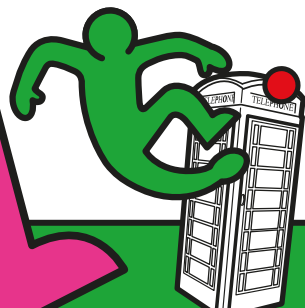
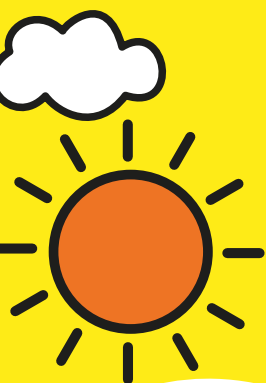


healthy holidays 2021

Children,
young people
and families

free
and safe

healthyholidayshull.org



say hello to healthy holidays 2021



We are very pleased to be able to deliver the Healthy Holidays summer programme – bigger and better than before. The programme will offer a broad range of activities, tips and information for children and families while easing out of lockdown.

The programme includes something for children, young people and parents/carers to enjoy in safe environments led by trusted professionals. We know that families have experienced some challenges over the last year and life has felt very different, therefore it is great to see such a fun filled programme for all to enjoy that adds some highlights to the long summer break.

We are providing more activities and events than ever before including extra support in some areas of the city to alleviate some of the pressures felt by a changing family and community environment. This includes a healthy food offer, recipe ideas, an amazing variety of fun and exciting activities to take part, in parks and open spaces. I am really looking forward to getting out and about to see you during the summer weeks.

The initiative is funded by the Department for Education (DfE), and Hull City Council, to give children, young people and families access to support and safe activity.

Pauline Turner,
Director of Children,
Young People and Family Services

get smart, get involved, get
out there with **change4life**

**top tips for
sun safety**



1. Slip on clothes that cover your arms and legs
2. Slop on sun cream – it is recommended you use SPF 30+ lotion and reapply every two hours
3. Slap on a hat that covers your ears, neck and shades your face
4. Wear sunglasses if possible and drink plenty of water



me sized meals

Kids really only need portions that match their age – a five year old needs less than a ten year old and a ten year old needs less than a grown up. Here are some tips to make sure they get the right amount and aren't over-fed:

1. Make a fist

Look at the size of your child's fist compared to yours. Not only are their fists, hands and feet smaller than yours, their stomach is too. So when you are serving up remember to give your kids smaller amounts of food than adults. It will still fill them up, just not till they're bursting!

2. Clean plates

We all love to see clean plates coming back from our kids. Give them a chance of finishing their food by giving them a portion that matches their size to begin with.

3. Don't nag them to eat up

We've all done it. Our parents did it to us. But it's healthier to serve them a kid sized portion and if they're still hungry, let them ask for more. If you use Snack Check to ensure they're not filling up on snacks they will also be more likely to eat well at meal times.

4. Watch packaging sizes

Many foods and drinks (like cans of sugary drinks) are packaged for adults and for sharing. Don't automatically give it all to a child, try saving some for later, or dividing it out – it's better for them and will save money too.



Contact your local children's centre about our free four-week Cooking on a Budget courses. You learn a different recipe every week and take home what you make. Get more meal ideas with the Public Health England (PHE) Smart Recipes app and check exactly what's in your food with the PHE Food Scanner. Both free and available for Android and Apple.



Parents of younger children can also talk to the Healthy Lifestyles team about our HENRY parenting courses.

Visit www.hull.gov.uk and search 'HENRY'.



To help Hull move more a website was launched as part of the city's aim to become more physically active.

Visit www.GetHullActive.co.uk to find out how you can play your part in the campaign and pledge today.

#GetHullActive

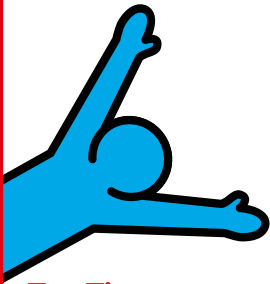
veggie kebabs



Serves: 4

Ingredients:

16–20 cherry tomatoes
2 courgettes
16–20 button mushrooms
1 medium onion
1 x 5ml spoon olive oil
Black pepper (optional)



What to do:

