



## **Summer Holidays 2019 Activities**

**25<sup>th</sup> July- 3<sup>rd</sup> September 2019**

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# Everyday.....

## **NORTH CITY CHILDREN'S CENTRE**

Angel Road, Norwich, NR3 3HR, excluding bank holidays- Booking required, Sensory Room, Self Weigh, Family Support and Advice, Financial Crisis Signposting, Breast Pump Hire, C Card and Sexual Health – Please book at reception 01603 253610

## **WATERLOO PARK – FREE ENTRY**

Norwich City Council 0344 980 3333 [info@norwich.gov.uk](mailto:info@norwich.gov.uk)  
Great family and dog friendly park, Splash pad, Football, Tennis

## **EATON PARK – FREE ENTRY**

<http://friendsofeatonpark.co.uk/> Community centre 01603 504420,  
Norwich City Council 0344 980 3333 [info@norwich.gov.uk](mailto:info@norwich.gov.uk)  
Great family and dog friendly park with 80 acres

## **CASTLE MALL FAMILY FUN – DAILY FREE**

[www.castlemallnorwich.co.uk/fun/](http://www.castlemallnorwich.co.uk/fun/) 01603 766430

Castle mall now hosts a range of free fun activities to keep children entertained, especially good on a rainy day when you need to get out of the house. Click on the web link provided and go to the Tab 'Get Me Out of the Four Walls' for an updated monthly list of kids events. There are free games in Timberhill terrace on Level 4, the Birdie Cage with over 500 origami birds in the conservatory, the Puzzle Room (new) providing space to play puzzles, jigsaws and sudoku on Level 2, the Honesty Library where you can swap, drop and donate books with places to sit and read located on Level 2, the Ping Pong Parlour (opposite muffin break) on level 1 where anyone can drop in and play, there is the Music Lounge on Level 2 where kids can enjoy music in comfort and now a brand new Table Football Lounge (next to poundland) on Level 1.


## **MILLENIUM LIBRARY**


### **SPACE CHASE – THE 2019 SUMMER READING CHALLENGE**


Get reading at your local library.


Celebrate the 50<sup>th</sup> anniversary of the moon landings, and the 20<sup>th</sup> Summer Reading Challenge at your local library. Visit your local library to join up and receive your own collector pack to get reading.

# Week by Week.....

			Thursday 25 <sup>th</sup> July	Friday 26 <sup>th</sup> July	Saturday 27 <sup>th</sup> July	Sunday 28 <sup>th</sup> July
					<p><b>TOTALLY "NORFOLK BROADS" – 11:00am – 16:00pm FREE EVENT</b> Whitlingham Country Park <a href="http://www.whitlinghamcharitabletrust.com">www.whitlinghamcharitabletrust.com</a> Music, food, family activities, displays, crafts, trails, boat trips, water sports, canoeing and more. Bring a picnic and enjoy the day. (Some charges may apply for special activities).</p> <p><b>PARK PEDAL - Every Saturday Morning FREE EVENT</b> Start time 10am-11am; The visitor Barn, Whitlingham Country Park NR14 8TR Register once at <a href="http://www.pedalrevolution.co.uk">www.pedalrevolution.co.uk</a></p>	<p><b>BANDSTAND EVENTS – LIVE FREE MUSIC Eaton Park at 3pm</b> Bring a blanket, bring a picnic, relax and enjoy.</p>

