



# Befriending in Winchester

An activity guide  
for volunteers

# Welcome!

Welcome to our 'Befriending in Winchester activity guide. The guide has been produced as a resource for volunteer befrienders and we hope you will find it useful. Lots of the activities have been suggested by our volunteers.

The guide is split into two sections – 'Out and About' and 'At Home'. We are always looking for new ideas for places to visit and things to do so please let us know and we will share them with all of our volunteers.

We hope that you and your focus child enjoy lots of fun activities during your time together!

## Out and about

### Winchester City Centre

There are an abundance of places to visit right in the City Centre. Pick up a 'Visit Winchester Explorer Map' from the Friends of the Family office or Winchester Tourism Information Centre, to help you find your way to these locations:

- **Winchester City Museum**  
In the City Museum, three galleries tell the story of Winchester's past from the Iron Age to the present. Features include mosaics and reconstructed Victorian High Street shops. Plenty of hands-on activities for families. Costumes to put on, drawing and puzzles. Free admission.
- **Westgate Museum**  
Winchester's Tudor and Stuart era is revealed in this beautifully refurbished listed monument, the last of the main medieval gates into the city. Free admission. Located at the top of Winchester High Street, it offers fantastic rooftop city views and plenty of hands-on activities. Check opening times before going.
- **Winchester Discovery Centre**  
A gallery, theatre, large library and social space. It offers arts and crafts activities for children and has a coffee shop. A great place to hang out on a rainy day.
- **The Great Hall**  
One of the finest surviving medieval halls which contains The Round Table. Special activities are run during the school holidays. Suggested donation £3.
- **Winchester Cathedral**  
All of our volunteers are able to gain free entry to the Cathedral when visiting with their focus child. Please ensure that you give prior notice of your visit by calling the Director of Learning, Emma Bourner on 01962 857224. You could have a picnic in the grounds and then wander around this incredible building. Keep a look out for special activities during the school holidays for children.
- **Military Museums**  
Visit one of Winchester's five Military Museums and pause for refreshment at the Café Peninsula. Three out of the five museums charge for entry (see useful websites section at back of this guide for their address).
- **Winchester Sport and Leisure Park**  
Located at Bar End Road, the new leisure centre has swimming pools, rock climbing, a gym, squash courts and a café. After school swimming is available priced at £4.75 for an adult and £3 for a junior. Sessions last for an hour. You can also book table tennis tables and badminton courts. Call 01962 848700 or go to everyoneactive.com
- **City Mill**  
This restored water mill is owned by the National Trust. There are lots of family activities to do in the holidays. Free entry for National Trust Members. Non-members pay £2 per child and £4 per adult.
- **Winchester Science Centre**  
Although not cheap, we've included the Winchester Science Centre in the guide as it is an ideal outing or special treat for children aged 5 to 13. It features 100 interactive exhibits and houses the UK's largest stand-alone planetarium. Adults £10, children £7, OAP/student £8. Located at Telegraph Way, SO21 1HZ. Parking is free.

### Join the library

Join the local library and enjoy a wealth of books for free. Let your child borrow a book that interests them and read it together at the library or at home. If it's an information book, your child could make a fact sheet or a poster about what they've read. Some libraries have free clubs and activities for children so it might be worth asking what's on. There are two libraries in Winchester, one at the Discovery Centre and a small one at the Carroll Centre, Stanmore.

## Go to the park

Kids love being outside (whatever the weather!), so put on your waterproofs or sun hats and head to the local park where your child can let off some steam at the playground and get some much needed fresh air after a long day at school. Play areas can be found at:

