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**Spring News Letter**.

NHS Craven Children’s LD Team.

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FB. Children’s Learning Disability Team- Craven



Health Promotion



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C3iOWOFCthdjzYQhxt55UHsVbBB7fKa+q/H+r6dr8Onarp8oeRC1vNEw2yAEbhkenB56ZryX4taIuteD5bleZbI/aEYDBK4+cf98nNf034ecQVOIMnhQzGNq0VyyT69Ln6Zj8Qs6ymawtS+KwNqlOaeritd/TR+aR3ngDXgLzw/q8D7l823l3DjglQ36E19vRtuRT6ivzP+B+vGfSbvSm4ks282Lp91iSQPowav0stc/ZYs/3B/KvouIqahKm/Vfkenj80hnuW4LM18U4tS9Va/wCNyrod/JfaeHuNq3EcjwS7eBvVypI9jjP41o1yFz/x460q4KnVoVT/AHi0H/sxNdfXx582FFFFABRRRQAn6UUVT1a8bT9OnuFG5o0LAVzYivDC0Z16nwxTb9EVGLk0kUfFmoLZ6PON2HkGxfx4rzF2ChmJCqoySe1T6tq01x5txdSs4jDMSTwABk4HbpXwz41/as8Za3rc8uh6h/Ymk7iIIIoI3d0/hMhcNkkc4AAFfxxnuOqeIWbKpRjyUKNlq9dXrtfV/ofq3DPCuOzdTp4O11q29l2Xc+kH/aJ8MLdGIW2ovFnCziFMMOxC792D9K24vE/hH4mWpsItQjecnKRSgwzo2OqBhk/hkGviHSfiEkzLDqsCIvAFzbKxx0A3Jkkj3Un/AHa60MrKGjkWaFvmV1IKsCMgg9DkdxX9UZZ4RcEcQYeNbIMRUo14Ja812n5xe/ydj+deMcZxtwFifYcS4SNShN6SS91rspdH6q57X4m8LXnhe98q5XfEx/c3CjCuPT2PtWUY1vLG5tJAGSSNlwe4III/M1j6H8Zr/S7EWGvxvr2gNhJoi2bqAZwJInJ52+hPuCNtbAltZDFdWF2l/YSDzILlAQJUzggjGVYcqykAhtwNaUMqzvgnHU55lHmje3tI/DNdb/yyt0fy62xyrF08GqOf5d72GneMl1jf4oS/Q8R+DVw1n8TtDs3xELy7jsZQ3+2ypyf94Cv1ekmisbN5pnWOKJCzuegUDk/kK/I28n/4Rb4jfabndBHZalHcsyLuIQTLKGA7nb2HU1+lOj/E7SfixounXXhecavpV0PN2gNG0jqeYZAwzGqMP3hYccIAxbFfqvEEvbqjWhrFrf1NOE61aWDq0NXThN8r9bXX4HQ6XHJezabbSIUkLtq12p6pvZjFG3vk/wDkKuwrN0TSjpdu5mk+0Xk7+bcT4x5jkAcDsAAAB2AFaVfHH2gUUUUAFFFFACVT1iSOPS7lphmMRnI9eKuVy3j68aHT4oFOBK3zfQDOK+Y4lzCGV5PicXNX5Yv73ovxOjD03Uqxijz65hW4heJxlXUqw9cjBFfm78SvBv8Awr/xxrGgCXzo7KYLE56mNlDJn3CsB9RX3f8AFz4m2nwr8Iy6tcRfabh3EFtbg7fNlIPBPYAAknsBX59+LPE194q1rUtb1CVZL+7dppHVcLuwAMD0AAA9hX8k8C4bEt1a70pz0Xm7/krtH9W+GuHxdKVbFWtRat6yXb0V/vKtvZyXALDCRj70j5x7gYBJP6DuRXR6Fq114bJBdr6wYb5bXytjAdS8R3EE98EgN9a2vAz6Jp3icLrLhLG3VvJWVSULK2Bu/U89Wq38UPHFl4gvLY2KbbexVvLd02mV2wQMYyFBXOD23Gv7wy3hfC8O4L+0HVca0Y83MnZXte1uq6We5+I51xzi+Pa08u5ac8POqqUcO4805q9nOTveDS95NbGrC1veW6SxOt1ZXC8EZw68gqR+akHpyDSeC9Yfw74gfT55S1pPIIWLHpJgeXIfQupRT7sn92uJ+H099bzyW0MEk+nMQJnOAsLAABsk43YABUfMRtIHy10XiS33SQygkCRGiZlJBUjlSPchjz/s1+r8P4+lxtks6OLptc6aeml1tKN/vPzLC8J0eCeKcZwXUrKphsVDnp6pyi1raSWzS++yGfG9E/4SWwitkaa8urdUMUYyzHzNsagd2djgDvX2r+xb8G/GHwe8PeJ7bxZBb2w1C9iubW3gufP2gQhGJIAC5wOPavlj9neyT4l/tW+GW1Bdy2Kvfsn8LG3iwv4ebKr4r9N/5V+a42NXLcNTyyo7uK1fo+n3HdTwKyXCxy+K13k+7uOooor585wooooAKKKKAE9a5L4gW5e0tpQMhGIP4iuuqpqenx6lZS28n3XGM9wfWvl+JsrlnWUYjAw3nHT1Wq/E6MPU9jVjPsfFn7YHh661X4b21/bqXXTLxZplHaNlaMt9AXBzXxV/Ov1O8SeHU23WmajAk9vMhjkjdQySI2RyO4I4xXyt42/Y1tbd7zUNE8QLp+mxRtMba9t2mMQAJIVwwJGOzAmv5T4ZzFZfJ5Jjk4VYystN7vb1uf1DwVxhgMqwUsNj5csFeSla6s907HzJHqU8ce0+W6qu3MqnKqB0yGHAHds11Gh+D7jUTHeaw00MAPyQcJI469AP3an0ADH2ra0PwfY6LIk7s2oXSHcjOmxEPYhATgj1ZmIPIxWvdXENmoa5k2kjKxjlmGcfKPT36epr+/OF+BcfXhCWf1XOMfhp3uvn/kfzZxt4tYHE42eX+GuBi8TVup1400pa78ul/WTHIsVvbLGix2tpEuAqAIqKOvQYA71hX1xPrF7HFZwyTu7rBa2y8GSR2CqPZnYheelR6nrDXUZ8xlt7VDkKWAHXgsehOfwFfTn7Jf7Pt7ceI7bxn4jtWtILH95p1jMpEjSMCvnODyuATtU885NfuGOx+A4ZwqlWajJ6Qgurtsl+fZHFwbwbPhSnUz/PantcbNdXe1+l+rfVnmnwF0dvg/8AtsWvh/Vp1MoE+lrNtIWWSa0iuVK/ihUV+jtfHP7WXwC8Waj8WvC/xF8D6dPql3FPaJfW9q6rKjQTK8Uo3MAUKlkcemK+xFHyjPXHNfgWaYhYxwxN7yktfX+mdmPrLEuFa+rWvqPooorxDygooooAKKKKACiiigDi/HmnyzTW0sULSDaysVUnHIxXEXVulxDNbzx745FaOSNh1BGCMV7SV3e9YM3g2yuNQe5k3srHJizgZ9a/nrjHw5xeaZl/auV1bVJSV09FGy3T+R7eGx0IUnRrK6/M+d2+BfhaOxvIbe2ninnieKK5klMptyQQHRWyu5eoJBrzuP8AZDj85mn8WXBjZgS0dkBK3uXd2BPuRX2wvhvTFGBZQ/igpy+HdNVgwsod3rsFfd5X/wARHyqM40c5Xv78y52vTmTt8rBluKweTqUcvoqmnvZJXPnj4Z/s3eHPDl9Dd2VhLqV/GeNS1IiQxnuyDARD/uqDX0XpOlxaTZrBEM45Zj1J9TVtY1jXCgAewp3FfSZflWJp13j81xUsTiZac8nsu0VtFehz43MK2Nleo9BaKKK+mPMCiiigBv4UUZ9qKAHUUUUAFFFFABRRRQAUUUUAFFFFABRRRQAUUUlAB+FFJk0UtQP/2Q==)

Meet our new team members.