Monday 29 <sup>th</sup> July	Tuesday 30 <sup>th</sup> July	Wednesday 31 <sup>st</sup> July	Thursday 1 <sup>st</sup> August	Friday 2 <sup>nd</sup> August	Saturday 3 <sup>rd</sup> August	Sunday 4 <sup>th</sup> August
<p>Child Health Clinic  <b>CHANGE OF VENUE</b>            Angel Road Infant School, Angel Road, Norwich, NR3 3HR  <b>Reception/Office entrance</b></p> <p>12.30-2pm</p>	<p>North City Children's Centre contactable by telephone today only - 07561180229</p>	<p><b>WEDNESDAYS – FREE EVENTS</b>  <a href="http://www.whitlinghamcharitabletrust.com">www.whitlinghamcharitabletrust.com</a>  <b>2:00pm Discovery Trail</b> - learn how to read a map and follow the discovery trail. All participants receive a prize on completing the course.</p>		<p><b>WATERLOO PARK</b>            3pm by the stage            Norwich City Council School's Out, Free Kids Theatre</p> <p>North City Children's Centre contactable by telephone today only 01603 253610</p>	<p><b>WHITLINGHAM PARK PEDAL - FREE EVENT</b>            Start time 10-11am;            The visitor Barn, Whitlingham Country Park NR14 8TR            Register once at <a href="http://www.pedalrevolution.co.uk">www.pedalrevolution.co.uk</a></p> <p>The Global Big Latch On            Castle Meadow Gardens            Registration from 9am, Latch On at 10.30am</p>	<p><b>BANDSTAND EVENTS – LIVE FREE MUSIC Waterloo Park 3pm</b>            Bring a blanket, bring a picnic, relax and enjoy.</p>

Monday 5 <sup>th</sup> August	Tuesday 6 <sup>th</sup> August	Wednesday 7 <sup>th</sup> August	Thursday 8 <sup>th</sup> August	Friday 9 <sup>th</sup> August	Saturday 10 <sup>th</sup> August	Sunday 11 <sup>th</sup> August
<p><b>BREASTFEEDING MUM MEETS</b> Jemma- Millenium Library, Norwich 10.30am-12pm</p> <p><b>ST CLEMENTS PARK</b> Norwich City Council School's Out, Children's Summer Holiday Play Days</p> <p>11am-2pm Arts, crafts treasure hunt, face paint, head dresses puppet shows, magic shows, circus skills bats and balls.</p> <p>North City Children's Centre contactable by telephone today only 01603 253610</p>	<p>North City Children's Centre contactable by telephone today only 01603 253610</p>	<p><b>MOUSEHOLD</b> Norwich City Council School's Out, Children's Summer Holiday Play Days 11-2pm. Arts, crafts treasure hunt, face paint, head dresses puppet shows, magic shows, circus skills bats and balls.</p> <p><b>WHITLINGHAM WEDNESDAYS – FREE EVENTS</b> www.whitlinghamcharitabletrust.com <b>Aug 7th 2:00pm Discovery Trail</b> - learn how to read a map and follow the discovery trail. All participants receive a prize on completing the course.</p>	<p><b>NORTH CITY CHILDREN'S CENTRE</b> Booking Essential - Stay and Play 'Whatever the Weather' on the reception playground 1-2PM (limited shade available) for 0-5 years. <b>PLEASE BOOK AT RECEPTION</b></p>	<p><b>WATERLOO PARK</b> 3pm by the stage Norwich City Council School's Out, Free Kits Theatre</p> <p><b>WILDLIFE FAMILY LEARNING – 10AM-4PM FREE EVENT</b> The Forum, Millenium Library Norwich <b>Friday August 9th, 30th</b> Drop In sessions Learn how to open a hedgehog café, make a frog and toad abode, make new wildlife friendly plants and grow food for moths.</p>	<p><b>PARK PEDAL - Every Saturday Morning FREE EVENT</b> Start time 10am-11am; The visitor Barn, Whitlingham Country Park NR14 8TR Register once at <a href="http://www.pedalrevolution.co.uk">www.pedalrevolution.co.uk</a></p>	<p><b>BANDSTAND EVENTS – LIVE FREE MUSIC Eaton Park 3pm</b></p> 