- Eversley Park Recreation Group – Kings Worthy
- Chaundler Road - Abbotts Barton
- Abbey Gardens - City Centre (purpose built play area, including a train and fire engine!)
- North Walls Recreation Ground, River Park Leisure Centre - City Centre
- Orams Arbour, Clifton Road - City Centre
- Arlington Place - City Centre
- King George V Play Area, Milland Road - Highcliffe
- Gordon Avenue – Highcliffe
- Dean Park, Dean Lane – Weeke (on the opposite side of Stockbridge Rd to Waitrose) – A large grassy area great for picnics and ball games as well as an enclosed play area for younger children
- Stanmore Recreation Ground, Cromwell Road - Stanmore
- Thurmond Crescent - Stanmore
- Walpole Road - Stanmore
- Somers Close - Stanmore
- Monarch Way - Stanmore
- Culver Road (Friary Gardens) - St Cross – beautiful little play area tucked away in the heart of St Cross.
- Teg Down Meads
- Westman Road - Weeke
- Taplings Road - Weeke
- St Martins Close - Winnall
- Winnall Manor Road - Winnall
- Fairdown Close - Winnall
- Imber Road – Winnall
- Winnall Moors
- Nursery Gardens, Fulflood
- Marnhill Rise, Fulflood
- Bath Place, Fulflood
- Hyde playing fields – Large playing fields, surrounded by water, great for feeding the ducks, picnics and ball games
- North Walls Recreation Ground – River Park Leisure Centre – large enclosed play area and skate park where you can also feed the ducks.  
Olivers Battery recreation ground – nature reserve, good playground and tennis court.
- Littleton nature reserve and park.
- South Wonston – tennis, basketball, BMX track.

## Play some board games

Find out if the family has any board games tucked away in the cupboards. You'll be surprised how keen children are to sit down to a game of snakes and ladders or dominoes. Or you could take round a pack of cards and play some card games like Snap and Pairs. Uno and Dobble are also great fun for two people to play. Many parents are too busy to sit down and play a game so the child will love the opportunity to do this with you.

## Make your own Rapidough

This is a very simple game to make at home. All you need is some dough, which you can make or buy from the Pound shop and lots of words, which you can generate off of your phone or cut out in advance. The object of the game is to guess what object the other person has made out of their dough.

## Go bug hunting

Whether you do this in the garden or at a local park, kids love to go bug hunting. Take a plastic container to put the bugs in, a pencil and paper to make a list of bugs you've seen or to draw them. If the child has a camera you could

encourage them to take a photos of all the insects you spot. It's also a great way of teaching children to treat bugs with care and respect and to always put them back where you found them.

## Visit a garden centre

Garden centres offer so much more than plants with many having expanded to include tropical fish and reptiles. Most also now have tea rooms and some have small play areas. Some local ones with a lot to offer are:

- Brambridge Park Garden Centre, Kiln Lane, Brambridge, Eastleigh SO50 6HT (play area for younger children, large restaurant, miniature railway open at weekends and bank holidays and two friendly goats!)
- Fair Oak Garden Centre, Winchester Road, Fair Oak, Eastleigh SO50 7HD (large indoor soft play area for younger children, tropical fish, café)
- Arturi Garden Centre, Allington Lane, Fair Oak, SO50 7DE (shop, tea room and aquatic shop)
- Hillier Garden Centre, Romsey Road, Winchester (opposite the hospital). (Café serving light bites, open till 5.30pm)

## Park Yoga

Sundays in the summer months (May to Sept)

## Go fruit picking

Take an old ice-cream tub and go blackberry picking in the autumn. Look for plums, apples and pears growing on public land in the summer. Or you could go further afield and take a trip to a 'pick-your-own' farm.

## Find out what's on at your local church

Some local churches offer after school activities that older children can take part in for free, such as Messy Church. Messy Churches that we know of:

The United Reform Church in Jewry Street 3.30 – 5pm on the first Thursday of the month

Level 10 Church, Stanmore Lane - first Saturday of the month at 4pm (except August)

[St Lukes Church, Stanmore](#) – first Sunday every month at 4pm (except August)

[All Saints Church at Highcliffe](#) - every third Friday of the month 3.30 to 5pm (except August)

Children have Christian activities and are given food so check with the parents first because of the Christian focus.

