



**The Virtual School for Looked After  
and Previously Looked After Children**

# **SUMMER SURVIVAL GUIDE 2019**

A fun filled guide of activities for the whole family from festivals, to workshops, home activities, summer clubs and eating out guides.

## FESTIVALS AND CARNIVALS

### **WORSTEAD FESTIVAL – Friday July 26<sup>th</sup>- Sunday July 28<sup>th</sup>**

[www.worsteadfestival.org/](http://www.worsteadfestival.org/) NR28 9SD

Entrance £6 (cash only), **Under 12s FREE. Parking is FREE.** Dog Friendly.

**Friday 26th July – Road Run & Evening**

**Saturday 27th July – 10am to 6pm**

**Sunday 28th July – 10am to 6pm**

Worstead Festival is a celebration of rural life, farming, and the crafts, produce and heritage of Worstead and North Norfolk. Alongside stalls, street food and bars, the festival showcases farming and rural attractions including sheep shearing, alpacas, heavy horses, birds of prey, a sheepdog display as well as the return of the very popular terrier racing (open to all – bring your dog!). There will be vintage tractors, military vehicles and classic cars.

### **WELLS CARNIVAL – Wells-Next-The-Sea – Friday July 26<sup>th</sup>-Sunday 4<sup>th</sup> August**

[www.wellscarnival.co.uk](http://www.wellscarnival.co.uk) check website for parking info. Most activities **FREE.**

**Live Music Events** – During the week the committee organise approx 6 evenings of live music at different venues around the town. Past events have included a Wild West evening, a Beach Party, Classical Music and various Tribute Groups. Check website for updates.

**Food & Craft Day** – held on the Buttlands and is a summer fair packed with stalls offering food from around the world and closer to home, plus crafts and entertainment.

**Sandcastle & Sand Sculpture Competition** – Taking place on Wells Beach, this event is very much dependant on the tides and is open to all ages.

**Teddy Bears Picnic** – For the under 6's – bring a picnic, a teddy or a special toy and a grown-up and follow the trail through the woods to the clearing. Set out your picnic and enjoy the entertainment.

**Gillying Competition** – Taking place by the Harbour Office, use your skills with a crab line and bait to see how many gillys (crabs) you can catch in a given time.

**Carnival Day & Evening** – The 2nd Saturday of Carnival week brings Carnival Day itself. The event takes place on the Buttlands and includes stalls, entertainment, fancy dress competitions along with the famous Carnival Parade around the town. There is then live musical entertainment in the evening bringing the day to a close.

Some of the other events throughout the week will include: Bingo, Craft Fairs, Carnival Bike Ride, Children's Painting Competition and Classical Music on the Buttlands.

All the events during Carnival week are either free of charge or of minimal cost to cover expenses.

**HOLT FESTIVAL – Sunday July 21<sup>st</sup> – Saturday July 27<sup>th</sup>**

[www.holtfestival.org/](http://www.holtfestival.org/) 01603 598699 Mix of Free and Paid events.

**FREE Events:**

**Children's Storytelling with Amy Finegan - Monday 22<sup>nd</sup> - Saturday 27<sup>th</sup>**

The Holt Bookshop - Every morning 10am-10.30am

With pitch-perfect delivery to entrance the young, the delightful Amy is back to entertain the under 7s with stories, games and songs.

**Town Picnic + Street Party – Sunday July 21<sup>st</sup> 12noon – 6pm**

From mid-day in Holt there will be street food, a Norfolk produce market, live music and all sorts of entertainment. From 3pm bring your picnics to Gresham's Pre-Prep Field where lots of amazing things will be happening. Check website for more updates.

**Circus in a Day! With Lost in Translation - Thursday 25<sup>th</sup>**

Gresham's Pre-Prep

9.30am-11am Ages 6-8

11.30am-1pm Ages 9-12

1.15pm-2.45pm Joint rehearsal

3.00pm Performance

Join the circus for a day with juggling, hula hoop and acro-balance culminating in a performance with make-up and costumes which will astound your family. Workshop places are limited and must be booked by emailing [children@holtfestival.org](mailto:children@holtfestival.org)

Children under 8 must be accompanied by an adult. Please bring your own refreshments.

**(( On Pa )) Workshop + Performance - Friday 26<sup>th</sup>**

Holt Community Centre Ages 3-10

10.30am-11am Workshop

11am-11.20am Break

11.20am-12.00noon Performance

(( On Pa )) means sound wave in Japanese. Join Japanese musician and inventor ICHI and English folk artist Rachael Dadd for a joyful and exploratory celebration of sounds using everything from water, paper, books, balloons, cooking utensils, steel drums, banjo, clarinet and instruments made from all sorts of found objects. With live projected drawings, this is an experience to be shared and enjoyed by all. Workshop places are limited and must be booked by emailing [children@holtfestival.org](mailto:children@holtfestival.org) Children under 8 must be accompanied by an adult. Please bring your own refreshments.