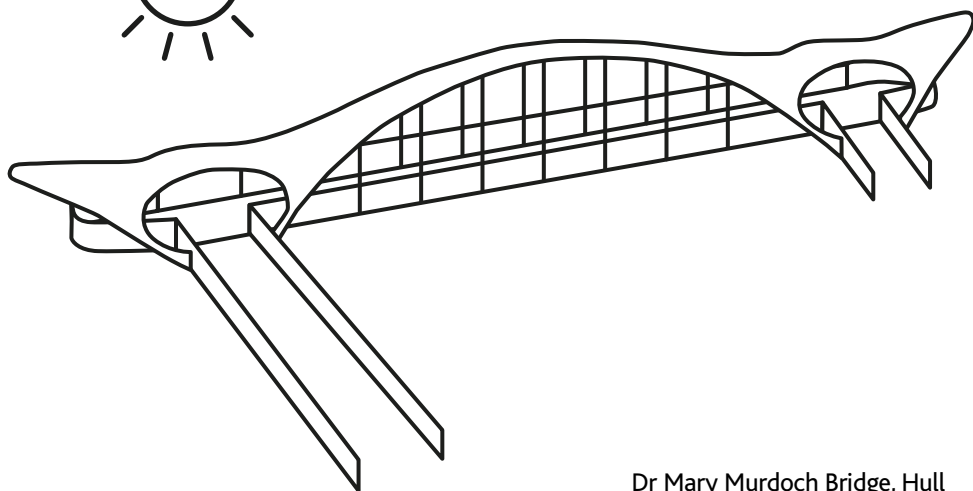
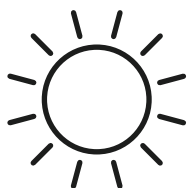
1. Light the barbecue or turn the grill on to a high heat.
2. Wash the courgettes and cherry tomatoes.
3. Wipe the mushrooms with a clean damp cloth.
4. Peel the onion and chop into 1cm wedges.
5. Chop the courgettes into cubes (about the same size as the onion pieces).
6. Thread a courgette cube, a whole mushroom, a whole cherry tomato and a chunk of onion onto a skewer. Keep going until the skewer is full.
7. Brush each skewer with a little oil and add black pepper to taste (if using).
8. Grill on each side until cooked. This should take around 5–10 minutes depending on how hot your grill or barbecue is. Keep turning them so they don't burn.

Top Tips:

Make a marinade to add extra flavour to your skewers. Mix 1 x 15ml spoon of olive oil and 1 x 15ml spoon of balsamic vinegar. Drizzle over your veggie skewers before cooking, or if you have time, leave them in the marinade for at least half an hour before cooking.

Metal skewers will get really hot so use oven gloves to turn them over. Or use wooden skewers but soak them in water for a couple of minutes to prevent them burning on the barbecue! The barbecue will need to be lit at least an hour before you start cooking.

colour me in



Dr Mary Murdoch Bridge, Hull

freedom festival

20 August – 5 September 2021

The Freedom Festival brings thousands of people together through their annual festival and year-round artistic and creative programme of performances, installations, and community participation to excite, inspire, challenge, and provoke.

www.freedomfestival.co.uk

free food offer

FareShare and Hull Catering are collecting food donations from Jacksons Bakery and Cranswick Food which will make up packed lunches and hot meals throughout the summer.





Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturated fat	Salt
2500kJ	5g	1.3g	0.3g
LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%
15%			

of an adult's reference intake
Typical values (as sold) per 100g: 897kJ, 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Choose unsaturated oils and use in small amounts



Dairy and alternatives
Choose lower fat and lower sugar options

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Eat less often and in small amounts



enjoy a healthy holiday with change4life

not just sport – find something
you're into this summer

• Picnic

If you fancy a family picnic there are plenty of outdoor areas and children's centres where you can go to enjoy them and also join in fun sessions.

• Us Mums

Us Mums programme is an exercise and well-being initiative for new and expectant mums in Hull. The programme provides activities across the city, such as Pregnancy Yoga, Mum and Baby Fitness, Buggy Walks, Relaxation sessions amongst others. These are low cost, ranging from £1 to £2 per session, and some are free to join! The programme is run by Hull City Council Healthy Lifestyles Team. Visit **Us Mums Facebook** page for more info.



• Love Exploring App

Find the dinosaurs in East Park or follow the new interactive Fish Trail, enjoying facts and photos along the way. Free to download and data friendly in use.



• Treasure Hunts and Trails

Visit your local Children's Centre and join in the treasure hunts and trails. Contact your local Children's Centre to book.



