

MYTIME SUMMER ACTIVITY



MYTIME Young Carers are pleased to share our summer activities for 2026!

Our Making Memories programme is designed to give young carers access to the experiences they often miss out on. We host activity days across BCP and Dorset filled with laughter, exploration, and chances to try something completely new and exciting.

The activity on offer is completely free for young carers aged 5-17, and transport support is available where needed. These days help young carers connect, take a break, and make lasting memories together.

This summer, activities include:

Go Ape, water sports, outdoor adventure and nature activity, sailing, bowling, cookery and a Brownsea Island visit

Need to register?

For more information or to register a young carer, scan the QR code or email:

makingmemories@mytimeyoungcarers.org





Our days out are designed to give young carers a break from their role at home, a chance to laugh relax and spend time with friends.

But we also work hard to make sure the activities have a lasting impact, building confidence and reducing stress.

To do this we plan activity around the 5 Ways to Wellbeing, simple, evidence-based actions that improve children's health and wellbeing.

Take Notice

Paying attention to the world around them (whether it's nature, people, or their own feelings) helps children feel calmer, more present, and in control.

Be Active

Being active boosts mood, reduces stress, and supports healthy bodies. It doesn't have to be sport- running around, exploring, or playing outdoors makes a difference.

Give

We support young carers to see how amazing they are for caring for others. This builds self-esteem, pride, and a sense of purpose.

Connect

Meeting other young carers helps children feel part of a supportive community, where they can be proud of their caring role and build positive friendships.

Keep Learning

Trying new things builds confidence and gives children a sense of achievement. We offer a range of hands-on activities to encourage curiosity and growth.

GO APE NETS ADVENTURE


Moors Valley, Horton Road, Ashley Heath, Ringwood BH24 2ET


WIDER
ACTIVITY

DATE	TIMINGS	AGE GROUP	GROUP SIZE
24.07.2026	10.45am- 2pm	5- 11 years	25

The ultimate soft play adventure with a sprinkle of Go Ape magic. Young carers will explore giant tree top nets linked by walkways 30-feet above the forest floor. Bouncing through inflatable balls, upping the energy levels and taking the super slides back down to earth in style- it's outdoor soft play at its wildest.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** Young carers will burn energy climbing, bouncing, and running through the giant tree top nets

 **Connect:** Taking part in the adventure together gives young carers the chance to encourage one another, share new experiences and make new friends.



GO APE TREE TOP CHALLENGE


Moors Valley, Horton Road, Ashley Heath, Ringwood BH24 2ET




DATE	TIMINGS	AGE GROUP	GROUP SIZE
24.07.2026	10.15am-2pm	12- 17 years	25

This activity is just for young carers aged 12+ to have their own space, separate from the younger attendees. They'll take part in Go Ape's Tree Top Challenge, climbing through the high ropes course above Moors Valley.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** The Tree Top Challenge encourages young carers to challenge themselves as they climb, balance and zip through the high ropes course.

 **Connect:** Having a session just for older young carers gives them time to meet others their age, support each other through the course and build confidence together.



SPRINGHEAD ACTIVITY DAY

Springhead Trust, Mill Street, Fontmell Magna, Shaftesbury, SP7 0NU

WIDER
ACTIVITY

DATE	TIMINGS	AGE GROUP	GROUP SIZE
28.07.2026	9.45am- 4pm	5- 11 years	30

Springhead is a beautiful centre in North Dorset. They run activities to get young carers in nature and spending time outside. They change based on the weather but can include scavenger hunts, den building, river dipping, boat racing and making bird boxes.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Take notice:** The group will tune into the sights and sounds of nature exploring the river and woods

 **Keep learning:** They will grow new skills like den building and boat making, in a hands-on way, boosting confidence and creativity.