**Clap, Tap + Stomp! With Old Kent Road - Friday 26<sup>th</sup>**

Auden Theatre

4pm-5pm Ages 8-16

Here's your chance to have a go at body percussion on the stage of the Auden Theatre with the amazing Avalon Rathgeb, Founder and Artistic Director of Old Kent Road and choreographer of OSCILLATE along with Dre Torres who is also amazing and co-choreographed OSCILLATE.

No special shoes or equipment required. Workshop places are limited and must be booked by emailing [children@holtfestival.org](mailto:children@holtfestival.org) Children under 8 must be accompanied by an adult. Please bring your own refreshments.

**BANHAMFEST – [www.uesticketbookings.co.uk](http://www.uesticketbookings.co.uk) PAID EVENT**

The Appleyard, Kenninghall Rd, Banham NR16 2HE

**Friday July 26<sup>th</sup>** 5pm-11pm,

**Saturday July 27<sup>th</sup>** 11am-11pm,

**Sunday July 28<sup>th</sup>** 12pm-7pm

Banhamfest is a new family festival, developing the spirit felt at the early days of Latitude, Wilderness and Harvest and a great way to kick off the summer.

Music is at the heart of the event. A mix of international and local artists, and a platform for rising stars through BBC Introducing.

The Friday headliner is Beans on Toast, Saturday headline artists are Hayseed Dixie, with Jack and Tim playing an early evening session . BBC Norfolk's Gary Standley will be curating the BBC Introducing sessions on Sunday.

Plenty of things for young people to do including the Forest school, Banham zoo pop-up, Bamboozled escape room. There is a relaxation zone, throughout the festival and a mass yoga session on Sunday morning.

A safe environment for children to run around late into the evening.

Food from around the world will be offered from a host of street food vendors. Best of local beers, ciders and soft drinks for the thirsty people. Camping is available at Applewood Countryside Park.

The event will be supporting Action for Hearing Loss, Friends of Banham Primary School, Let's Do it Anyway, Nature & Nurture, Nelson's Journey.

Please visit <https://www.banhamfest.co.uk/> for more info and pricing.

**AESTIVAL 2019 SUMMER FAIR – Sunday 28<sup>th</sup> July 10am-4pm**

<https://www.eventbrite.co.uk/e/aestival-2019-summer-fair-tickets-61254810788>

Raveningham Nr Loddon, NR14 6NR

Entry to gate is **FREE to 12 and Unders**, CPRE members, driver only of Vintage/Classic Car for display, for everyone after 3:30pm OR Entry is £5 p/person

Called 'AESTIVAL' to conjure up the spirit of Summer, this will be a joint fundraising fair with the Norfolk Historic Buildings Trust and once again the day will be about showcasing the best of Norfolk, as part of #NorfolkDay weekend, as well as celebrating our beautiful natural and built environment.

Enjoy loads of food and drink stalls including street food, ice cream and more. Wildcraft brewery bar and BBQ for meat eaters and vegetarians, the raveningham café with indoor and outdoor seating. Loads of live music, tours of the famous gardens with Sir Nicholas Bacon. Bring along your antiques/collectibles to be valued by experts. Folk dancers, companion dog show, archery, art installations, loads of family friendly activities to entertain the kids, arts and crafts and a classic vintage/classic car display. this

**GORLESTON CLIFFTOP FESTIVAL – Saturday July 27<sup>th</sup> – Sunday July 28<sup>th</sup> Free Entry**

<https://www.great-yarmouth.co.uk/Gorleston-on-Sea-Gorleston-Cliff-top-Festival>

Gorleston Cliff Top Festival makes its 22nd annual return to the town's seafront in July 2019. Since 1998, Gorleston in Gear have proudly organised this event which has grown considerably over the last few years, to what is now known as the 'mile-long summer attraction'. You can expect a huge variety of entertainment, stalls, fun fair, live music, sports and more! Enjoy the firework finale on the Sunday evening at 10pm.

**WILDFEST COSTESSEY – Saturday August 3<sup>rd</sup> FREE before 5pm, £5.00**

Contact for location details and parking 01603 278054 [office@wildcraftbrewery.co.uk](mailto:office@wildcraftbrewery.co.uk)

WildFest Costessey will be a mixture of live music, street food, loads of beer, fully stocked bars, Norfolk produce, a battle of the bands, kid's entertainment, inflatables and more!!

The day will comprise of family fun with kid's entertainments, inflatables and more

The evening is bands, bars and dancing!

More details including stalls, entertainment and bands coming soon!!

Tickets are for those attending evening session ONLY! Arrive before 5 and get in **free**.

We have a dedicated field for fans of VW!! Bring yours to show off and get free camping for the night so you can enjoy the bars with no worries!

