2019 Healthy Holidays

Activities for young people

www.hull.gov.uk

Children, Young People and Families Board

Designed by George Heron
Welcome to the healthy holiday booklet 2019 specifically for young people, by young people. This booklet will make sure that you know everything that’s happening in Hull during the summer to get involved in - take a look at the list of events on the centre pages. Whether you’re into sports, dance, fishing, art - including graffiti art - festivals, gaming, cooking or something else entirely, we’ve found it. Keeping active makes a big difference to your health and helps set up good habits for life - holidays are an ideal time to try something out, learn a new skill or dedicate time to your favourite activity.

Last year, there were many big events across the city and most of you will have been to at least one. There will be loads of opportunities across the city this summer to get involved with different cultural events.

With events and activities happening at youth centres, in local parks, on your streets and in the centre of Hull, you’ll never be far away from something to do.

Head to hull.gov.uk and look for the Change4Life logo on the landing page to find a full list of everything that’s happening in the city, plus links to healthy recipes.

Put on sun cream – it’s recommended to use SPF 30+ and reapply every two hours

Put on a hat – it helps cover your ears, neck and shades your face

Have a drink – stay hydrated with water or low sugar juice

Cover up – protect your arms and legs, and wear sunglasses too

What is turn 2 us and play rangers?

Turn2us is a HeadStart Hull, Big Lottery funded 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 delivered in every secondary school in Hull at lunchtime and is available all summer long alongside the play rangers. So, if you want something to do or someone to listen or support you, pop down to the following:

**Turn 2 us**

**North Hull**

Mondays*  Route One 1-3pm 10-16yrs.
Tuesdays  Astra Youth Centre 12.30-2.30 pm with the Play Rangers  (*except August Bank Holiday)

**West Hull**

See us in local parks alongside the Play Rangers throughout the summer, look out for the turn2us logo and our talking table. Alternatively, you can call Andrew Marvell Youth Centre on 01482 791 226 for dates and times.

**East Hull**

See us in local parks alongside the Play Rangers throughout the summer, look out for the turn2us logo and our talking table. Alternatively, you can call Andrew Marvell Youth Centre on 01482 791 226 for dates and times.

To find out more visit the HeadStart Hull YouTube Channel or howareyoufeeling.org.uk
**Junior Swim Card**

**£12.50**

Our £12.50 Junior Swimming Card allows children to swim at any of our public sessions across the Summer Holidays at any of our Leisure Centres and Pools. Ages 5 to 15. Children under 8 years old must be accompanied by a paying adult.

**AVAILABLE TO PURCHASE AT ANY OF OUR LEISURE CENTRES OR POOLS.**

---

**Get Active**

**Park runs and junior park runs**

**Parkruns are as follows:**
- **Saturday’s 9am**
  - Hull (East Park)
    - www.parkrun.org.uk/hull/
  - Peter Pan (Costello Playing Fields)
    - www.parkrun.org.uk/peterpan/
  - Humber Bridge (Hessle)
    - www.parkrun.org.uk/humberbridge/

**Junior parkruns:**
- **Sunday’s 9am**
  - Alderman Kneeshaw
    - www.parkrun.org.uk/
      - aldermankneeshaw-juniors
  - Peter Pan (Costello Playing Fields)
    - www.parkrun.org.uk/peterpan-juniors/

---

**Street Games**

Try out these fun new ways to play sport with an updated twist, if you are 10yrs and over this is for you.

**Wicketz**

Play this new game at Shelley Avenue Centre, Shelley Avenue all summer on Tuesdays 5-7pm loads of fun and chance to play in competitions.

---

**Sports**

Whether you’re black, white, red or amber there’s plenty to do with our professional clubs community programmes and try their summer camps.

**Tigers Trust**

**PL Kicks (football) 9-19 years:**
- Mondays 7 - 8.30pm
- Fridays 6 - 7.30pm
  - at KCOM Outdoor Pitches
- Fridays 7 - 8.30pm
  - at University of Hull Outdoor 3G

**PL Kicks (multisport)**
- Mondays 6 - 7.30pm Boys 10yrs+, 10yrs+
- Thursdays 4.30 - 6pm 10yrs+
  - at Route One Youth Centre

Tel: 01482 358 371 or visit tigerstrust.co.uk

---

**Futsal**

One of the fastest growing games in the country, football but in overdrive! Define your skills and form a new team. Get down to practice sessions at your local Doorstep Sports Club.

- **Futsal festival**
  - **Wednesday 21 August 4pm - 7pm**
  - at University of Hull,
    - Cottingham Rd, Hull, HU6 7RX.

---

**Pan Active Park runs and junior park runs**

**Tel:** 01482 327 200 or visit hullfc.com

**Hull City A.F.C.**

Tel: 01482 358 371 or visit tigerstrust.co.uk

---

**Try out these fun new ways to play with an updated twist, if you are 10yrs and over this is for you.**

**Wicketz**

Play this new game at Shelley Avenue Centre, Shelley Avenue all summer on Tuesdays 5-7pm loads of fun and chance to play in competitions.

---

**Futsal**

One of the fastest growing games in the country, football but in overdrive! Define your skills and form a new team. Get down to practice sessions at your local Doorstep Sports Club.

- **Futsal festival**
  - **Wednesday 21 August 4pm - 7pm**
  - at University of Hull,
    - Cottingham Rd, Hull, HU6 7RX.

