

Friday 31st January 2020

# Challenge & Celebration Week Info Children's Mental Health Week



Also featuring:

Post 16 & Outside the Box; World Challenge Fundraising; Year 11 English Revision; Former Student: Ethan Thompson; Careers Information; Community Notices.

Contact us: headline@ilkleygs.co.uk

# Challenge & Celebration Week—July 2020

By Mr M Rignall: Senior Assistant Headteacher (IGS); Associate Deputy Principal at (TSA); Educational Visits Coordinator

Extra-curricular opportunities and enrichment visits are an important and memorable part of education. They enhance learning, enable students to grow in self-confidence and independence and allow them the chance to show leadership and teamwork

skills. At Ilkley Grammar School, we aim to provide our students with a variety of experiences throughout their time with us.

In light of this, the school's seventh **Challenge and Celebration Week** will take place between Monday **July 13th and Friday July 17th 2020**. All students will be off timetable during this week following a programme of either school based, off site or residential activities bespoke to their year group. Activities build on each other from year to year, allowing students to experience a range of opportunities throughout their school life. It is hoped that tutors will accompany their forms as much as possible throughout this time, enabling them to further deepen the bond they have with their tutees. Student leadership opportunities are embedded within the programme. The role of older students in supporting the successful running of the week is crucial and Year 12 students are very much expected to be fully involved in the week in a number of ways of their choosing.

#### Option 1

#### Year 7 - The Big Mix

Students will participate in a carousel of 4 day-based activities.

Activity 1: Aerial Xtreme, Bedale - meet the challenge of the tree-top course and enjoy riding the Segway's and quadbikes.

Activity 2: A visit to Lightwater Valley to experience the fun and thrills of the rides.

Activity 3: The Big Top - fine tune trapeze, unicycling and diablo skills with the Foolhardy Circus at the school field.

Activity 4: A visit to Bradford Islamic Centre followed by a curry at Aagrah Shipley and the chance to improve ten pin bowling skills at Shipley Bowl. (No packed lunch required on this day)



Departs daily at 8:45am. Activities 1 & 2 will return to school around 4:15pm and Activities 3 & 4 will be back at school for 3pm.



#### Year 8 - The Big Trip

This four-day trip takes in some of the capital's most famous landmarks and attractions. Students will be accommodated at Thameside Youth Hostel on the banks of the River Thames and will visit a range of locations on a carousel basis including potentially the Olympic Park, the Tate Modern, the Tower of London, the London Eye, the Globe Theatre, London Zoo and experience a river boat cruise along the Thames. In the evening students will have the opportunity to attend a major West End theatre production (Matilda) and go ten-pin bowling.

Departs 7:30am on the Monday and returns around 7:30pm on the Thursday.

Students will participate in a 4 day 'activities residential' in the Lake District. They will have the opportunity to take part in a variety of individual and team based challenges on both land and water. All activities will be led by the staff of Brathay Hall, a nationally renowned centre for the training of young people in outdoor education.

While some activities will take place in the forested grounds of the centre, others will be on the surrounding higher terrain or Lake Windermere, on the shores of which Brathay Hall is located. Activities include canoeing, rowing, high-wire ropes, raft building, orienteering, mountain walking, gorge scrambling, high and low level forest challenges and team problem- solving. A range of other less strenuous and more sociable activities is also planned for some evenings. Students will be accommodated at either Brathay Hall or the nearby Ambleside Youth Hostel.

Year 9 - The Big Outdoors

Departs 9:00am on the Monday and returns around 3:30-4pm on the Thursday.

#### Option 2

#### Yr 8 & 9 - Yorkshire based Day Trips

Students will participate in a carousel of 4 day-based activities.

Day 1: White Scar Caves and Waterfall Walk

Day 2: Tree Tops - A day at 'Go Ape' Temple Newsam

Day 3: The Royal Armouries, Leeds

Day 4: Team Building - Multi Activity Day at Leeds Sailing & Activity Centre

Departs daily at 8:45am and will return to school around 4:00pm.