**SHERINGHAM CARNIVAL WEEK – Saturday August 3<sup>rd</sup> – Sunday August 11<sup>th</sup> FREE EVENT**

<http://sheringhamcarnival.com/event/carnival-week-2019/>

<https://www.facebook.com/SheringhamCarnival>

Check the face book page for up to date events, info and times.

The week includes competitions, live events, entertainment.

**Parade Day and Family Fayre – Wednesday August 7<sup>th</sup>**

On Wednesday 7<sup>th</sup> August, throughout the day,

The Carnival Family Fayre. Entertainment for the whole family. Live music, children's entertainers, street performers, family activities, Small fairground rides, face painting, balloon modelling, sand art, games, competitions and for the adults, a Craft Fair, showcasing the best of locally produced arts and crafts. There is also an opportunity to find out about and support local good causes and charities and find out ways in which you can help to protect our environment. Situated on the seafront, from Gun Street down to the Seawall, Chequers Car Park (closed to traffic) Along the seafront and throughout Lifeboat Plain.

**THE GUNTON FESTIVAL OF FOOD AND MUSIC – Saturday August 3<sup>rd</sup> Starts at 12:00**

[www.theguntonarms.co.uk](http://www.theguntonarms.co.uk) for tickets and more information. Prices from £27.50

The Gunton Festival of Food & Music is a glorious celebration of The Gunton Arms holy trinity - Food, music and drink. The festival was launched in 2017 and sold out three months in advance as did last year. Described by The Independent as a Rock & Roll Hunting Lodge. The Gunton Arms is located in the beautiful deer park which surrounds Gunton Hall near Cromer in North Norfolk. (Gets sold out every year)

**SANDRINGHAM FOOD AND DRINK FESTIVAL – Saturday August 3rd – Sunday August 4th**

Sandringham Estate, Sandringham PE35 6EN **\*\*ticket sales end august 1st\*\***

Tickets £3 Children (5-15), Adults £9.00, Family (2 adults + up to 3 children) £24.00

**[www.sandringhamfoodanddrinkfestival.co.uk](http://www.sandringhamfoodanddrinkfestival.co.uk)** 01283 820548

Sandringham Food and Drink Festival is a collection of the very best in street foods and retail accompanied with a craft village bringing to you a mix of quality artists, designers and craftsmen demonstrating their skills.

The main stage at the Sandringham Food Festival, is where you will find celebrity chefs with cookery demonstrations, hosted by Mark Lloyd, plus the Food Roadshow stage, where we have a further line-up of both national and local chefs for you to watch, enjoy and learn from.

Live music will play throughout the day on the designated music stage. The piazza area is where you can relax and buy food from around the world, or from local producers around the corner, try some of the real ales from the Real Ale Marquee, with a large variety of local breweries from the East Anglian area.

There is family entertainment, with workshops for all ages, the infamous Bushtucker Challenge, and for the young (and the young and heart) we also have Puppet shows, as well as other children's amusements for a great day out.

**CROMER CARNIVAL - Saturday August 17th – Friday August 23rd Free event**

[www.cromercarnival.co.uk](http://www.cromercarnival.co.uk) Check website for events and information.

**Carnival Day Parade - Wednesday August 21st 7:00pm**

Through the Town via Runton Road, Prince of Wales Road, Hamilton Road, Church Street, Mount Street, Loudon Road, West Street, Beach Road and returning to Runton Rd car park.

**Carnival Thursday – Thursday August 22nd 5:30pm – 21:15pm**

(event information on website) Fun Run, Illuminated Procession, Tug of War competition, Cromer Fire and Rescue Display, Live Music, ending with grand Fireworks Display on Carnival Field, Runton Road

**HUNSTANTON KITE FESTIVAL & CLASSIC CAR RALLY – Sunday August 18th 11:00-18:00**

Smithdon High School, Hunstanton, Downs Road PE36 5HY 07720 775435

[nigel.corley@btconnect.com](mailto:nigel.corley@btconnect.com) contact for more details.

[www.hunstantonkitefestival.co.uk](http://www.hunstantonkitefestival.co.uk)

Hunstanton Kite Festival is a long-running annual event held each August.

The festival typically has numerous kite displays, around 250 classic cars and motorcycles, a funfair, children's entertainers, a falconry display, craft fair, dog show, a food hall, pony rides, martial arts and stalls. The event is organised by Hunstanton Rotary Club with proceeds to Norfolk Hospice.

## **ALL ABOUT DOGS – August 25<sup>th</sup>-26<sup>th</sup>**

[www.allaboutdogsshow.co.uk](http://www.allaboutdogsshow.co.uk) 01702 549623; Book tickets online £6.50

Bring your dogs for a fun packed 2 day event which includes expert advice, shopping stalls and loads of activities. See website for up to date details. You can bring along your furry friend, and you can enjoy the event if you don't have a dog.