[Supper Club at St Pauls Church, Winchester](#) - Tuesday 12<sup>th</sup> Sept – Tuesday 19<sup>th</sup> December 5-7pm free evening meal

## Go for a walk or bike ride

Kids love exploring and there are lots of destinations to choose from. St Giles Hill offers lovely views over Winchester; Winnall Moors nature reserve is a haven for wildlife; Magdalen Hill Down is a mile from Winchester City Centre and opposite St Swithuns School and is known for butterfly conservation. Follow the St Cross cycle route or walk along the river at Shawford to feed the ducks and swans. Take bags and notebooks with you, so that children can save interesting things they find, draw pictures or make lists. Take photos of interesting flowers, objects, buildings etc which you could then go home and draw.

## Try out the driving range

Go to the driving range and putting green at Winchester Golf Academy, Kings Worthy (£4 for a bucket of 30 balls, open till 9pm Monday to Friday, or 6pm Saturday and Sunday). This is an all-weather driving range so a great activity for a rainy day. There's also an on-site restaurant which welcomes families.

## Find a Geocache

Geocaching has been described as outdoor treasure hunting for the digital generation. Participants use mobile phones to hide or seek containers, called geocaches, which are hidden in the local area. Go to [www.geocaching.com](http://www.geocaching.com) or the National Trust website for further information.

## Fly a kite

Make the most of the windy locations in Winchester and go kite flying! North Walls playing fields, Orams Arbor and Farley Mount are good kite flying spots.

## Splash about

In the summer months, there is a free splash pool in Passfield Avenue, Eastleigh, and at St Johns Recreation Ground, Hedge End. There are play areas and green spaces next to both which are great for picnics. Petersfield outdoor pool is good for a summer outing but not free. Adults £4.60, juniors (4 to 16s) £3.60.

## Go on a treasure hunt

This takes a bit of forward-planning but is a great way to explore the city centre. Take a photograph of a letter from a variety of shop fronts which can then be put together to form a word. Write clues that will take you to each of the shops. When the child has worked out the word they could win a small prize such as a chocolate bar.

## Join in a parkrun

This is a free event for children aged 4 to 14. Children can run on their own or with an adult. The 2k course takes place at 9am every Sunday at North Walls Leisure Centre. There is a 5k run every Saturday which children can take part in but under 11s must be accompanied by an adult. To register go to [www.parkrun.org.uk/winchester-juniors](http://www.parkrun.org.uk/winchester-juniors)

## Play table-tennis

You can book tables at Winchester Sport and Leisure Park. A table is priced at £3.70 for 55 minutes (for any number of people). To book call 01962 848700. This activity is available after school but you need to book in advance.

## Go pond dipping

This is a really fun and free activity. Try the Water Meadows or the river by St Cross. We can supply nets and a tub.

## Take a dog for a walk

Dogs are a great ice-breaker if you are just beginning your befriending role. If you haven't got a dog, then see if you could borrow a friend's/neighbour's child-friendly dog as one of our volunteers has done.

## See a film

Some cinemas offer cheap tickets for specific shows and there is a Kids club film showing every weekend at Everyman Winchester. Keep an eye on Groupon for cheap cinema tickets. Call 0872 436 9060 or go to [everymancinema.com](http://everymancinema.com)

## Relax in a café

There is a café in **Tesco**, Winnall, where you could have a drink, a chat and do some activities together. You could choose a magazine which interests your focus child in the supermarket beforehand and enjoy doing the activities and reading the articles together. Remember to take a pen! Other recommended cafes include **The Good Life Café**, Kings Worthy, **Peninsular Café** at the Military Museum, **Café Nero** in the High Street (allows dogs), C & H fabrics café in the High Street, **Project** next to Poundland (open until 5pm), **Chococo** (closes 5pm), **Republic of Pizza** in the High Street (free piece of cake with the purchase of any coffee). Please let us know if you hear of any others!

## Make your own tin-can-alley

This is a great way of up-cycling some old, empty tin cans or plastic bottles. Line them up on a table outside or on the ground; throw a tennis ball (or the child may have a nerf gun which fires foam darts) and see how many you can knock down! You can move further away from the target to make it harder.

## Teach your child a skill

Can you knit or sew? Can you juggle or do a magic trick? If you have a skill that you could teach to a child then give it a go! You may be surprised how keen a 5 to 13 year old is to learn to knit or sew and how quickly they pick it up.