#### Option 3

#### Yr 7, 8 & 9 - Very Local Day Activities

Students will participate in a carousel of 4 day-based activities.

Day 1: The Practical Challenge – get hands on with practical tasks hosted by Keighley College

Day 2: Be creative in the project-day run by the Art Department

Day 3: A day of activities based challenges at Nell Bank in the Wharfe Valley

Day 4: Walk the Wharfe – enjoy some of the finest scenery in the country walking the Dales Way footpath.

Departs and returns within normal school hours each day.

**For Year 10: Work Experience** — Staff will visit students at their work experience placements with local firms.

#### For Year 12:

**Subject enrichment**: This is a chance for students to immerse themselves in a subject they really love.

Science in Switzerland (4 days, 3 nights Half Board) A chance to visit the world famous Hadron Collider at CERN, the Geneva Science Museum, the headquarters of the United Nations and Red Cross and experience a factory tour and boat trip on Lake Geneva. Places limited to 36 students. Please note that this trip is available to all students and not just those that study science, although priority will be given to physics and science students. Departs Ilkley Grammar School at 03.30am on the Sunday and returns around 20.30 on the Wednesday.





Humanities in Krakow (5 days, 4 nights Half Board Monday to Friday) Students will tour this incredible medieval city taking in its historical houses, palaces and churches with their magnificent interiors. One day will be spent visiting the Auschwitz concentration camp. Other options over the next few days will be to take in things like Schindler's factory, the Jewish Quarter, the Galicia museum and the Salt Mine in Wieliczka. Places will be limited to 40 students. Please note that this trip is available to all students and not just those that study Humanities subjects.

Meet at Leeds Bradford Airport at 14.30 on the Monday and return in the afternoon of Friday (around 14.30).

**Personalisation – Work Experience**: This is a chance for students to ring-fence some quality time to complete a week of self-organised work experience.

Year 7 Option 1: The Big Mix Year 8 Option 1: The Big Trip Year 9 Option 1: The Big Outdoors Year 8/9 Option 2: Day Carousel Year 7/8/9 Option 3: Day Carousel

Post 16 Science in Switzerland Post 16 Humanities in Krakow £130 (PPI £65) £345 (PPI £172.50) £335 (PPI £167.50) £130 (PPI £65)

£30 (PPI free) £475 (no PPI reduction)

£620 (no PPI reduction)

Final instalment due 28th February

3rd instalment due now / Final instalment due 28th February Payment is due now please / Final instalment due 28th February Payment is due now please / Final instalment due 28th February Payment is now overdue.

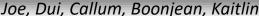
Payment is now overdue

Payment is due now please / 4th instalment due 28th February / 5th instalment due 27th march / Final instalment 24th April

# Post-16 Café teams up with Outside the Box

By Mr J Gutch: Assistant Headteacher: Director of Post 16







OTB: Works

Outside the Box Café in Ilkley runs a very successful programme securing work placements and employment for its members. In recent years OTB members have found placements and secured employment with Ilkley businesses such as Booths, Marks & Spencer's and

Specsavers. As a large local employer with a big catering team, IGS was keen to collaborate with Outside the Box, particularly as the OTB café often welcomes IGS students on work placements.

In October 2019 Boonjean and Dui who run the hugely successful IGS Post-16 café, which also employs IGS students at lunchtime, welcomed Callum from Outside the Box (pictured centre) and he joined the busy team for two days a week for around three months finishing last week.

Using experience he had gained at OTB Callum was quickly able to run the till and support the preparation of food for break and lunchtime service. He was a pleasure to have with us and we wish him every success in the future.

#### **OLD P.E. KIT DONATIONS PLEA**

The P.E. department would really appreciate any donations of old P.E. kit, particularly spare boots and trainers, that students have grown out of and no longer use.

If you are able to donate any items, please drop them off at the P.E. office.

# **Fundraising: World Challenge**

Year 12 student, Ben Radick is offering guitar tuition to help raise money for his World Challenge appeal! Please contact him for more information.