## **PLANNED DAYS OUT**

### **THE HARLEY DAVIDSON RIDE IN – Sat July 27<sup>th</sup> 12:00-15:00 – Sheringham – FREE EVENT**

As part of the Sheringham Carnival, hundreds of Harley Davidson Motorbikes, of every model and vintage, ride into Sheringham having travelled down the coast road from their overnight stop in Fakenham. They roar around the roundabout, down Station Road, the High Street and the Seafront, then we park them up, until most of the town centre is full of them. Probably the most Harley Davidson motorbikes all in one place that you are ever likely to see. They stay for about three hours so you can admire them. Then, on the dot of 3pm, they all jump back on their bikes, start them up and ride out on convoy. It is one of the loudest, most exciting things you can imagine! Ear plugs recommended for the faint hearted!

### **TOTALLY “NORFOLK BROADS” – Sat July 27<sup>th</sup> 11:00am – 16:00pm FREE EVENT**

Whitlingham Country Park [www.whitlinghamcharitabletrust.com](http://www.whitlinghamcharitabletrust.com)

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).

### **MOLE & GECKO: THE SHOW (age 5+)**

£5 p/ticket or £10 for an adult and 2 children

Book at your local library

**July 31<sup>st</sup> 11am** Gorleston Library

**July 31<sup>st</sup> 4pm** Acle Library

**August 1<sup>st</sup> 11am** Wymondham Library

**August 1<sup>st</sup> 4pm** Millennium Library

Mole and Gecko is an interactive rap musical that you (the audience) help create. There are live songs, rap stories, instant poems and a weasel with a serious biscuit problem. Join our unlikely pair as they discover that what they thought they were searching for might be less important than what they find along the way.

## **WHITLINGHAM WEDNESDAYS – FREE EVENTS**

[www.whitlinghamcharitabletrust.com](http://www.whitlinghamcharitabletrust.com)

**Wed July 31<sup>st</sup> and Aug 7<sup>th</sup> 2:00pm Discovery Trail** - learn how to read a map and follow the discovery trail. All participants receive a prize on completing the course.

**Wed Aug 4<sup>th</sup> 2:00 pm Teddy Bear's Picnic** - Bring your Bear to Whitlingham for a wild day out! Enjoy plenty of fun at the legendary Teddy Bears Picnic, including children's crafts, activities and a Teddy Bear trail. Dare your Bear to brave the zip wire!

**Wed Aug 21<sup>st</sup> 3:00pm Woodland Wonders** - A family activity day with minibeast hunting, campfire cooking, charcoal burning, bushcraft and other surprises. A great day out for all the family.

**Wed Aug 28<sup>th</sup> 3:00pm Wild Crafts** - Craft activities from natural materials including; leaf print badges, mock bark boxes, cordage making and more. Age 5+ (No unaccompanied children).

## **HOLKHAM OUTDOOR THEATRE – Wednesday Evenings**

[www.holkham.co.uk/events/theatre](http://www.holkham.co.uk/events/theatre) 01328 713111

Adults £14, Child £10, Family (2 + 2) £43 (call or book tickets online)

Holkham walled garden will once again become the backdrop to an exciting and eclectic array of theatrical performances. We welcome you, your picnics, blankets, family and friends to sit back, relax and be enthralled and captivated by this year's fantastic line up from some brilliant theatre companies from around the UK.

Romeo & Juliet – **Wed July 31<sup>st</sup> 6:15pm**

The Jungle Book – **Wed Aug 7<sup>th</sup> 6:15pm**

Legend of King Arthur – **Wed Aug 14<sup>th</sup> 6:15pm**

Gangtsa Granny – David Walliams best seller adapted for the stage – **Wed Aug 21<sup>st</sup> 5:45pm**

Midsummer Nights Dream – **Wed Aug 28<sup>th</sup> 6:30pm**

## **ROMANS & CELTS – LYNN MUSEUM FAMILY EVENT DAY Thursday August 1<sup>st</sup> 10am-1pm**

Market St, Kings Lynn PE30 1NL 01553 775001

A day all about the romans and celts. Enjoy crafts, object handling and other activities. All included with price of admission.

Adult £4.70, Children under 18 £4.00, Family (1 adult + children) £12.40,

Family (2 adults + children) £16.55

## **CRAFTY CROMER: EASY EXCAVATIONS – Thursday August 1<sup>st</sup> 11am-4pm**

01263 513543 Cromer Museum [www.cromer.museum@norfolk.gov.uk](mailto:www.cromer.museum@norfolk.gov.uk)

Price included in museum admission

Adult £4.10, Child 94-18) £3.50, Family (1 adult) £10.85, Family (2 adults) £14.45

Create your dream dinosaur discovery with this great family activity as well as learn how real palaeologists and archaeologists dig for finds.



**WILD EXPLORERS – Saturday August 3<sup>rd</sup> 10:30-12noon**

<http://bit.ly/WildExplorers> use link to book tickets for the is event.