Monday 12 <sup>th</sup> August	Tuesday 13 <sup>th</sup> August	Wednesday 14 <sup>th</sup> August	Thursday 15 <sup>th</sup> August	Friday 16 <sup>th</sup> August	Saturday 17 <sup>th</sup> August	Sunday 18 <sup>th</sup> August
<p>Child Health Clinic <b>CHANGE OF VENUE</b> Angel Road Infant School, Angel Road, Norwich, NR3 3HR <b>Reception/Office entrance</b></p> <p>12.30-2pm</p>	<p><b>NORTH CITY CHILDREN'S CENTRE</b> Stay and Play – Booking essential 'Whatever the Weather' on the reception playground 1-2PM (limited shade available) for 0-5 years. <b>PLEASE BOOK AT RECEPTION</b></p> 	<p><b>KETTS CAVE</b> Norwich City Council School's Out, Children's Summer Holiday Play Days 11-2pm. Arts, crafts treasure hunt, face paint, head dresses puppet shows, magic shows, circus skills bats and balls.</p> <p><b>WHITLINGHAM WEDNESDAYS – FREE EVENTS</b> <a href="http://www.whitlinghamcharitabletrust.com">www.whitlinghamcharitabletrust.com</a> <b>2:00 pm Teddy Bear's Picnic</b> - Bring your Bear to Whitlingham for a wild</p>	<p><b>NORTH CITY CHILDREN'S CENTRE</b> Stay and Play – Booking essential 'Whatever the Weather' on the reception playground 1-2PM (limited shade available) for 0-5 years. <b>PLEASE BOOK AT RECEPTION</b></p>	<p><b>WATERLOO PARK</b> 3pm by the stage Norwich City Council School's Out, Free Kits Theatre</p>	<p><b>PARK PEDAL - Every Saturday Morning FREE EVENT</b> Start time 10am-11am; The visitor Barn, Whitlingham Country Park NR14 8TR Register once at <a href="http://www.pedalrevolution.co.uk">www.pedalrevolution.co.uk</a></p>	<p><b>BANDSTAND EVENTS – LIVE FREE MUSIC</b> <b>Chapelfield Gardens 3pm</b></p>

Monday 19 <sup>th</sup> August	Tuesday 20 <sup>th</sup> August	Wednesday 21 <sup>st</sup> August	Thursday 22 <sup>nd</sup> August	Friday 23 <sup>rd</sup> August	Saturday 24 <sup>th</sup> August	Sunday 25 <sup>th</sup> August
<p><b>SEWELL PARK</b> Norwich City Council School's Out, Children's Summer Holiday Play Days 11-2pm. Arts, crafts treasure hunt, face paint, head dresses puppet shows, magic shows, circus skills bats and balls.</p> <p>Child Health Clinic <b>CHANGE OF VENUE</b> Angel Road Infant School, Angel Road, Norwich, NR3 3HR <b>Reception/Office entrance</b></p> <p>12.30-2pm</p>	<p><b>NORTH CITY CHILDREN'S CENTRE</b> Stay and Play – Booking essential 'Whatever the Weather' on the reception playground 1-2PM (limited shade available) for 0-5 years. <b>PLEASE BOOK AT RECEPTION</b></p>	<p><b>WHITLINGHAM WEDNESDAYS – FREE EVENTS</b> www.whitlinghamcharitabletrust.com A family activity day with minibeast hunting, campfire cooking, charcoal burning, bushcraft and other surprises. A great day out for all the family.</p> <p><b>SCHOOL HOLIDAY FUN – Wednesday 21st August 2-3pm FREE EVENT (Ages 4-8)</b> Forum, Millennium Library Norwich Children's Library, ground floor of Norfolk &amp; Norwich Millennium Library – No need to book. Join the Heritage Centre team in the Children's Library for creative, family-friendly activities inspired by rarely-seen items from the</p>	<p><b>WENSUM PARK</b> Norwich City Council School's Out, Children's Summer Holiday Play Days 11-2pm. Arts, crafts treasure hunt, face paint, head dresses puppet shows, magic shows, circus skills bats and balls.</p>	<p><b>WATERLOO PARK</b> 3pm by the stage Norwich City Council School's Out, Free Kits Theatre</p>	<p><b>PARK PEDAL - Every Saturday Morning FREE EVENT</b> Start time 10am-11am; The visitor Barn, Whitlingham Country Park NR14 8TR Register once at <a href="http://www.pedalrevolution.co.uk">www.pedalrevolution.co.uk</a></p>	<p><b>GRAND NORWICH DUCK RACE – Sunday August 25th 11am-3:30pm FREE EVENT</b> Norwich city. Family fun event featuring the annual duck race from St Georges bridge by the Norwich Playhouse to St Fyes Bridge. Loads of activities all day, plus ice cream, cake stalls, face painting and games.</p> <p><b>BANDSTAND EVENTS – LIVE FREE MUSIC Sundays at 3pm August 25th Eaton Park</b></p>