# **Year 11: English Revision Schedule**

By Mr A Colman: Curriculum Leader: English and Ms A Lowes: Leader of GCSE English

In English we have now finished teaching the GCSE English Language and Literature course and have begun a sequence of lessons focusing on revising all topics. The attached revision schedule shows the weekly focus. (In some cases where classes are shared there may be some slight alterations to this).

To help support revision in lessons we also run after school revision sessions on Tuesdays to which all students are warmly invited.

Also, a reminder that many useful revision resources can be found on our English revision hub:

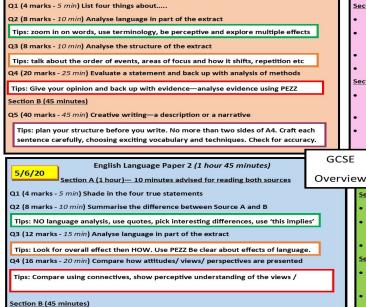
https://www.ilkleygrammarschool.com/students/curriculum/english/

#### Year 11 Revision Programme 2020 (13 weeks, 65 lessons)

# YEAR 11 ENGLISH REVISION TIMETABLE 2020 ALL SESSIONS HELD IN Q8 UNLESS OTHERWISE STATED EVERYONE WELCOME

Day	Date	Focus
Tuesday	28 Jan	Power and Conflict Poetry – Comparison skills
Tuesday	4 Feb	UNSEEN poetry
Tuesday	11 Feb	MACBETH
		February Half Term
Tuesday	25 Feb	SIGN OF FOUR (Q6) and JEKYLL AND HYDE (Q8)
Tuesday	3 Mar	LANGUAGE PAPER 1 Q2 AND 3
Tuesday	10 Mar	LANGUAGE PAPER 1 Q 4
Tuesday	17 Mar	LANGUAGE PAPER 1 Q5
Tuesday	24 Mar	LORD OF THE FLIES (Q6) INSPECTOR CALLS (Q8)
Tuesday	31 Mar	LORD OF THE FLIES (Q6) INSPECTOR CALLS (Q8)
		Easter Holidays
		Easter Holidays
Tuesday	21 April	LANGUAGE PAPER 2 – Q 2 AND 4
Tuesday	28 April	LANGUAGE PAPER 2 – Q5
Tuesday	5 May	MACBETH BOOSTER SESSION
EXAM		Wed 13 <sup>th</sup> May: Eng Lit 1 <i>Macbeth &amp; Sign of Four/Jekyll and Hyde</i>
EXAM		Thu 21st May: Eng Lit 2 Inspector Calls/LOTF & Poetry
		May/June Half Term
EXAM		Tue 2 <sup>nd</sup> June: Eng Lang 1
EXAM		Fri 5 <sup>th</sup> June: Eng Lang 2





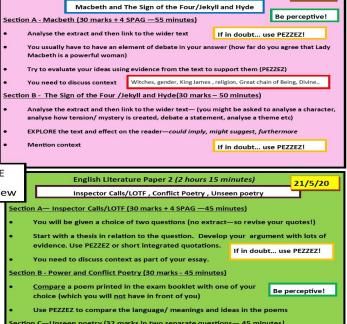
English Language Paper 1 (1 hour 45 minutes)

ection A (1 hour) 10 minutes advised for reading and annotating source

Q5 (40 marks - 45 min) Opinionated writing—write to argue or persuade

sistent tone. Consider your audience. CHECK spelling and grammar.

Tips: plan a careful structure before starting. Develop your arguments. Maintain a con-



2nd part asks you to compare to another unseen poem (8 marks—15 mins)

2/6/20

# Former Student: Ethan Thompson

By Mr J Gutch: Assistant Headteacher: Director of Post 16





Together we will find a cure

Former IGS student Ethan Thompson to run the London Marathon in support of his school friend Ned Hilton.

Former IGS student Ethan Thompson has decided to take on the challenge of the London Marathon this year in support of his friend and former IGS student Ned Hilton.

Ned and Ethan met at Ashlands Primary School and have remained friends ever since. After leaving IGS in 2017 they both went to study at Birmingham University.