RSPB Strumpshaw Fen, Low Road, Strumpshaw, Norwich

£11 per session, Siblings £7.50, pre walkers free when accompanied by an older sibling.

RSPB Members: £9 per session, Siblings £6 **BOOKING ESSENTIAL**

Calling all adventurers who like exploring in nature! Join our forest school leader for our family stay and play session. Enjoy nature together and feel more connected to the wild through den building, seasonal nature activities, campfire cooking and much more. Make new friends and explore together in the safety of RSPB Strumpshaw Fen woods.

**HICCUP THE VIKING – NORWICH CASTLE MUSEUM & ART GALLERY 11:30am, 1pm, 2:30pm**

Family event [www.museums.norfolk.gov.uk](http://www.museums.norfolk.gov.uk) 01603 493625

**Saturday August 3, Thursday August 15<sup>th</sup>, Thursday August 22<sup>nd</sup>**

Exciting school holiday programme 'The Legend Returns!' See Hiccup the Viking and his friend Fish Legs brought to life in this fantastic family drama, inspired by Cressida Cowell's book 'How to Train Your Dragon'. Book on arrival.

Prices included with museum admission. Adult £9.90, Children £8.50

Family (1 adult) £26.10, Family (2 adults) £34.85

**MARVELOUS MOTHS AT RSPB STRUMPSHAW FEN - Saturday August 10<sup>th</sup> 8am-9:30am**

01603 715191 [strumpshaw@rspb.org.uk](mailto:strumpshaw@rspb.org.uk) **NR13 4HS**

Booking essential.

Adult member £6 / non member £8; Child member £3 / non member £4

Discover the wonderful world of moths, inspect the previous night's catch in the light trap and help with identification and recording. Excellent photographic opportunities and the chance to see some of the rarer fen species.

Suitable for adults and older children.

Booking is essential - book via Eventbrite <http://bit.ly/MarvellousMoths>

**WILDLIFE FAMILY LEARNING – 10AM-4PM FREE EVENT**

The Forum, Millenium Library Norwich

**Friday August 9<sup>th</sup>, 30<sup>th</sup>** 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.

**CROMER SOAPBOX DERBY – Sunday August 11<sup>th</sup> 11:30-16:00 FREE ADMISSION**

Beach Road Cromer NR27 9

Scrutineering from 11.30am, Racing from 1.00pm

Course A149 (Runton Road) - Beach Road to Morrison's Petrol Station

**Classes:**

Junior - 10 to 15 years, Junior - 16 to 18 years, Adults - 18 years and over

**Prizes:**

Concourse de Elegance for each class, Fastest driver for each class

Full details, including Race Rules and Application Form, can be downloaded from the Entry Forms page of the website at [www.cromercarnival.co.uk](http://www.cromercarnival.co.uk)

COMPLETED APPLICATION FORMS MUST BE RETURNED TO Cromer Soapbox Derby, CTIS Ltd, 22 Holt Road, Cromer, Norfolk, NR27 9JW by Saturday 3rd August 2019.

**NO CRASH HELMET, NO RACE!** All carts must pass scrutineering, before being given a race number. For further information or advice, please e-mail Bruce at [cromersoapboxderby@gmail.com](mailto:cromersoapboxderby@gmail.com)

**DRAGONFLY & BUTTERFLY SAFARI AT RSPB STRUMPSHAW FEN – Sat Aug 17<sup>th</sup> 1pm-4pm**

01603 715191 [strumpshaw@rspb.org.uk](mailto:strumpshaw@rspb.org.uk) NR13 4HS

Adult member £8 / non member £10; Child member £4 / non member £5 Booking essential.

Be guided by local butterfly expert and county recorder, Andy Brazil, for an up-close look at the many species of dragonfly and butterfly around the reed beds, meadows and marshes of RSPB Strumpshaw Fen. A glorious laid-back meander through these very special habitats - ideal for photography. Suitable for adults and older children. Booking is essential as limited spaces - book via Eventbrite <http://bit.ly/DragonflyButterflySafari>

**CRABBY at THE THEATRE ROYAL- Saturday August 17<sup>th</sup> 10:30 and 2:30pm (Age 0-7)**

Theatre Royal, Norwich £10 p/adult, £6 per child, Located on Stage 2; 01603 630000

<https://secure.theatreroyalnorwich.co.uk/Online/default.asp>

A snappy tale of grumpy feelings and what to do about them. Experience the sights, sounds, smells and characters of the Edwardian seaside in this musical, multi-sensory, interactive show from award winning company, Collar & Cuffs Co. when Crabby – a little hermit crab – emerges after a mighty storm, she finds her beloved shell home is broken. Setting off along the sea shore to find a new one, she soon discovers it's not easy getting what you want if you're a bit crabby. Co-produced with an early years SEN consultant, this production helps children and their grown ups explore tantrums, tempers and frustration through water play.