PORTLAND WATER SPORTS

The Andrew Simpson Centre, Osprey Quay, Portland, DT5 1SA

WIDER
ACTIVITY

DATE	TIMINGS	AGE GROUP	GROUP SIZE
29.07.2026	1.15pm- 4.30pm	8- 17 years	10

On this activity, young carers will take part in paddleboarding and kayaking at the Andrew Simpson Centre in Portland. This is a small group session, for 10 young carers, giving the group space to get to know each other and enjoy the activity in a supportive space.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

🏃 Be Active: Getting involved in water sports in a small group. Physical activity is known to help children feel less stressed, improve mood, and boost energy levels.

🤝 Connect: Giving young carers time to work together and to share a fun activity, building friendships in a relaxed, fun space.



ADVENTURE PIRATES

Post Green Road, Lytchett Minster, Poole, BH16 6AP



DATE

31.07.2026

TIMINGS

9.45am- 3pm

AGE GROUP


5- 17 years

GROUP SIZE

60

Our Adventure Pirates days are always popular and with good reason! The young carers will take part in a mixture of outdoor activities designed to build confidence and new skills. Activities vary but can include archery, bushcraft, team games, axe throwing and tree climbing.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** Adventure Pirates has structured activities and space for free play during breaks, giving young carers lots of room to run around!

 **Connect:** Young carers are split into 3 groups by age, so they can spend time and make friends with their peers.



CHRISTCHURCH CARNIVAL PREP

God First Church, 15 Airfield Road, Christchurch, BH23 3TG



DATE	TIMINGS	AGE GROUP	GROUP SIZE
04.08.2026	1.45pm- 4pm	8- 17 years	12 young carer families

MYTIME has been invited to take part in this year's Christchurch Carnival!

We are looking for a small group of young carers, their parents and siblings to help us prepare banners, t-shirts and other colourful decorations ready to walk together in the parade.

CHRISTCHURCH CARNIVAL PARADE

Parade Start: 2 Riversmeet Leisure Centre Car Park, Christchurch, BH23 1HW

Parade End: The Quomps Splashpark, 39A Wick Lane, Christchurch BH23 1BU

DATE	TIMINGS	AGE GROUP	GROUP SIZE
16.08.2026	Parade starts: 1pm	8- 17 years	12 young carer families

On the 16th of August, the young carers and their families who took part in the preparations, will walk with us in the parade to represent MYTIME!

MIXED WATERSPORTS

YOUNGER GROUP: AGE 8-11


Rockley Watersports, Poole Park Lake Path, Poole, BH15 2SF




DATE	TIMINGS	AGE GROUP	GROUP SIZE
06.08.2026	9.15am- 1pm	8- 11 years	48

Our water sports days at Poole Park are a great chance for young carers to try something new, build confidence and enjoy time outdoors. In small groups, they'll take part in paddleboarding and kayaking sessions led by experienced instructors. Younger and older young carers have separate sessions so everyone can take part.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** Paddleboarding and kayaking are fun ways for young carers to stay active and enjoy being out on the water.

 **Connect:** Taking part helps young carers spend time with others their age, make new friends and work together as a team.



MIXED WATERSPORTS

OLDER GROUP: AGE 12-17




Rockley Watersports, Poole Park Lake Path, Poole, BH15 2SF

DATE	TIMINGS	AGE GROUP	GROUP SIZE
06.08.2026	1.15pm- 5pm	12- 17 years	48

Our water sports days at Poole Park are a great chance for young carers to try something new, build confidence and enjoy time outdoors. In small groups, they'll take part in paddleboarding and kayaking sessions led by experienced instructors. Younger and older young carers will attend separate sessions so everyone can take part.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** Paddleboarding and kayaking are fun ways for young carers to stay active and enjoy being out on the water.

 **Connect:** Taking part helps young carers spend time with others their age, make new friends and work together as a team.



SWANAGE ACTIVITY DAY

Swanage Cricket Club, Day's Park, Swanage, BH19 1LG



DATE	TIMINGS	AGE GROUP	GROUP SIZE
11.08.2026	10am- 3pm	8- 17 years	40

This is a mixed activity day at Swanage Cricket Club. We will be using the space to run 4 activities: a forest school session, mindful movement, cricket games and a bouncy castle with inflatable fun run.