Ned was diagnosed with a brain tumour in early 2019 and has been undergoing invasive treatment for the past year. Ned has remained stoical and resilient throughout this difficult time and is focusing on returning to Birmingham so he can restart his degree in Modern Foreign Languages later this year.

Ethan ran the Ilkley half marathon last summer alongside Ned's dad and will take on this new challenge to raise funds for the charity Brain Tumour Research.

Anyone wishing to support Ethan can use the following link and help him in his challenge.

https://uk.virginmoneygiving.com/EthanThompson



# Good luck to Ethan and our very best wishes to Ned. We wish you both every success!



If you're a former student of Ilkley Grammar School, we want to hear from you!

Your experiences since leaving could help to motivate and inspire our current students to feel more confident in making decisions about their future. We'd love you to join our alumni network and stay connected with the school.

We've partnered with the national education charity **Future First**, who specialise in helping schools like ours to stay connected with their former students.

Please sign up by following this link and fill in the online form.

https://networks.futurefirst.org.uk/former-student/ilkley

# Fancy your chances at the ....



FRIDAY 13TH MARCH

ILKLEY GRAMMAR SCHOOL B' HALL

BAR OPENS 7PM / QUIZ STARTS AT 7.30PM

# TICKETS £10 PER PERSON

Available through Parentpay or at IGS Reception
Includes nibbles and veggie or meat curry
Come as a team (maximum 10 people)
or join a table on the night



All welcome



www.childrensmentalhealthweek.org.uk





#ChildrensMentalHealthWeek

Bravery comes in all shapes and sizes and is different for everyone. Life is all about taking small brave steps every day. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices.

When you FIND YOUR BRAVE, it can help you feel good about yourself and more confident to face future challenges. Here are some things that might help you to FIND YOUR BRAVE.

- Think about something brave you've done or a difficulty you've overcome and remember the positive feeling for next time you need to FIND YOUR BRAVE.
- Think of something you could do at school or a new activity you could try that might be out of your comfort zone. Challenge yourself to give it a go.
- **3.** Remember that being brave also involves being responsible and making sensible choices; it isn't about taking unsafe risks.
- Bravery is often associated with acts we can see but many acts of bravery are quiet and unseen.
- 5. Look out for examples of people FINDING THEIR BRAVE in the news, sport, music, your family - they might have some good ideas you could try out.
- 6. How do you FIND YOUR BRAVE? Write or draw your thoughts in the box on the right, or share them on Instagram using #ChildrensMentalHealthWeek.



Everyone is different, so what feels brave to one person might not feel brave to another. Being brave might mean telling someone about your worries and asking for help if you need it.

At children's mental health charity

Place2Be we want all children to think about how they look after their minds.

If you're not sure about something, you can find an adult who you trust to talk to. It could be someone in your family, a teacher, or someone else in school.



## 3 - 9 FEBRUARY 2020 Secondary-Age Resources List

#ChildrensMentalHealthWeek



Use any of the following resources to support your **FIND YOUR BRAVE** assembly or group activities or use your own.

### QUOTES ABOUT BRAVERY:

"COURAGE DOES NOT ALWAYS ROAR. SOMETIMES

"COURAGE IS THE QUIET VOICE AT THE END OF

COURAGE IS THE QUIET VOICE AT THE END OF

THE DAY SAYING, I WILL TRY AGAIN TOMORROW."

- Mary Anne Radmacher

"YOU MAY NOT ALWAYS HAVE A
COMFORTABLE LIFE AND YOU WILL
NOT ALWAYS BE ABLE TO SOLVE
ALL OF THE WORLD'S PROBLEMS
AT ONCE BUT DON'T EVER
UNDERESTIMATE THE IMPORTANCE
YOU CAN HAVE BECAUSE HISTORY
HAS SHOWN US THAT COURAGE CAN
BE CONTAGIOUS AND HOPE CAN
TAKE ON A LIFE OF ITS OWN."