**50 minute show (allows time to play together after the show)**

**THE WILDCATS – AEROBATIC DISPLAY TEAM - Tuesday August 20<sup>th</sup> 11:00am FREE EVENT**

Part of Cromer Festival- This amazing air entertainment is provided by Wildcat Aerobatics who are East Anglia's premier formation, aerobatic display team.

A local display team from Old Buckenham, who will thrill you with their skill and daring!

Visit their website at: [www.wildcataerobatics.com](http://www.wildcataerobatics.com) and follow them on Facebook at Wildcat Aerobatics.

**SCHOOL HOLIDAY FUN – Wednesday 21<sup>st</sup> August 2-3pm FREE EVENT (Ages 4-8)**

Forum, Millennium Library Norwich

Children's Library, ground floor of Norfolk & 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 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.**

**GRAND NORWICH DUCK RACE – Sunday August 25<sup>th</sup> 11am- 3:30pm FREE EVENT**

Norwich city. Family fun event featuring the annual duck race from St Georges bridge by the Norwich Playhouse to St Fyves Bridge. Loads of activities all day, plus ice cream, cake stalls, face painting and games.

**THEATRE ROYAL FAMILY OPEN DAY – Saturday August 31<sup>st</sup> 10am-4pm – FREE EVENT**

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.

**PARK DISCOVERY DAYS – POND DIPPING -10am-11am, 11am-12noon, 1pm-2pm, 2pm-3pm**

**Mondays 29th July, August 5th, 12th, 19th and 26th**

**Tuesdays 30th July, August 6th, 13th, 20th and 27th**

[www.holkham.co.uk](http://www.holkham.co.uk) 01328 713111

Tickets: £3 p/child (3+) per session, accompanying adult is free.

Children 2 and under are free.

No need to book, drop in and pay. Car parking charges apply.

Join us for an hour as we grab our fishing nets and have a go at pond dipping to discover what lies beneath the water in Holkham lake. The team will be on hand with expert knowledge on identifying your catch!

**FIELD TO FORK TRACTOR TRAILER TOUR – 11am, 12noon, 1:30PM, 2:30PM, 3:30PM**

**Thursday 25th July - Saturday 16th August**

**Monday 18th to Friday 30th August**

[www.holkham.co.uk](http://www.holkham.co.uk) 01328 713111, Tickets: £5 per adult, £2.50 p/child (2+)

Hop aboard a fascinating tractor trailer tour after a visit to The [Field to Fork Experience](#) (must purchase tickets for this separately) to see exactly where your food comes from. Travel back in time as we visit the Great Barn and fast forward to the present day and discover the conservation work we undertake, the variety of crops that are grown in Holkham park, the livestock that we keep and how these change through the seasons. **HALF PRICE entry to The Field to Fork Experience** when you book this tractor trailer tour. Tickets for Field to Fork are available from our ticket office.

**TEDDY BEARS PICNIC – NORTH NORFOLK RAILWAY FAMILY EVENT – (£2.00)**

**Wednesday August 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>** [www.nnrailway.co.uk](http://www.nnrailway.co.uk)

Teddy Bears £2, Children Free

Bring a picnic and a cuddly friend to Weybourne Station. The day includes music, fun and meet and greet with Daisy Bear

**BANDSTAND EVENTS – LIVE FREE MUSIC Sundays at 3pm**

Bring a blanket, bring a picnic, relax and enjoy.

**July 28<sup>th</sup>** Eaton Park

**August 4<sup>th</sup>** Waterloo Park

**August 11<sup>th</sup>** Eaton Park

**August 18<sup>th</sup>** Chapelfield Gardens

**August 25<sup>th</sup>** Eaton Park

**WHITLINGHAM BAT & BOAT TRIP – Wednesday August 28<sup>th</sup> 8pm-10pm**

[www.whitlinghamcharitabletrust.com](http://www.whitlinghamcharitabletrust.com)

£12 per adult, £10 per child (under 16). Parking charges apply.

There will be a chance to see bats up close, in the hands of experts and to take a boat trip across the Broad. We hope that you will see bats flying and hear their mysterious calls, as well as identify different bat species. We will be going for a gentle walk and then we will board a boat in low light conditions. A torch and sturdy shoes are required. Age 8+ (no unaccompanied children).

**WROXHAM BARNES SUMMER FUN – July 25<sup>th</sup> – Sept 3<sup>rd</sup> 10am-5pm Monday-Sunday**

[www.wroxhambarns.co.uk](http://www.wroxhambarns.co.uk) NR12 8QU; 01603 783762

Free Parking. No entrance fee. Pay for activities separately.

Junior Farm - General Admission £7.95, Over 5s £5.95, Under 2s Free

Mini Golf - Children Under 5 £3.00, Children Under 16 + Seniors £3.90, Adults £4.50

Family Pass (2 adults + 2 children) £14

Fun Park, Junior Farm, free playground in picnic area.