## Plant some seeds

Kids love to grow things, whether it's fruit, vegetables or flowers. One of the easiest things to grow is cress. If it's grown in a small pot then the child could keep it indoors and you can check on its progress each time you visit.

## Go on a scavenger hunt

Contact us and we can provide you with one of these.

## Pop to the pet shop

Visit Pets At Home, Easton Lane, Winchester (close to Tesco) to see all the different animals. It's open until 9pm.

## Wander around the market

The Winchester Christmas Market starts at the end of November. Wander around the many stalls whilst enjoying a hot chocolate.

## Play some ball games

Take a tennis ball/basketball/football to the local park and burn off some energy whilst getting some fresh air.

## Paint a pot

Bella Crafts in Kings Walk, Winchester, has lots of activities for children and adults to do together and there's no need to book. Open Mon – Sat, 10am to 5pm, Sunday 10am – 4pm. There is also a wide range of drop-in activities during the school holidays starting from £4.50.

## Help with homework

Part of your weekly visit could be spent helping the child with their homework, particularly if mum or dad find it difficult. Your enthusiasm and support could be all that's needed to kick start a project. Listening to the child read (or reading a book to the child) and practicing their times-tables would be a great help to that child at school.

## What's your hobby?

Do you play a musical instrument? Why not take this along next time you visit? Your child might like to listen to you play or you could teach them a note or two. Do you collect anything? You will be surprised just how interested a young person might be in your stamp collection. Or maybe you play a sport such as golf or tennis and you could introduce them to it.

## Go wild in the country

There are lots of fantastic country parks and nature reserves to explore around Winchester. Three of the best are:

### **Farley Mount Country Park**

This large country park has great views over Winchester. There are a choice of car parks along Sarum Road for access to the different areas of the site. There is no public transport to the park. The nearest bus stop is in Sparsholt village, a 20 minute walk away.

### **Itchen Valley Country Park**

Located in Allington Lane, West End, this country park has two play areas – one for younger children and one for older children with a zip wire, a visitor centre, shop, toilets and a café. Take some change for parking.

### **St Catherine's Hill nature reserve**

The nature reserve is 47 hectares of flower-rich chalk grassland with an abundance of wild flowers and butterflies. This is a great place to enjoy wildlife, ancient monuments and the most spectacular views over Winchester, the Itchen Valley and the surrounding countryside. St Catherine's Hill is a fabulous place to enjoy a summer walk and picnic. Drive or take the bus to St Catherine's car park. Take the footpath to Garnier Road, follow to the right under a bridge. The reserve is on your left.

### **Lakeside Country Park**

Located off Wide Lane in Eastleigh, 60 acres of parkland plus a miniature train and a café with special events running through the year.

### **River Park in Winchester**

Lovely open space plus the stream for padding/stream dipping

## Victoria Country Park

Parkland and seaside combined near Netley, Southampton. Paid parking inside the park but free parking outside the park where there is also the duck pond. Visit in spring to see the Bluebells in the woods

There are four 'It's Ok to Play' woodland play areas across the district: Suitable for children and young people of all ages, you will find a huge oak tree house, wooden playhouses, wigwams, sand pit, climbing wall, bridge and shingle stream. Unlike traditional playgrounds, trees from the forest feature along with rocks, grassy mounds and hedges to hide behind or explore. Designed to attract local families to the woods, they are all free of charge (some parking charges may apply) and provide a way to encourage children to take an interest in the wider woodland environment. The natural playgrounds can be found at:

Creech Wood – nearest town is Denmead. Car parking is on Bunkers Hill Road, PO7 6UB.

Micheldever Wood – Micheldever. Car park in Northington Lane.

West Walk – Wickham. Access is via the A32 Meon Valley Road.

West Wood – Located 2.5 miles to the west of Winchester. Access is from Clarendon Way.