Charlotte Bulloch – Childrens LD Team – Community Learning Disability Nurse.

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Justin Smith – Childrens LD Team - Health Care Worker.

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Sensory swimming sessions.



Aireville Leisure Centre.

The Sensory Swim is on Sunday, 9.00-10.00

[Craven Swimming Pool & Fitness Centre](https://www.bing.com/ck/a?!&&p=ef134e5cfbc127f9JmltdHM9MTY3Njg1MTIwMCZpZ3VpZD0xMWVkNGU3MC1lOTkyLTYzNjMtMTYyOS01ZmY0ZThhMjYyZWMmaW5zaWQ9NTQ1OA&ptn=3&hsh=3&fclid=11ed4e70-e992-6363-1629-5ff4e8a262ec&psq=aireville+swimming+pool&u=a1aHR0cHM6Ly93d3cuY3JhdmVuZGMuZ292LnVrL2NyYXZlbnN3aW1taW5ncG9vbGFuZGZpdG5lc3NjZW50cmU&ntb=1) [Gargrave Road, Skipton BD23 1UD](https://www.bing.com/local?lid=YN1029x10912804872450375343&id=YN1029x10912804872450375343&q=Craven+Swimming+Pool+%26+Fitness+Centre&name=Craven+Swimming+Pool+%26+Fitness+Centre&cp=53.961891174316406%7e-2.0338540077209473&ppois=53.961891174316406_-2.0338540077209473_Craven+Swimming+Pool+%26+Fitness+Centre)

Phone - [01756 792805](https://www.bing.com/ck/a?!&&p=20807064cc4f555cJmltdHM9MTY3Njg1MTIwMCZpZ3VpZD0xMWVkNGU3MC1lOTkyLTYzNjMtMTYyOS01ZmY0ZThhMjYyZWMmaW5zaWQ9NTQ2MA&ptn=3&hsh=3&fclid=11ed4e70-e992-6363-1629-5ff4e8a262ec&psq=aireville+swimming+pool&u=a1dGVsOjAxNzU2NzkyODA1&ntb=1)

<https://www.cravendc.gov.uk/craven-leisure/book-activities-online/>

Additional needs swimming sessions.

The Leisure Centre, Keighley

Additional Needs Swim. Thursdays 11:30 – 13:00 in the Main pool.

Hard Ings Rd, Victoria Park View, Keighley BD21 3JN

[Phone](https://www.google.co.uk/search?q=the+leisure+centre,+keighley+phone&ludocid=1508340389480204230&sa=X&ved=2ahUKEwi10rrO8KP9AhXSbMAKHbJGB-8Q6BN6BAh3EAI) -[01535 618585](https://www.google.co.uk/search?q=Keighly+swimming+pool&source=hp&ei=0knzY-yuEsiO8gKU9qmoDg&iflsig=AK50M_UAAAAAY_NX4lAPPAiw3GwOOxijTwd42YcXzY9C&ved=0ahUKEwjs37TJ8KP9AhVIh1wKHRR7CuUQ4dUDCAo&uact=5&oq=Keighly+swimming+pool&gs_lcp=&sclient=gws-wiz)

