

HORIZONES



CyberZone Newsletter - April 2006

Dear All,

Welcome to our latest newsletter. Here you will find updates on our summer trips; dance and games sessions; Fun with Food Family workshops; computer training; skills swap sessions; and our web site.

Summer Trips: It's that time of year again when we can look forward to summer trips. At the Friends of CyberZone meeting in March two suggestions were made:

- **Farmland** - Discover farming through the ages and learn about the rural history of Cambridgeshire with objects displays and interactives for all ages. Visit a village shop and see a magnificent 17th Century stone barn and the workshops, which include a basket maker and a blacksmith. Explore a traditional Farmworker's Cottage and a Fenman's Hut (<http://www.dennyfarmlandmuseum.org.uk/>).
- **Enchanted Forest** - a world of fantasy in beautiful lush forests of this land of enchantment where you can stroll through Storybook Lane and watch your favourite storybook characters come to life. Plus rides, gift shops, food, picnicking, comedy theatre and more!
(http://www.enchantedforest.com/enchanted_forest.html).

The trips will take place in May and June and we will be organising them in the coming weeks so please do register with me your family's interest in either one or both trips.

If you have other suggestions for trips please let me know by **8th April 2006**.

Fizzical Fun with dance and games: Dance and games take place on alternate weeks from 1.30pm to 2.30pm. For this month the sessions are scheduled as follows:

Dance: 1st and 29th April

Games and sports: 8th and 22nd April

These sessions will include a variety of activities including some that incorporate new and exciting interactive games on the PlayStations with dance mats and football mats.

Kasane will be joined by volunteer Shaun for games and sports until the summer.

Fun with Food Family Workshops: Julie's Fun with Food workshops enable children to learn a number of essential kitchen and food preparation skills while also learning about healthy eating. Not surprisingly the children have prepared many delicious lunches at CyberZone and at home. Due to both demand from parents and carers and also changes in funding criteria these workshops are now open to at least one parent or carer each week and up to 2 children or young people. Julie can now:

- discuss what individual parents/carers want to learn from the workshops
- tailor each workshop to meet the learner's needs
- teach learners how to prepare starters, main courses and desserts
- work with each learner for 3 workshops or 6 workshops
- discuss suitable dates for the workshops (they don't have to be 3 or 6 weeks in a row)

Each workshop has a budget of **£10.00** but you can add to the budget and/or bring extra ingredients. To take advantage of this unique learning experience where Julie will work with you and either your family, carer or CyberZone friends simply book your workshops with her.

REMINDER
CYBERZONE
WILL BE
CLOSED
ON
SATURDAY
15TH APRIL

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Learning Computer Skills: Angela's 20-minute computer bursts have been a great success with several parents and carers benefiting from her 1-to-1 attention. From the terrified to the terrific, Angela has tutored individual adults with a range of needs and abilities who have achieved some excellent goals during these bursts. If you are a parent or carer at CyberZone and would like to book a computer burst - or series of bursts - please speak to Angela a week in advance to secure a place. Angela also welcomes learners who would like more than 20-minutes of her time, and learners who prefer to learn in pairs or small groups. So if you are interested let her know.

Skills Swaps: The skills swap sessions for parents and carers have had a wonderful start. In February a carer gave a talk about employment rights and a parent shared some of her knitting skills. In March parents gave tips on cooking quick macaroni cheese and an overview of cooking West Indian vegetables; demonstrated basic massage and gave an informative talk about first aid.

Skills swap sessions take place on the last Saturday of each month (unless the centre is closed) and are organised by Angela. If you would like to share skills with others or learn new ones please contact us for more information - the next Skills Swap is on **Saturday 29th April**.

International Women's Week: In celebration of International Women's Week in March a parent at CyberZone gave a talk about relaxation for carers and she demonstrated head and hand massage. The meeting room was full of carers and children enjoying new ways to relax - it was a lovely treat that was warmly welcomed by everyone involved.

Web site: Deborah is currently redesigning our web site, and she and Mike have been consulting users at CyberZone about the design and content. You can see Deborah's work-in-progress on-line:

http://www.alicej.clara.co.uk/cyber_NewH.html

Deborah would like as much feedback as possible from users about the following:

- 1) Colour scheme
- 2) Font
- 3) Contrast of colours (text and backgrounds)
- 4) Images to include on the home page
- 5) Feed back on wording.
- 6) What to call the Notice Board/Forum
- 7) 'What you think' section - is it a good idea to have this?
- 8) Suggestions for top 10 sites
- 9) Links for children/young people.

Please submit your feedback to Deborah by **8th April 2006** - her e-mail address is on the web site.

Contact us: If you would like to contact us about any of the above you can:

speak to us in person when you visit CyberZone

e-mail us: info@cyberzone.org.uk

telephone us on a Saturday morning (number below)

write to us (address below)

We are always happy to help if we can.

Sadhana, CyberZone Manager

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Lunch @ CyberZone

To all Children, Young People, Parents
and Carers,

Please pay

£1 each

for lunch @ CyberZone.

Thank you.

Friends of CyberZone

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Games

All games that were taken from CyberZone before 25th March 2006 should be returned as soon as possible so that other people can enjoy them. They include:

PC games

Playhouse Disney Rolie Polie Olie

Scooby Doo Phantom of the Knight

PlayStation 2 games

Haven Call of the King

Crash Twinsanity

Zoombini's Island Odyssey

Rayman 3 Hoodlum Havoc

Super Monkey Ball Deluxe

Looney Tunes Back in Action

XGRA Extreme G Racing Associations

Speed King

If you have any games with CyberZone written on them in black ink please return them.

Thank you.