Young carers will be put into groups by age, and will take part in all 4 sessions, with a BBQ lunch.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

👉 **Connect:** A mixture of ages and activities give the groups lots of opportunity to make new friends who share similar interests.

🌿 **Take notice:** This day will all be outside. Sessions like mindful movement and forest school give young carers quieter time for themselves alongside more active games.



ZOOM YOUTH GROUP MEET UP

Hollywood Bowl, Tower Park Leisure Complex, Yarrow Rd, Poole, BH12 4NY



DATE	TIMINGS	AGE GROUP	GROUP SIZE
13.08.2026	9.45am- 2pm	5- 13 years	20

Zoom Youth Group is MYTIME's online youth club for young carers aged 5-13.

As well as weekly online calls, they also have 2 in person meet ups each year, over Easter and Summer. Over Easter we went to Farmer Palmers and our summer meet up is bowling and Pizza Express at Tower Park.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

👉 **Connect:** Zoom Youth Group is all about connecting with other young carers outside of Making Memories days. This activity gives them time to spend time together in person and strengthen online friendships.



BROWNSEA ISLAND VISIT

Greenslade Pleasure Boat Kiosk, The Quay, Poole, BH15 1HJ




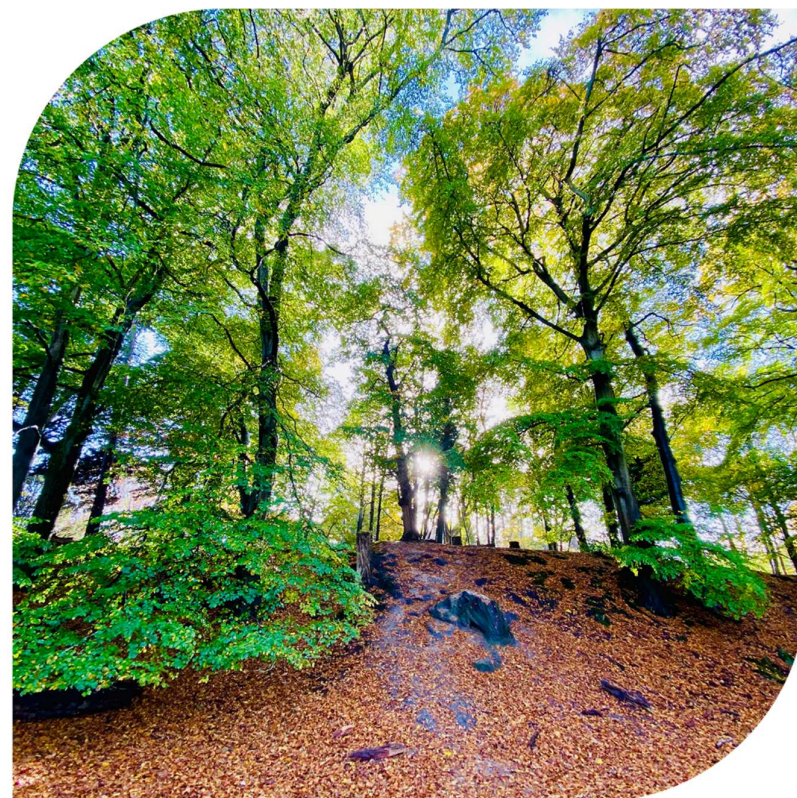
DATE	TIMINGS	AGE GROUP	GROUP SIZE
18.08.2026	10.40am- 2.30pm	5- 11 years	15

This activity is designed for those who need a quieter, more supportive day out.

We'll take the ferry to Brownsea Island, to meet National Trust ranger Victoria. She'll run a nature walk and woodland craft activities to get young carers enjoying time outdoors.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Take notice:** Spending time in nature will give the group space to slow down and enjoy Brownsea, while keeping an eye out for deer, peacocks and red squirrels.



ASHLARS ACTIVITY DAY

Max Events, Bere Regis, DT2 7YG





DATE	TIMINGS	AGE GROUP	GROUP SIZE
20.08.2026	9.45am-4.30pm	12- 16 years	25

Ashlars is a favourite amongst the older young carers.