A picture containing clipart

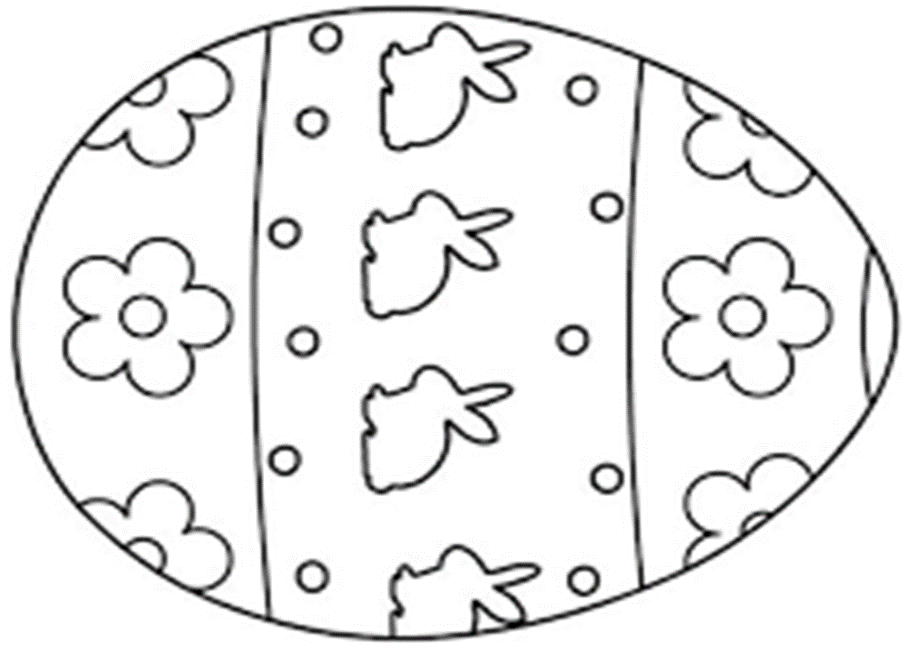
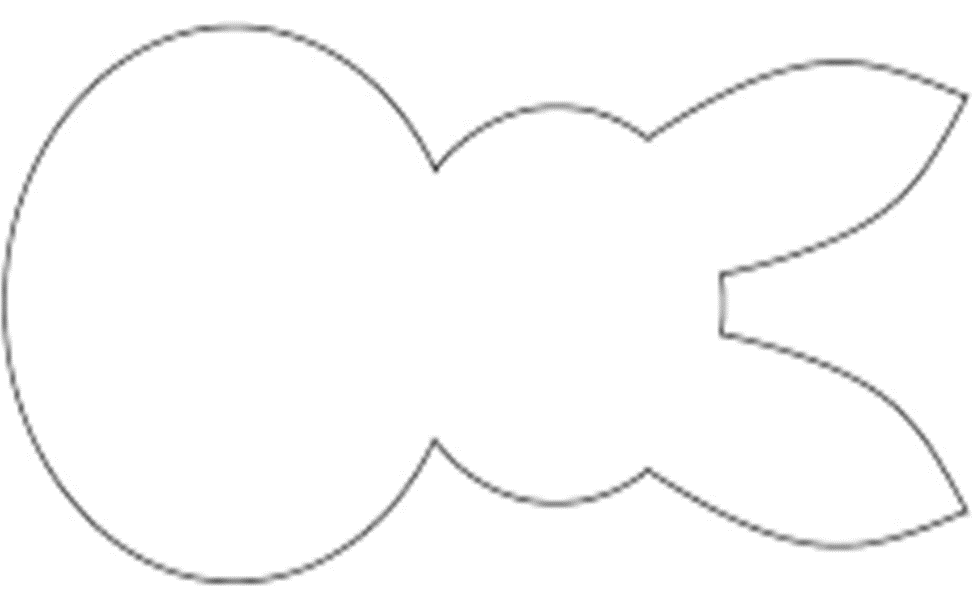
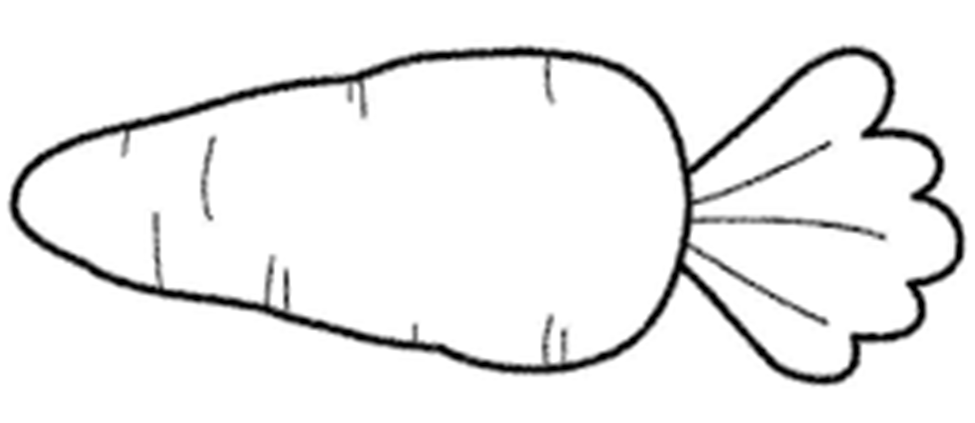