- Michelle Obama

"YOU CAN'T BE BRAVE IF
YOU'VE ONLY HAD WONDERFUL
THINGS HAPPEN TO YOU."

- Mary Tyler Moore

"COURAGE IS NOT THE TOWERING
OAK THAT SEES STORMS COME AND
GO; IT IS THE FRAGILE BLOSSOM
THAT OPENS IN THE SNOW."

– Alice Mackenzie Swaim

"I LEARNED THAT COURAGE
WAS NOT THE ABSENCE OF
FEAR, BUT THE TRIUMPH OVER
IT. THE BRAVE MAN IS NOT
HE WHO DOES NOT FEEL AFRAID,
BUT HE WHO CONQUERS THAT
FEAR."

- Nelson Mandel-



## 3 - 9 FEBRUARY 2020 Secondary-Age Resources List

#ChildrensMentalHealthWeek



Use any of the following resources to support your FIND YOUR BRAVE assembly or group activities, or use your own.

#### VIDEOS \ SONGS

Place2Be in association with BAFTA Kids is compiling a range of FIND YOUR BRAVE video clips which you can use during Children's Mental Health Week and beyond. We asked children, head teachers and celebrities one big question.

How do you #FINDYOURBRAVE? WATCH THIS SPACE

Firework - Video clip/song by Katy Perry https://www.youtube.com/watch?v=QGJuMBdaqlw

This is Me - The Greatest Showman - clip from film - https://www.youtube.com/watch?v=CjxuqyZCfuw

## This is Me - The Greatest Showman rehearsal - clip of Keala Settle

The Greatest Showman star reveals her vulnerability and FINDS HER BRAVE during rehearsal for song This is Me <a href="https://www.youtube.com/watch?v=XLFEvHWD">https://www.youtube.com/watch?v=XLFEvHWD</a> NE

## Clips from Harry Potter showing Harry or other characters facing their fears

There are more important things: friendship and bravery... https://www.youtube.com/watch?v=AkqzWOJePyU

Roar

https://www.youtube.com/watch?v=600K8TaLyUU

Heart of courage

https://www.youtube.com/watch?v=0FvnjSt7Scs

#### Malala Yousefzai - Interview with NDTV

https://www.youtube.com/watch?v=4 4CvHxDykk

Malala Yousafzai interview with Whoopi Goldberg on courage and her new book

https://www.youtube.com/watch?v=jB-ZC6PfA-k

Malala Yousafzai interview with Oprah talking about the dangers of choosing fear over courage

http://www.oprah.com/own-super-soul-sunday/malala-yousafzaion-the-dangers-of-choosing-fear-over-courage-video

#### SU2C

This year's **Stand up to Cancer campaign** has been following a group of celebrities and sportspeople who have **FOUND THEIR BRAVE** by learning to swim to take part in a fundraising relay swim across the channel <a href="https://www.channel4.com/press/news/celebrity-line-revealed-channel-4-and-stand-cancers-sink-or-swim-wt">https://www.channel4.com/press/news/celebrity-line-revealed-channel-4-and-stand-cancers-sink-or-swim-wt</a>

#### Stormzy opens up about depression -

useful for exploring the link between bravery and mental health <a href="https://www.facebook.com/Channel4/videos/stormzy-opens-up-about-depression/10154610528046939/">https://www.facebook.com/Channel4/videos/stormzy-opens-up-about-depression/10154610528046939/</a>

Gareth Thomas (ex-Rugby Lion) revealed recently that he is living with HIV – could be useful for discussions about being brave when confronting stigma and discrimination <a href="https://www.youtube.com/watch?v=eJBy10N5sYE">https://www.youtube.com/watch?v=eJBy10N5sYE</a>

A young US college athlete talks about the bravery of speaking out about her mental health issues

https://www.youtube.com/watch?v=Sdk7pLpblls

#### NEWS ARTICLE

Cricketer Jonathan Trott's brave decision to leave England's tour of Australia following mental health issues –

useful for exploring the link between bravery and mental health https://www.scotsman.com/sport/cricket/trott-shows-bravery-in-revealing-mental-illness-1-3208534

Schoolboy Harry Uglow was the youngest person to row solo across the channel in 2012

https://www.bbc.co.uk/news/uk-england-hampshire-19317004

Paralympian Andy Lewis talking about his achievements and challenges

http://www.andyjlewis.co.uk/

#### SOCIAL MEDIA

Instagram post about bravery from motivational speaker Jay Shetty

https://www.instagram.com/p/Bvo3DSnhMO5/?hl=en

#### BOOKS

#### The Hate U Give by Angie Thomas (2017)

Suitable for older young people.