• Virtual Cooking

The Healthy Lifestyles Team have put together a mouth watering set of delicious and healthy recipes for you all to try, starting with the basics needed to get started, progressing into full meal ideas and finishing with a lovely sweet selection of dessert ideas. Find out more at www.healthyholidayshull.org. Enjoy!

hull children's centres

The Children's Centres are open as usual throughout summer.

As always we continue to offer a whole range of information and support around parenting, play activities, routines, boundaries and behaviour.

During the summer holidays, centres will be open and providing a variety of fun outdoor activities. Those centres which offer the Fare Share Food Scheme will also be continuing that service, so please get in touch to access your closest scheme. Parenting support can also be provided with access to the Solihull online guides; go to www.inourplace.co.uk and use the access code 'Freedom'.

Fenchurch Street Children's Centre 01482 497 800

Priory Children's Centre 01482 305 770

The Lemon Tree Children's Centre 01482 828 901

Marfleet Children's Centre 01482 705 333

Wheeler Children's Centre 01482 502 466/353 125

The Parks Children's Centre 01482 803 978

The Acorns Children's Centre 01482 708 953

Little Stars Children's Centre 01482 790 277

www.childdynamix.co.uk/little-stars

A stylized orange figure with a thick black outline, holding a blue pencil with a black eraser and a black tip. The figure is standing with its right arm raised, holding the pencil vertically. The left arm is slightly bent at the elbow. The figure has a simple, rounded head and a rectangular body.

[illegible]

****Scan the QR code for more details.**





Top Things to do - our pick of this summer's events

GET ACTIVE WITH JOE WICKS Find all of the fun sessions on his [YouTube page](#) by searching 'The Body Coach TV'.

FREE SWIMMING One of your favourite sports is back at the city's leisure centres throughout summer. Find out where and times at: www.hcandl.co.uk

BRANSHOLME BEACH DAYS There will be a real beach, donkey rides, climbing wall, fairground rides, arts, sports and a wide range of other activities for young people, children and families to enjoy. Find out the date and time at: healthyholidayshull.org

NATIONAL PLAY DAY If you fancy a day out, then why not come to the Play Day event at either Queens Gardens, Alderman Kneeshaw Playing Fields or Pearson Park. There will be lots to do, from painting, listening to music and trying out one of the many arts activities. Find out the date and time at: healthyholidayshull.org

UNIVERSITY WARD BEACH DAY There will be a real beach, fair rides, arts, sports and a wide range of other activities for young people, children and families to enjoy. Find out the date and time at: healthyholidayshull.org

PLEASE NOTE ALL EVENTS AND ACTIVITIES WILL BE SUBJECT TO COVID-19 GUIDELINES.

Other resources and ideas on how to get active



PARK WORKOUTS,
DISNEY DANCE-ALONGS
AND OTHER ACTIVITIES

www.thisgirlcan.co.uk/activities



ACTIVE
HUMBER

www.activehumber.co.uk/be-inspired/stay-active-at-home

Contact your nearest Youth Centre for more summer events information or find them on Facebook

North

Astra Youth Centre (01482) 310 925 [f](#) [i](#)

Route One Youth Centre (01482) 491 960 [f](#) [i](#)

Bridges (01482) 820 454

St Michael's Youth Project (01482) 805 263 [f](#)

East

Andrew Marvell Youth Centre (01482) 791 226 [f](#) [i](#)

The Hut (01482) 781 121

West

Kingston Youth Centre (01482) 331 238 [f](#) [i](#)

Ainthorpe Youth Centre (01482) 331 238

Hessle Road Network (01482) 606 077 [f](#)

Vulcan Learning Centre (01482) 229230 [f](#)

The Warren (01482) 218 118 [f](#) [i](#)

Goodwin Youth Project (01482) 587 550 [f](#) [i](#)

Word search



H	S	A	N	P	A	R	K	S	L	H	S	G	K
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- HOLIDAYS
- FAMILY
- SUMMER
- KEEPING FIT
- FOOD

- HULL
- ACTIVITIES
- FISHING
- HEALTHY
- FRIENDS



- FUN
- PARKS
- SWIMMING
- ACTIVE
- PICNIC

Lark in the Park



Lark in the Park is a programme of free and safe activities across the city, in your parks. Play sport, develop your creative talents or just 'lark' with friends all summer long!

Starting at the beginning of the summer holiday break, it is aimed at the 10 -19 year old age group with additional activities for the 5-9 year olds (parents need to attend these please).