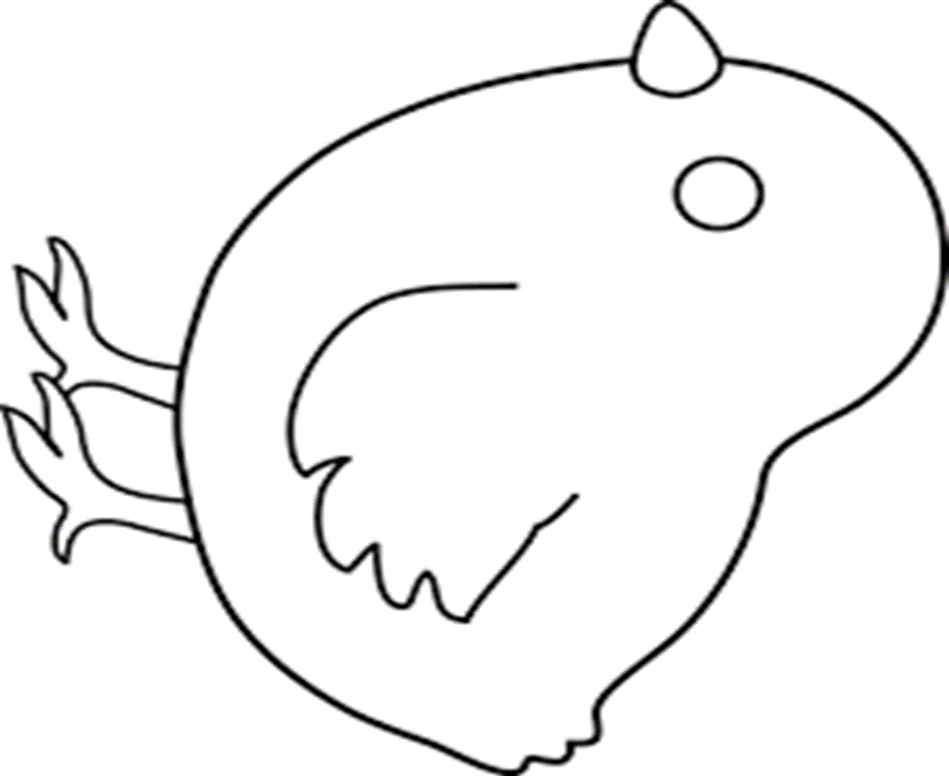
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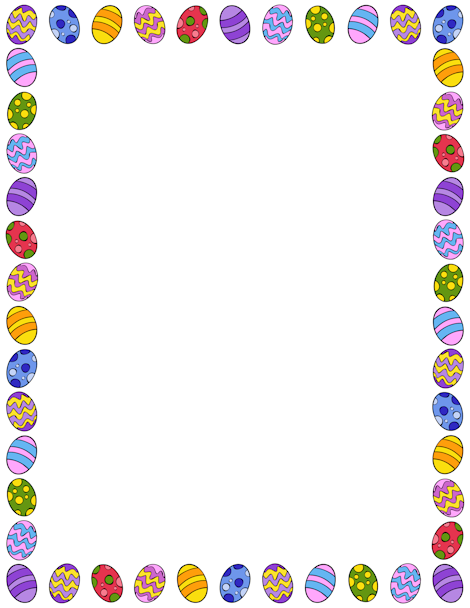