Norfolk Heritage Centre. The theme this month is **Breezy Broads, Whirling Windmills!** The Norfolk Broads have long been a popular holiday destination. Explore the history of this unique landscape and get creative making your own whirling windmill. Suitable for accompanied children aged 4-8 years. **Free, drop-in session.**

**Breastfeeding Mum Meets**

Jemma- Millenium Library, Norwich  
10.30am-12pm





Monday 26 <sup>th</sup> August	Tuesday 27 <sup>th</sup> August	Wednesday 28 <sup>th</sup> August	Thursday 29 <sup>th</sup> Aug	Friday 30 <sup>th</sup> August	Saturday 31 <sup>st</sup> August	Sunday 1 <sup>st</sup> September
<p>Bank Holiday</p> 		<p><b>WHITLINGHAM WEDNESDAYS – FREE EVENTS</b>  www.whitlinghamcharitabletrust.com  <b>Wed Aug 28th</b>  <b>3:00pm Wild Crafts -</b>  Craft activities from natural materials including; leaf print badges, mock bark boxes, cordage making and more.  Age 5+ (No unaccompanied children).</p>		<p>North City Children’s Centre contactable by telephone today only - 07561180229</p>	<p><b>THEATRE ROYAL FAMILY OPEN DAY – Saturday August 31st 10am-4pm – FREE EVENT</b>  01603 630000  Theatre Royal, Norwich  Find out what happens onstage, backstage and behind the scenes, including activities. Great fun for all the family. Free to attend. Drop in at anytime.</p> <p><b>PARK PEDAL - Every Saturday Morning FREE EVENT</b>  Start time 10am-11am; The visitor Barn, Whitlingham Country Park NR14 8TR  Register once at <a href="http://www.pedalrevolution.co.uk">www.pedalrevolution.co.uk</a></p>	

Monday 2nd September	Tuesday 3 <sup>rd</sup> September					
Child Health Clinic <b>CHANGE OF VENUE</b> Angel Road Infant School, Angel Road, Norwich, NR3 3HR <b>Reception/Office            entrance</b>  12.30-2pm						

# Home Activities.....

## **Indoor Treasure Hunt**

This takes some planning but will provide hours of fun for the children and time for you to have a cuppa. Place little clues around the house all leading to the grand treasure at the end of the challenge. Each clue/riddle must be completed in order to find the next one. Not only is this fun for all ages, but it teaches children to work together as a team to find the Treasure.

## **Mini Olympics**

Can be played inside or outside, just make sure to kid proof the area. Set up an obstacle course with any household objects (pillows, boxes, balls) create an egg and spoon race, compete to get the balls in the bucket. A chance to get creative and active and use up some of that extra energy.

## **Origami**

Ideal for kids into arts and crafts, takes some patience, paper and scissors. There are loads of tutorials on YouTube, make it a family event and have a good laugh if it just doesn't turn out quite right.

## **Spaghetti Towers**

Give the kids dry spaghetti and masking tape. The mission? To build towers. The strongest and tallest wins.

## **Cut Out Shops**

Draw and cut out pretend money (or use monopoly money if you have it), cut out pictures of food, toys and clothes from magazines. Get your child to play a shopping game where they buy and sell goods. Not only is this creative but it also teaches kids how to count and share.

## **Hide & Treat**

Hide small treats such as toys or sweets around the house. You could encourage your kids with clues and shout 'getting warmer' when anyone gets close to ramp up the excitement.

## **Junk Modelling**

Empty the recycling box and get creative with tape and scissors. Make space rockets, robots, cars and anything you can think of.

## **Play Do**

DIY Play Do is easy and fun. Check out the 4 minute Play Do recipe on [www.imaginationtree.com](http://www.imaginationtree.com) using household products. This can be stored in an air tight container for up to 6 months.

**Build-A-Fort**

Build a fort using pillows, blankets, boxes, get creative and dress up. Tell stories and put on some fun music. Make your own home videos to watch later.