---

**Pan Active Park runs and junior park runs**

**Tel:** 01482 327 200 or visit hullfc.com

**Hull City A.F.C.**

Tel: 01482 358 371 or visit tigerstrust.co.uk

---

**Junior Fishing Pass**

**£12.50**

Our £12.50 Junior Fishing Pass is exclusive to the Summer Holidays and allows children to fish at East Park, Noddle Hill Nature Reserve and Pickering Park. Ages 12 to 16 under 12’s are free but must be accompanied by an adult.

**AVAILABLE TO PURCHASE FROM EAST PARK RECEPTION OR FROM ONE OF OUR PARK RANGERS AT EAST PARK, NODDLE HILL AND PICKERING PARK.**

---

**Fishing throughout the Summer holidays**

**Try out these fun new ways to play with an updated twist, if you are 10yrs and over this is for you.**

---

**For further information please contact Nicola Massingham – nmassingham@activehumber.co.uk or 07860 954342**
Lark in the Parks is back and bigger than ever!

Lark in the Parks is a full programme of activities across the city, in your parks. Play sport, develop your creative talents or just ‘lark’ with friends all summer long! Starting from the beginning of the summer holiday break, it is aimed at the 10-19 yr age group with additional activities for the 5-9 yr olds (parents need to attend these please). It’s free to take part, just turn up.

For further information please contact: Child Dynamix on (01482) 781 121 or 704 474 for Rosmead Playing Fields, East Park, Alderman Kneeshaw Park, Grasby Road Park.
Sportsability on (01482) 223 676 for all other venues.
Scrapstore on (01482) 328 750 for all other sessions (creative art provision).

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 East Hull. Email patriciarimmer@hotmail.co.uk to book a place. Venues to be confirmed including St. Margarets, Longhill (places are limited) £1 per one hour session.

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, find them on Facebook to find out more.

Young Motorcyclists
If you have your provisional licence and would like to get mobile, this could be for you! Free CBT if you attend two or more summer activities you can go into the draw to win one of five free CBT’s. Get trained get safe. To enter, ask your youth group to email dean.davis@hullcc.gov.uk with your name and date of birth (open to 16-19 yrs old inclusive). Draw made Thursday 12 September.

Food
Fancy being the next Jamie Oliver? Why not join in the many cooking activities at your local youth centre or project? See list of centres for details.

Music
Come along to The Warren this summer and extend your musical skills. If you are aged 16 or over, call: (01482) 218 118 or drop in and say hello.

Young Carers
If you care for an adult in your family, there is extra support to help you. Like joining our young carers social session or one to one support or even a small grant!

For more information email micaela.jewitt@hullcc.gov.uk and tell them about what you do or just turn up to one of our social sessions at:

- Tuesdays 6pm - 7.30pm at Ainthorpe Youth Centre, HU5 5EB
- Thursdays 4pm - 5.30pm at Andrew Marvell Youth Centre, Barham Road, HU9 4EE
- Wednesdays 3.30pm - 5.30pm at Route One Youth Centre, Hall Road, HU6 8PP
- Wednesdays 3.30pm - 5.30pm at Astra Youth Centre, HU7 4HQ

Kids and Teenagers Hull Card

Using your Kids and Teenagers (Kat) card you can get around the city to meet your friends and get to some of the many activities, festivals and events throughout the summer. It’s only £10 for 7 days (Stagecoach and East Yorkshire*). For more information please call 01482 222 333 or visit www.hullcard.com
If you are a member of your local youth centre you can get one there.

* bus ID card required
Top dates for your diary – our pick of this summer’s events

Free Swimming and Tennis
These favourite sports are back at the city’s leisure centres throughout summer. Find out where and times at www.hcandl.co.uk

Summer Splash
Wednesday 24 July, 12pm -3pm, East Park. There will be a range of activities for children, young people, and families. Music and DJing, sports, arts and creative activities make for an exciting afternoon.

Costello Summer Family Health and Fun Event
Wednesday 24 July, 11am - 3pm, Costello Stadium. There will be a range of activities for families with under 5s as well as siblings. Create your own pizza or healthy drink on our smoothie bike, Us Mums fit session, soft play and more.

University Ward Beach Day
Friday 26 July, 11am-3pm, King George V Playing Fields (off Cottingham Road). 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.

National Play Day
Wednesday 7 August, 11am-3pm. If you fancy a day out, then why not come to the Play Day event at Queens Gardens. There will be lots to do, from painting, listening to music and trying out one of the many arts activities.

Bransholme Beach Days
Wednesday 7 August, 11am-3pm, North Bransholme Playing Fields and Wednesday 14 August, 11am-3pm, Lambwath Playing Fields. 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.

The Hull Show 2019
Saturday 10th August and Sunday 11 August, 11am -8pm, East Park. Thrilling live entertainment, music and DJing, sports, arts and creative activities make for an exciting afternoon.

Freedom Festival
Wednesday 28 August - Sunday 1 September, Hull City Centre. Back again with an amazing programme of live performances, Freedom Festival is a vibrant celebration which brings together local, national and international artists. A vast array of entertainment for every taste. Book tickets and find out more at www.freedomfestival.co.uk

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

East
Andrew Marvell Youth Centre (01482) 791226
The Hut (01482) 781 121

North
Astra Youth Centre (01482) 310 925
Route One Youth Centre (01482) 491 960
Bridges (01482) 820 454
St Michael’s Youth Project (01482) 805 263

With changeable weather, pick of this summer’s events:
1. Not just sport – find something that suits everyone.
2. Enjoy a healthy holiday with changeable weather.
3. Free Swimming and Tennis at the city’s leisure centres.
4. Summer Splash at East Park.
5. Costello Summer Family Health and Fun Event at Costello Stadium.
10. Freedom Festival at Hull City Centre.

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