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**Fun in the sun**

(Sung to the tune of "Row, row, row your boat")

Adapted from sunsafecentral.com

Sun, sun, sun is fun

When I wear my hat!

It helps protect my face and eyes

I put mine on like that!

Sun, sun, sun is fun



When I use sunscreen!

Don’t forget my ears and toes

Any skin that’s seen!

Sun, sun, sun is fun

When I wear my shades!

I put my glasses on my face

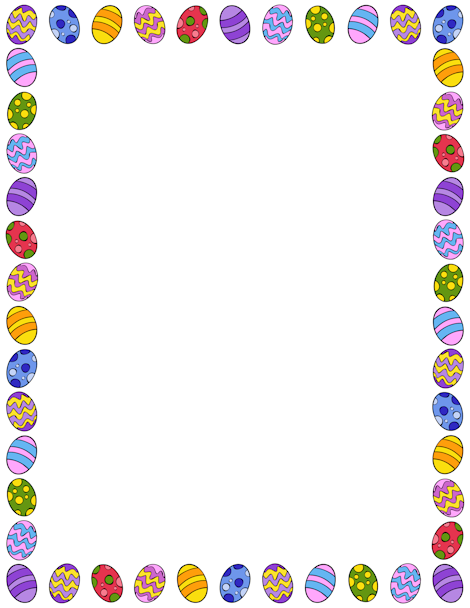
When I go out to play!

Sun, sun, sun is fun

But not when it’s too bright!

I play in shade when sun is strong

Or cover up just right!



**Chocolate Nests Recipe**



**Ingredients**

• 100g butter

• 1 tblsp cocoa powder

• 50g milk chocolate buttons

• 75g golden syrup

• 4 Shredded Wheat (or weetabix or a cereal with lots of fibre)

• Chocolate mini eggs

**Method**

1. Put the butter, cocoa powder, milk chocolate buttons and golden syrup into a microwaveable bowl.

2. Microwave on high for 1-2 mins and mix together.

3. Crumble the Shredded Wheat into the bowl and mix with rest of ingredients.

4. Place a generous spoonful into each of 12 baking cases (the nests).

5. Press the centre of each nest down slightly to form a dip and place 3 chocolate mini eggs in each dip.

6. Chill for 30mins.



**Are you ready for an EGGcellent EASTER WEEKEND?**

**We have lots of Easter fun here for you on the farm and a FREE egg for every full-paying child!**

**Hurry and book your tickets to join us either on Good Friday, Saturday, Easter Sunday, or Bank Holiday Monday!**

**EGGventure**

**Bounce onto the EGGventure along our Easter Street. Learn how to become a great EGGsplorer. Visit the Chief Chocolate Maker, Apollo the Owl, and the Easter Bunny himself in this 45-minute interactive adventure.**

**Every full-paying child will receive a FREE Easter egg on completion.**

**EGGsperimento Live Show**

**Join the Thornton Hall gang, and help them get ready for the Thornton Hall Easter EGGstravaganza in this FREE 25-minute live, interactive show featuring song, dance and magic!**



**At intervals throughout the day.**



dsffjpirjgvpsmvd;

Please feel free to send us pictures of your fantastic Easter crafts, cooking and trips as we would love to see them.

**With Compliments. The Children’s Learning Disability Team**.

The Children’s Learning Disabilty Team are collecting Friends and Family Feedback and would love to hear from you. You can do this by scanning the QR code to the right or online at:

[**https://my.bdct.nhs.uk/s/CNe**](https://my.bdct.nhs.uk/s/CNe)



This school holiday join us with your little ones for fun-filled farm fun and soft play featuring our eggcellent Eggspirmento live show and eggciting walkabout characters.

Join us between  Sat 1st – Thurs 6th April or Tues 11th – Sun 16th April 2023!

Thornton Hall Country Park Ltd.

Thornton-in-Craven, near Skipton

North Yorkshire,

BD23 3TS

[What 3 words: ///avocado.walked.masks](https://w3w.co/avocado.walked.masks)

 Telephone: 01282 841148

Email: info@thorntonhallcountrypark.co.uk