**Kids Yoga**

Kids yoga is all the rage and it's great to get those muscles moving. Go on YouTube to find family friendly yoga for all ages, find some space and do the class together. Keep it fun and fitness based.

**Board Games**

Always have a stash of jigsaw puzzles, board games and sudoku on hand for the lazy summer rainy days Britain is famous for. Sometimes keeping it simple is the best way.

**Family Home Movie Day**

Make some popcorn, put on the pajamas and put on the family movies. Netflix has tons of kid's choices along with prime video, sky, disney and more.

**Sock Chase**

Hide socks all over the house. Not pairs but single socks. Give each child a single sock each and put on the egg timer, or the timer on your phone which pings every 2 minutes. They must return the pair of socks before the bell sounds. Great use of extra energy.

**Kids Craft: Streamer Rainbows**

Good rainy day activity. Cut paper plates in half and attach strips of coloured tissue paper to the back side. You can use construction paper, crepe paper or whatever you have on hand. Glue cotton balls to the front side to create a cloud – this is much more fun if they shred the cotton balls first before gluing them. Easy peasy bright and cheery which can be hung up in their rooms.

**Geocaching**

Ask your kids if they want to go outdoors for a trek or nature walk and you are met with moans of protest. Introduce them to the fantastic activity of 'Geocaching' and you'll never have a problem pulling them away from the television again! Geocaching is basically a modern-day treasure hunt, that uses a Global Positioning System (GPS) to guide you to the treasure. People all over the world have hidden trinkets and objects at various locations, which you and your child(ren) can go out and find. A perfect way to get you and the kids out and exercising in the fresh-air! [www.geocaching.com](http://www.geocaching.com)

**Gardening**

Give your child their own space in the garden, and teach them how to grow plants, vegetables and flowers. Let them see how things grow and then become food for your table or beautiful flowers to decorate. Seeing the results of their work gives great fulfilment, and they may be more inclined to eat the vegetables/salads they have grown themselves.

Older kids can also help keep the garden mowed and weeded, which are great exercise and perfect for earning some extra pocket money. You can find child gardening sets on amazon.

# *Children Eat Free.....*

**LAS IGUANAS** – One FREE kids meal per/every 1 adult paid meal. Ask about the Kids Eat Free Promotions which they often run. Plus a FREE book with every Kids Meal, there are 2 to collect. (Iggy & Friends)

**BREWERS FAYRE** - Kids Eat Free Breakfast. Buy 1 Adult unlimited breakfast and kids eat FREE. Call for more details. If you are not doing breakfast, Kids main meals start at £3.99 from the regular menu.

\*\*Some locations also offer soft indoor and play zones \*\*

**MORRISONS** – Kids eat FREE from 3pm (OR) Any kids meal + fruit + one drink for £3.00

**PREMIER INN** –Up to 2 Under 16s can eat for FREE when 1 adult orders a full Premier Inn breakfast.

# *Support Services.....*

BEAT (beating eating disorders)	0345 6341414
Change, Grow, Live – Drug and Alcohol Services	03007900227
Citizens Advice Bureau – Benefits, debt, law, immigration	03444 111 444
Credit Union	01603 764904
My Dentist	01603 219024
Emergency Services, Police Ambulance, Fire and Coastguard	999
Family Information Service	0344 800 8020
GP Surgeries—Oak Street	01603 613431
Gurney Surgery	01603 729728
Prospect Medical Practice	01603 488477
Magdalen Medical Practice	01603 475555
Lawson Road Health Centre	01603 427096
Health Visiting Team	0300 300 0123
ICash Clinic (contraceptive and sexual health)	0300 300 30 30
Job Centre	0345 603 3719
Leeway Domestic Violence and Abuse Services	0300 5610077
Nelson’s Journey - bereavement support for children	01603 431788
New Routes – integration & empowering refugees & asylum seekers	01603 662648
Non Emergency Police	101
Norwich City Council - housing	0344 980 3333
NSPCC Anonymous Helpline	0808 800 5000
The National Breastfeeding Helpline	0300 100 0212
The National Careers Service	0800 100 900
The Samaritans	08457 90 90 90
111 Service (non emergency medical advice)	111