

Contact your nearest centre for more info.

North

Lemon Tree Childrens Centre
01482 828 901

Parks Childrens Centre
01482 803 978

Astra Youth Centre
01482 310 925

Route One Youth Centre,
01482 491 960

East

Acorns Childrens Centre
01482 708 953

Little Stars Childrens Centre
01482 790 277

Marfleet Childrens Centre
01482 705 333

Andrew Marvell Youth Centre
01482 799 226

West

Fenchurch Childrens Centre
01482 497 800

Priory Childrens Centre
01482 305 770

Rainbow Childrens Centre
01482 502 466

Kingston Youth Centre
01482 331 238



Hull | 1-3 September | 2017

Friday

La Inédita present Chichamuffin
Feel good with this fusion of music influenced by peruvian, Raggamuffin and Dancehall with subtle touches of Hip-Hop.

Saturday

Southpaw Dance Company present RUSH
RUSH is a critically-acclaimed, large-scale, mass movement dance spectacular, featuring a cast of up to 100 members of the Hull community, performing alongside Southpaw's company dancers, featuring stunning projection mapping by Novak.

All weekend

Magnificent live stage, arts and culture with street performances like Saurus Giant Beasts from Prehistoric Times. With a deafening roar the Saurus charge through crowds, looking for food to calm their hunger. No need to worry though, the huge but playful Saurus are vegetarians... or are they?

Watch our trailers on the website for a taste of what's to come... www.freedomfestival.co.uk/our-story/watch/

SUMMER SEASON

Don't forget it's summer season of our year as UK City of Culture 2017 with events taking place right across the city.

The summer season 'Freedom' runs July – September and is packed full of festivals and events that celebrate Hull's rebellious streak and its freedom of thought.



For details visit: Hull2017.co.uk



Parents of younger children can also talk to the Healthy Lifestyles team about our HENRY parenting courses. Visit www.hullcc.gov.uk and search 'HENRY'.



For lots more activities and things to do, visit www.hullcc.gov.uk/events - and have a great summer!

For children, young people and families

just keep moving

2017



www.hullcc.gov.uk/events



from change 4 life with Disney



2017

childrens centres summer holiday programmes

Your local children's centre provides Summer activity programmes for families with under 5s and siblings. Activities happening this year range from parent and tots dance, rugby tots

and swimming through to learn to cycle balance bikes programmes. Encouraging children to be active at a young age is key to developing their social and

movement skills. All activities are low cost, with some free of charge, contact your local centre for more details about their activity programme.



Interested in developing your cooking skills, making your money go further and helping the family to eat a little bit healthier?

Many of our local children's centres run 4 week long Level 1 Healthy Cooking on a Budget courses for free. Courses will explore a different recipe each week, develop cooking techniques and give you ideas to take home. Another benefit of attending, you can take home the food you prepare each week for tea!

Meal time ideas...

The Smart Recipes app is available for iPad, iPhone or iPod Touch.

Download free from the iTunes App Store.

It's also available for your Android devices.

Download free from Google play.

Swap soft drinks, juice drinks and flavoured milks for water, lower-fat milks, sugar-free, or no-added sugar drinks. Avoid highly caffeinated drinks as they can dehydrate you.

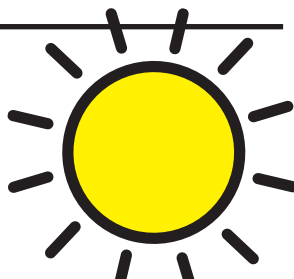


FAB is a free family weight management programme, it supports your family to make small changes to your nutrition and exercise, helping you to lose weight. FAB have free fun activity sessions/ kids clubs running throughout the summer, where your child will learn about healthy eating, cooking and take part in lots of fun activities (kids club aimed at primary school aged pupils).

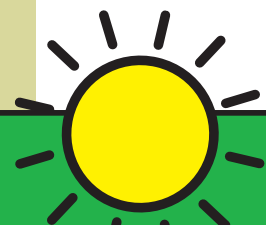
FAB also provide 1:1 support in the home or at your local health centre to families and teenagers with free passes to attend the local leisure centre throughout the summer.

To find out more about our summer time offers please contact the office on 01482 344 042 or email the team on fabhull@ablhealth.co.uk <https://www.facebook.com/FoodActivityBalanceHull/>

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
5. Keep hydrated, drink plenty of water to keep your body working well.



top dates for your diary: our pick of this summer's events



Urban Summer Festival

Wednesday 23 August, Thursday 24 August and Friday 25 August, 10am – 4pm, Hull New Theatre

For 11 – 18 years. FREE.

Be #partof the story and explore the Hull 2017 theme "freedom" using music, visual art, physical theatre and dance. Work together, take part in workshops with professional artists and create a final performance in the brand new theatre!

Please email creativevoice@hullcc.gov.uk to book your place at the Festival. Please attend all three days if possible.

Facebook: [creativevoicehull](https://www.facebook.com/creativevoicehull)
Twitter: [@hushvoicehull](https://twitter.com/hushvoicehull)

Hull Skateboard Festivals FREE

Free to enter with U18s and Over 18 tricks and competitions (U16s must have parental consent)

For more information contact www.activeskateboarding.co.uk 07454 785 661

Saturday 29 July 12-5pm at Shaw Park (HU6 9DA)

Saturday 5 August 12-5pm at Ings Skate Park (HU8 0ST)

Saturday 12 August 12-5pm at North Bransholme Plaza (HU7 5BJ)

Saturday 19 August 12-5pm at West Park Plaza (HU3 6HU)

Summer Splash East Park

Wednesday 26 July 11am - 2pm (Free).

Fun event including sports, art, giant games, jewellery making, splash boat and more...

Try the 2017 challenges in our 2017 tent and find out what else you can do over summer.

Hull Karting Summer Holiday Offer

£5pp off all race events booked in advance for the Summer holidays between 12noon - 5pm on a Mon - Fri from Mon 24 July to Fri 1 Sept.

To get this offer you must like our Facebook page, tag 4 friends in and share a post and then ring up and book your slot before Friday 29 July.

For all bookings please contact us on (01482) 308 740.

Family Fun Event Shaw Park

Thursday 27 July 11am - 2pm (Free)

Fun event for all the family including sports, stalls, face painting and more...

Try the 2017 challenges in our 2017 tent and find out what else you can do over summer.

Tiger Rags Streetlife Museum

See the exhibition of player worn Hull City kits and memorabilia at the museum.

Celebrating how football brings together people from all backgrounds, supporters will be encouraged to share stories of the black and amber!

Former players will describe what wearing club colours meant to them, and workshops will be held for children to design new kits.

The Streetlife Museum is open daily.

Free swimming for 5 - 16 years olds

Free swimming sessions during school holidays with a variety of sessions and times to suit everyone.*

East Hull Pools Tuesdays and Fridays 2.30 – 3.30pm

Albert Avenue Pools Mondays 12.30 – 1.30pm

Beverley Road Baths Mondays and Fridays 2.45 – 3.45pm

Ennerdale Leisure Centre Tuesdays and Thursdays 11.30 – 12.30pm

Beat the crowds and access unlimited swimming for just £10 valid throughout the school holidays *

*(Offer valid for 5 – 16 year olds) 17 July to 1 September 2017

For lots more activities and things to do, visit www.hullcc.gov.uk/events – and have a great summer!