Attendees take part in a mixture of outdoor activities. Last year these included: shooting, axe throwing, archery, giant table football, bushcraft and an assault course.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** With a wide range of outdoor challenges and games, young carers can stay active, try new activities and enjoy spending time outdoors.

 **Connect:** Ashlars invites young people from a range of groups- some are young carers and some aren't. This gives our attendees social time with a wide range of people their own age from different backgrounds.



MYTIME FOOTBALL CAMP

Dorset County FA, Country Ground, Blandford Close, Hamworthy, BH15 4BF




DATE	TIMINGS	AGE GROUP	GROUP SIZE
25.08.2026	9.45am- 12.30pm	8- 14 years	50

In partnership with Dorset FA, MYTIME are running a football camp. The morning will include football games, drills and activities with no football experience needed- just lots of enthusiasm!

Whether they already love football or just want to give it a try, this session is all about teamwork, confidence and having fun.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** This day is all about running around, working on football skills and getting stuck in, whatever your experience level.

 **Connect:** Friendly competition between teams will support attendees in making friends and feeling included.



ADVENTURE PIRATES


Post Green Road, Lytchett Minster, Poole, BH16 6AP




DATE	TIMINGS	AGE GROUP	GROUP SIZE
26.08.2026	9.45am- 3pm	5- 17 years	60

Our Adventure Pirates Days are always popular and with good reason! The young carers will take part in a mixture of outdoor activities designed to build confidence and new skills. Activities vary but can include archery, bushcraft, team games, axe throwing and tree climbing.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** Adventure Pirates has structured activities and space for free play during breaks, giving young carers lots of room to run around!

 **Connect:** Young carers are split into 3 groups by age, so they can spend time and make friends with their peers.



COOKING LESSON

OLDER GROUP: AGE 13- 17


St Nicholas Church, Southbourne, Bournemouth, BH6 3EL




DATE	TIMINGS	AGE GROUP	GROUP SIZE
28.08.2026	9.30am- 12.45pm	13- 17 years	15

The morning group will learn how to make stuffed crust pizza, along with salad and coleslaw. Afterwards, they will eat their pizza for lunch together and spend time with the MYTIME Employability team, learning more about TEMPO, our group for young people aged 14+.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Keep Learning:** The group will learn new cooking skills by making their own pizza from scratch and will find out about opportunities they can take part in through TEMPO.

 **Give:** Young carers can take their new cooking skills home to share with friends and family.



COOKING LESSON

YOUNGER GROUP: AGE 5- 12


St Nicholas Church, Southbourne, Bournemouth, BH6 3EL




DATE	TIMINGS	AGE GROUP	GROUP SIZE
28.08.2026	1pm- 3.45pm	5- 12 years	15

The afternoon group will be learning to make 3 mini desserts: a chocolate truffle cookie cup, mini cinnamon apple pies and strawberry swirl cheesecake bites. Everyone will be given recipe cards to make the desserts again at home.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Keep Learning:** The group will learn new cooking skills by making 3 desserts and can take the recipes home with them.

 **Give:** Young carers can take their new cooking skills home to share with friends and family - although we can't promise they'll share the desserts!



SAILING SESSIONS THROUGH THE SUMMER




Poole Yacht Club, New Harbour Road West, Hamworthy, Poole, BH15 4AQ


DATES	TIMINGS	AGE GROUP	GROUP SIZE
31.07.2026	9.50am-	7- 17 years	12 on each
07.08.2026	12.45pm		session
14.08.2026			
21.08.2026			

These sessions are open to experienced sailors and first timers.

Poole Harbour offers sheltered waters, and the young carers sail in stable, small boats that can take 3 sailors and 2 crew members.

This activity links to the 5 Ways to Wellbeing by giving young carers time to:

 **Be Active:** Sailing is a great way for young carers to stay active and enjoy being out on the water.

 **Connect:** This is a fun, small group activity for young carers to get to know each other.