Winner of the Waterstones Children's Book Prize 2018, the CILIP Carnegie Amnesty Honour and joint winner of the Children's category of the British Book Awards.

Starr and her childhood friend Khalil get pulled over by police who end up shooting Khalil after apparently mistaking the boy's hairbrush for a gun. Starr is the only witness and has to decide whether to use her voice to try to fight for justice. *The Hate U Give* is named by many critics as one of the most important books of 2017.

NB: Be aware that there is strong language, though it is completely within context and appropriate for the nature of the book.

#### Wonder by RJ Palacio

Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go. Born with a facial difference, Auggie has been homeschooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

#### I Am Thunder - Muhammed Khan

IAm Thunder is the Branford Boase award-winning debut novel which questions how far you'll go to stand up for what you believe. Fifteen-year-old Muzna Saleem is used to being invisible. So no one is more surprised than her when Arif Malik, the hottest boy in school, takes a sudden interest. But Arif is hiding a terrible secret and, as they begin to follow a dark path, Muzna faces an impossible choice: keep quiet and betray her beliefs, or speak out and betray her heart.

## Place2Be Children's Mental Health Week – previous years' resources

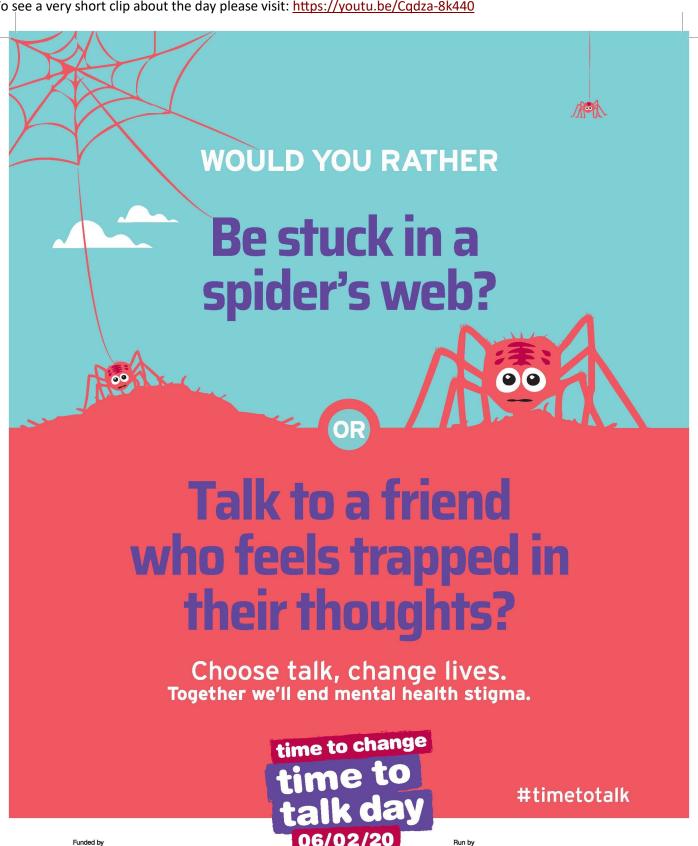
Themes from previous years' Children's Mental Health Week – including kindness and resilience - may come up while exploring the subject of bravery. You can access previous years' link to resources at <a href="https://www.childrensmentalhealthweek.org.uk">https://www.childrensmentalhealthweek.org.uk</a>

# Time to Talk Day 2020

By Mrs L Ramrattan: Head of Drama

Thursday 6th February has been made a day for making time to talk to each other and to make connections.

