage for your Early Year staff and children, to make sure all young people are able to make a start in their cycling journey!

Each setting is invited to book 2 Early Years staff working in a nursery, pre-school through to reception environments.

When - **30th October 8:45am – 12:30pm**

Location - **Watford Cycle Hub, The Pavilion Chaffinch Lane, Watford, WD18 9QD**

**Book to attend FREE cycle training on 30th Oct**



**Get Cycling!**  
Get FREE training for EYFS staff

2nd October 9:30-12:30 (St. Albans)  
9th October 9:30-12:30 Hertford  
30th October 9:30-12:30 Watford

Scan to book

This course will equip you with the practical understanding and experience to deliver the Get Cycling cycle training, including balance biking

Or email [earlyyears@herts.ac.uk](mailto:earlyyears@herts.ac.uk) to book a place

Don't pass up opportunities in South Oxhey

## FREE October Half Term Activities...

### Fit, Fed & Read is Back!

Fit, Fed & Read Holiday Camps offer free activities for targeted young people across Hertfordshire during holidays.

Bookings for the October Half Term are now open for children aged 8-11. Your local camp is at Greenfields Primary School.

The camp includes team games, sports, arts and crafts, and games, along with a free hot lunch. These camps operate based on professional referrals from schools, agencies, and professionals, to assist vulnerable families who cannot afford holiday childcare provision.

To book your place **FREE October Half Term Camp Greenfields Sch, South Oxhey**



## Grant to improve Children and Young People's Mental Health through Physical Activity



Hertfordshire County Council Public Health invites grant applications from community and voluntary groups for mental health-promoting physical activity projects for children and young people aged 5-18 or 5-25 with special educational needs and disabilities. Grants of up to £5,000 per project are available until June 30, 2024.

Send your **completed applications** to [CYPTeam@hertfordshire.gov.uk](mailto:CYPTeam@hertfordshire.gov.uk) by 12 pm on 16th October 2023. For all enquiries, please contact [CYPTeam@hertfordshire.gov.uk](mailto:CYPTeam@hertfordshire.gov.uk)

More Information



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Active Local Officer for South Oxhey



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[Moving More Activity Finder](#)



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