## **WILD FRIDAYS AT RSPB STRUMPSHAW FEN – Every Friday 10am-5pm**

RSPB Strumpshaw Fen, Low Rd, Tunstall, Norwich NR13 4HS; 01603 715191

Fun-packed Fridays every week at Strumpshaw Fun. There's something for everyone including bug hunting, pond dipping, shelter building, wild art and games. This is a drop-in summer holiday event. Why not bring a picnic?

No need to book this is a drop in event that is running every day of the summer holidays.

### **Normal Reserve Prices Apply:**

RSPB members free

Adults £3.50

Concessions £2.50,

Children (5-17years) £1.50.

One child per family goes free

To keep up-to-date with where the RSPB's new nature activities will be taking place this summer, please visit [www.rspb.org.uk/wildparks](http://www.rspb.org.uk/wildparks) or 'like' the [RSPBNorfolk](https://www.facebook.com/RSPBNorfolk) Facebook page.

## **SUMMER WORKSHOPS / CLUBS**

### **CUPCAKE WORKSHOP – Tuesday July 30<sup>th</sup> 10:30am-1pm**

Cringleford Primary School 07973 724870

Age range: 5-11 year olds

£25per child including all ingredients, packaging and wipe down recipe cards.

Booking is now open online:

<https://kiddycooknorwich.class4kids.co.uk/info/9>

To ask a question or find out more email [norwich@kiddycook.co.uk](mailto:norwich@kiddycook.co.uk) or call 07973 724870

You are invited to join us for our "Cupcake" workshop.

We will be making some delicious cupcakes and then show you how to get creative with your decorations to make your cakes super tasty and looking fabulous. Kiddy Cook workshops, for 5-11 year olds, are more than about just cooking. As well as making yummy dishes, we do experiments (lots of fizz, bangs and pops), learn about ingredients, the traditions behind food and encourage healthy and varied eating. All children leave every session with the food they have made and a recipe card to cook their tasty treats again at home. They get a great sense of achievement sharing their creations with family and friends.

**VIVA L'ITALIA COOKING WORKSHOP – Tuesday July 30<sup>th</sup> 10:30-1pm**

Cringleford Primary School 07973 724870

Age range: 5-11 year olds

£25per child including all ingredients, packaging and wipe down recipe cards.

Booking is now open online:

<https://kiddycooknorwich.class4kids.co.uk/info/9>

To ask a question or find out more email [norwich@kiddycook.co.uk](mailto:norwich@kiddycook.co.uk) or call 07973 724870

We're heading off to sunny Italy to explore some great recipes.

You'll make 3 dishes to take home and a drink to enjoy in the class.

Kiddy Cook workshops, for 5-11 year olds, are more than about just cooking. As well as making yummy dishes, we do experiments (lots of fizz, bangs and pops), learn about ingredients, the traditions behind food and encourage healthy and varied eating. All children leave every session with the food they have made and a recipe card to cook their tasty treats again at home. They get a great sense of achievement sharing their creations with family and friends.

**STORIES IN THE SPOTLIGHT: A CREATIVE WRITING WORKSHOP FOR YOUNG PEOPLE - FREE**

**(Ages 8-14) Thursday August 1<sup>st</sup> 11am-1pm** The Forum Millenium Library, Norwich

**Booking is essential** [heritagecentre@norfolk.gov.uk](mailto:heritagecentre@norfolk.gov.uk) 01603 774740

Join children's author and storyteller Isabelle King for this practical creative writing workshop and see how prints, posters and other archive items relating to theatre and performance in Norfolk can inspire the imagination.

Suitable for unaccompanied children aged 8-14. Free, but booking essential.

**ROCKET MAKING WORKSHOP – (Age 5-11) FREE EVENT**

With the Norwich Astronomical Society, Book at your local library

**August 7<sup>th</sup> 3:30pm** Plumstead Road Library

**August 9<sup>th</sup> 2pm** Sprowston Library

**August 13<sup>TH</sup> 10:30am** Millenium Library

**SPACE CRAFTING – (Age 5-11) FREE EVENT**

Book at your local library.

**July 31<sup>st</sup> 10:30 am** Watton library

**August 7<sup>th</sup> 10:30 am** Attleborough Library

**August 14<sup>th</sup> 10:30am** Downham Market Library

Breckland Astronomical Society will be space crafting and sharing fascinating facts, photos and stargazing equipment that is out of this world.

**WHIZZ BANG SCIENCE SHOW – (Age 4-11) £3 p/child**

Book at your library.