To see a very short clip about the day please visit: <a href="https://youtu.be/Cqdza-8k440">https://youtu.be/Cqdza-8k440</a>













# MAN OF THE CAREERS INFORMATION OF THE PAIN



Craven College are holding a Parents' Advice Evening focusing on Apprenticeships on

## Thursday 6<sup>th</sup> February at 6pm

at the Aireville Campus of the College, Gargrave Road, Skipton BD23 1US

This is an opportunity to gather information, ask questions and dispel any myths so that you have all the tools you need to make those all-important career/education decisions in the coming months.

#### What will be covered:

- Who is an Apprenticeship aimed at
- What are the levels and progression opportunities
- How is it assessed
- How do you apply/secure an employer
- See some case studies of our Apprentices
- Speak to the Apprenticeship Team and ask a question

As numbers are limited, please book your place via the link:

https://www.eventbrite.co.uk/e/apprenticeship-parents-information-evening-tickets-85488946741

#### **Careers & Apprenticeship Fair**



Monday 3rd February 2020 from 4pm - 8pm

First Direct Arena in Leeds once again host the largest apprenticeship exhibition in the north. Over 100 companies will be recruiting apprentices, you're advised to go along and find out what they have to offer and the amazing Apprenticeship opportunities available.

View last year's event at:

http://www.startinleeds.com/leeds-apprenticeship-recruitment-fair-2020-2/

No appointment needed, just turn up at the event!

Students, parents & carers ALL welcome

F @leedsapphub Twitter #larf2020

#### If you have any questions or queries, please see Mrs K Mitchell, Careers Leader in C10

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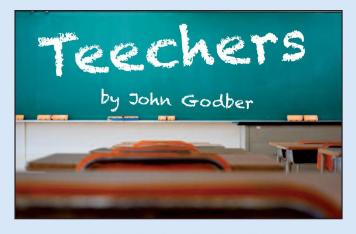
If you have any questions or queries, please see Mrs K Mitchell, Careers Leader in C10

# COMMUNITY NOTICES:



in the Wildman Studio

"Don't leave sir. The kids here need teachers like you."



#### Directed by Miranda Armitage

This amateur production is presented by special arrangement with SAMUEL FRENCH LTD.

Monday 3rd to Saturday 8th February 2020 at 7.30pm



Tickets: £8.00 • £6.00 • £5.00 01943 609539 or www.ilkleyplayhouse.co.uk



# Teechers

## by John Godber

Three brilliant actors and forty parts to be played; this is a gift to any actor and we have three of our best keen to rise to the challenge. Come and see our actors give life to teenage rebels, bullies, wimps and to teaching staff (Teechers) who are jaded, terrified, domineering, enthusiastic or just plain nice.

Godber describes *Teechers* as "a comedy...which is also deadly serious." Written in 1984, its themes still resonate today in the current climate of education cuts, league tables, Academy Trusts and an increasingly unmotivated and overstretched teaching force. Some young people will always be at the bottom of the pile, waiting for that one inspirational teacher to come along to give them a chance in life but can they depend on them? Join us in February to find out.

Tel: 01943 609539 • www.ilkleyplayhouse.co.uk







## SINGING WORKSHOP

Learn to sing in harmony in a friendly, supportive atmosphere at our **FREE** community singing workshop



A morning of fun, relaxed singing for anyone regardless of musical experience or ability

Led by RORY WAINWRIGHT JOHNSTON

Musical Director of Cantores Olicanae choir



#### YOU CAN SING!

Saturday 29th February 2020 10am- 1pm ILKLEY GRAMMAR SCHOOL Refreshments provided

To reserve a place please contact **Helen Martin 07960 124484** or visit us online at **Eventbrite.co.uk** 



This event is kindly sponsored by Ilkley Town Council



www.cantoresolicanae.org.u

# Need urgent help?



# Can't cope?

Get free, confidential support in a crisis 24/7. **Text P2B to 85258** 



FAQs answered at place2be.org.uk/text