It's free to take part, but please be aware that the 1m plus rule will apply and there will be facilities to wash your hands before and after all activities. All equipment will be sanitised too.

For further information go to the healthy holidays website.

Feeling active? Join the University of Hull and Team GB's Festival of Sport – run, jog, skip, walk or dance in the '5k Your Way' event on Saturday 14 August 2021. Email hullsport@hullac.uk for details.



Don't forget to ask for your KaT travel ticket for 7 days travel for just £10. You can get them from the driver on Stagecoach or East Yorkshire buses throughout the summer holiday, if you are 10 to 19yrs old.

COVID-19 - DON'T FORGET TO WEAR A MASK ON YOUR BUS JOURNEY AND ONLY TRAVEL WHEN IT IS QUIETER.

Not just sport - find something you're into this summer

Street Dance

Calling all Hull's greatest dancers, if you are between 5-12 years old you could enjoy our street dance sessions all over the city. Email Patriciarimmer@hotmail.co.uk to book a place. Indoor and outdoor venues will be used so please get in touch. **Sessions are free.**

Fishing

Enjoy fishing? Why not visit Oak Road and The Willows Ponds and enjoy a great day or afternoon. Supported by Hull and District Anglers Association, see Facebook to find out more details. Or visit them on Wednesdays at Oak Road and Tuesdays at the Willows pond 10-2pm from 28th and 29th July until the end of summer. **It's free so come and join them.**



Food

The Healthy Lifestyles Team have put together a mouth watering set of delicious and healthy recipes for you all to try, starting with the basics needed to get started, progressing into full meal ideas and finishing with a lovely sweet selection of dessert ideas. Find out more at healthyholidayshull.org. Enjoy!



Activity packs

Lots of your trusted local organisations are providing activity packs for children and young people, they have arts materials, craft and activity ideas. There are some cooking packs too so that you can make some tasty meals, watch the demonstrations on-line. To find out more please contact your local Youth Centre or Children's Centre.

Young carers

A young carer is a young person aged between 5 - 18 years who cares for a family member they live with who may have a disability, serious illness, a mental health issue or an alcohol, drug or substance problem. At times, caring for someone can be quite demanding which means a young carer has less time for hobbies, interests, friends, part-time work or school work. A young carer may take on extra house-hold chores, sort out medications, help someone to wash, or be a comfort to someone who requires mental or emotional support. If you have caring responsibilities for someone in your family then The Young Carers Project could help by supporting you to access a range of opportunities.

For more information on how The Young Carers Project could support you, please email the team at TheYoungCarersProject@hullcc.gov.uk

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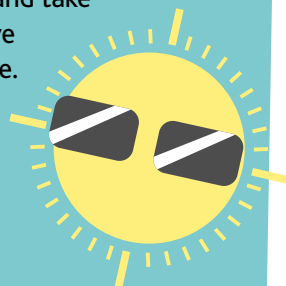
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Pauline Turner,
Director of Children,
Young People and Family Services



Why not try these...

- **Museums** – Visit one of our city centre museums. Travel back in time or look at the stunning art work on display. Summer also has a few surprises in store.
- **Libraries** – Make a visit to your local libraries this summer and take part in an exciting programme including arts and crafts, creative writing, meet authors and join in the summer reading challenge.
- **Swimming** – Free swimming sessions each week, all summer long at Beverley Road, Woodford, Ennerdale and Albert Avenue Leisure Centres. Visit www.hcandl.co.uk for details.



Building resilience in children and young people



What is turn 2 us?

Turn2us is a project to support young people's mental health and wellbeing.

Turn2us is delivered by the Youth Development Service as part of the HeadStart Hull, Community Fund programme, which aims to: "Enable children and young people to have positive mental health and wellbeing, thrive in their communities and to bounce back from life's challenges"

Turn2us is going to be available all summer within our communities.

Turn2us outreach will be delivered in parks and open spaces so look out for the Turn2us youth workers in your area. They are there to listen, help and support you.

Alternatively if you prefer one to one support you can book an appointment to speak to a Youth Worker at a local youth centre.

Turn 2 us

North Hull

Astra Youth Centre

01482 310 925

Route One Youth Centre

01482 491 960

West Hull

Kingston Youth Centre

01482 331 238

Ainthorpe Youth Centre

01482 351 121

East Hull

Andrew Marvell
Youth Centre

01482 791 226



To find out more visit
www.howareyoufeeling.org.uk



free
and
safe

2021 HEALTHY HOLIDAYS