There are also three skate parks in Winchester located at the following sites:

1. King George V, Milland Road – Highcliffe
2. Somers Close – Stanmore
3. North Walls Recreation Ground - River Park Leisure Centre, City Centre

## Regular/annual events

Check your local community noticeboards, newsletter and social media groups for local events such as summer fetes. Fryern Fete in May and St Cross Fete in Junes have been mentioned as particularly good ones.

# At Home

## Get crafty

If it's a rainy day, you can't go wrong with arts and crafts (pound shops have great resources). Here are some ideas:

- Make a treasure map. Draw your map onto a piece of paper and then wipe/dab a damp teabag over the paper so that it looks old.
- Collect dried leaves and glue them to paper to make a collage.
- Pick some flowers and press them at home before making pictures with the pressed flowers.
- Cut up and glue coloured straws onto card.
- There's lots you can do with a few sheets of plain paper: Teach your child to make some amazing and simple origami; make, decorate and fly paper aeroplanes and see whose goes the furthest; or make and colour in a simple folded fan.
- Make your own colouring book! Fold A4 sheets of paper in half and draw simple pictures in black felt tip on each side (eg, a clown, a flower, a house, a rabbit etc) before stapling them together.
- Upcycle your old cardboard tubes and turn them into a castle! All you need is a pen, glue or sellotape, scissors and lots of cardboard tubes of different sizes.
- Have fun making models and shapes with playdough. You can make your own playdough using 2 cups of flour, 1 cup of salt, 2 cups of water, a tablespoon of oil and 2 tablespoons of cream of tartare (food colouring/glitter is optional). Mix all ingredients in a saucepan, place on a low heat and stir until it thickens. It's ready when it's no longer sticky. Tip out onto a floured surface and cool. Store in a plastic bag or air tight container in the fridge.
- Use old sponges, potatoes, your fingers and hands to make some fun paintings.

## Make some sweet treats

There are lots of simple, quick and fun cakes and sweets to make that don't involve an oven. Here are some easy recipes:

- Chocolate rice crispie cakes – add rice crispies (or cornflakes) to melted chocolate and stir before putting the mixture into cupcake cases and letting them set.
- Peppermint creams – mix together 1 cup of icing sugar, 4 tablespoons of milk and ¼ teaspoon of peppermint essence until the mixture sticks together. Dust a rolling pin and the work surface with icing sugar and roll

until it is 1cm thick. Use cutters to cut small shapes or roll into sweet sized balls. Leave on grease proof paper overnight to harden.

- Fruit kebabs – chop up some fruit - bananas, grapes and strawberries are good – and thread the fruit onto kebab sticks and enjoy!
- Or, you could buy some plain biscuits, mini cakes or gingerbread men and have fun decorating them with coloured tubes of icing, sprinkles and smarties.
- Make a smoothie with vanilla yogurt (or milk), apple juice, a banana and a handful of strawberries or a couple of pears. Or make up your own and name it after your child!

## Useful websites

Check out these websites for more befriending ideas:

- [www.visitwinchester.co.uk](http://www.visitwinchester.co.uk)
- [www.Mumsintheknow.co.uk/Winchester](http://www.Mumsintheknow.co.uk/Winchester)
- [www.Cbeebies.com](http://www.Cbeebies.com)
- [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)
- [www.rspb.org.uk](http://www.rspb.org.uk)
- [www.hiwwt.org.uk](http://www.hiwwt.org.uk) (Hampshire and Isle of Wight Wildlife Trust)
- [www.winchester.gov.uk](http://www.winchester.gov.uk)
- [www.winchestermilitarymuseums.co.uk](http://www.winchestermilitarymuseums.co.uk)
- [www.everymancinema.com](http://www.everymancinema.com)
- [www.petersfieldpool.org](http://www.petersfieldpool.org)
- [www.winchestersciencecentre.org](http://www.winchestersciencecentre.org)
- [www.geocache.com](http://www.geocache.com)
- [www.bellacrafts.co.uk](http://www.bellacrafts.co.uk)
- [www.heritageopendays.org.uk](http://www.heritageopendays.org.uk)
- [www.winchester-cathedral.org.uk/event/winchester-green-week/](http://www.winchester-cathedral.org.uk/event/winchester-green-week/)