**July 30<sup>th</sup> 2:30pm** Earlham Library

**July 30<sup>th</sup> 11am** Poringland Library

**July 31<sup>st</sup> 2pm** Cromer Library

**August 3<sup>rd</sup> 2pm** Thetford Library

**August 6<sup>th</sup> 2;30pm** Aylsham Library

**August 6<sup>th</sup> 11am** Millennium library

Join the Mad Scientists from [Mad Science Norfolk](#) for a one hour Whizz Bang Science Show. Amongst many brilliant experiments all children will try out amazing light bending glasses and uncover all the hidden colours of the rainbow. Brave volunteers will have a hair-raising experience on the Van De Graaff Generator and shoot lightning between their fingertips. Even braver volunteers can have their bogies burnt!

**TIME TO WRITE: CREATIVE WRITING WORKSHOP – FREE EVENT Please book in advance**

**(Age 11-13) Thursday August 1<sup>st</sup> OR Thursday August 15<sup>th</sup> 10-11:30am**

**(Age 14-17) Friday August 2<sup>nd</sup> OR Friday August 16<sup>th</sup> 12-1:30pm**

[www.nationalcentreforcreativewriting.org.uk](http://www.nationalcentreforcreativewriting.org.uk) National Centre for Writing, Dragon Hall

This two-hour workshop offers young people the time to explore their writing skills through fun, engaging prompts and activities – whether it's poetry, prose or any other kind of writing they wish to develop! They will then have some uninterrupted time to get words onto the page with the support of an experienced tutor, plus the opportunity to share their work with the group.

**FOREST FAMILY WORKSHOP – ARCHERY CHALLENGE Sunday August 18<sup>th</sup> 10am-1pm**

GROWILD [www.kidsgrowild.co.uk](http://www.kidsgrowild.co.uk) 01603 626741 ( AGE 5-99 Yrs)

White House Farm, Sprowston NR7 8RN

£22.50 p/session for one adult + one child

£45.00 for family of 4 (2 adults + 2 children OR 1 adult + 3 children)

Learn to make your own archery bow and gain new skills. Enjoy games, challenges and adventures. Tea/coffee, juice/water provided. Please bring your own snacks.

**LITTLE SHOP OF HORRORS: SUMMER MUSICAL THEATRE COURSE (Ages 13-18) August**

Email: [stagetworeception@theatreroyalnorwich.co.uk](mailto:stagetworeception@theatreroyalnorwich.co.uk) 01603 598600

Call for more information, prices and to book a space.

Work as a company alongside a creative team of industry professionals this summer to stage the musical Little Shop of Horrors. This intense but fun two weeks will end with two fully supported performances open to the public at Stage Two.

Participants will be invited to a meeting before the start of the course to receive scripts and meet the creative team.

Life on Skid Row is full of broken dreams and dead ends until one day by mistake Seymour, a lowly flower shop assistant, discovers a mysterious new plant that propels him into the spotlight. Could Seymour's sudden new found fame and fortune win the heart of the kind, sweet, delicate Audrey – at last? Can they finally break free of Skid Row and be happy..... or will the infamous plant have other plans?

If you love musicals and want an insight into how a company works then this is the course for you. It is important to note participants must attend every rehearsal and due to the nature of the course will be expected to learn lines and songs between rehearsals.

Places are strictly limited to 20 so booking early is advised. Participants MUST be 13 - 18yrs at the start of the course

**STAGECOACH SUMMER WORKSHOP – Monday August 5<sup>th</sup> – Friday August 9<sup>th</sup> 10am-3pm**

(Age 5-16) <https://www.stagecoach.co.uk/holiday-workshops>

Sewell Park Academy, St Clements Hill, NR3 4BX 0808 2085134

**£100 (must enrol before Aug 5<sup>th</sup>) Sibling £90**

Stagecoach Summer Beach Party with wrap around care available on request - please email [norwich@stagecoach.co.uk](mailto:norwich@stagecoach.co.uk) to discuss your requirements and get more information. Your child does not need previous dancing, singing or acting ability and does not need to have attended one of our term-time Stagecoach schools. No auditions are required – just a willingness to give it a go! Our professional DBS checked teachers work with each student to improve their confidence in singing, dancing and acting before giving them a suitable role to play in a performance for family and friends. Students will be required to bring a packed lunch each day. Our performance for family and friends will be at 3:00pm on the Friday! Come and join our Stagecoach team for this week of fun.



**ABBOTS DANCE ACADEMY SUMMER SCHOOL – Mon Aug 12<sup>th</sup>-Fri Aug 16<sup>th</sup> 10am-3pm**

<https://abbotsdance.com/summer-school-2019/> (Min Age 4 +) £100

Ormiston Victory academy, Middleton Crescent, Costessey NR5 0PX

This year, our theme is *“Dancing around the world”*

Children will learn at least 7 different style of dance from Ballet, Acrobatics & Street / Break Dance, and also styles of traditional dance, including Greek, Salsa, Hip-hop, Indian and Chinese. A venue with an auditorium is hired so family and friends can come and watch the children display what they have learnt through the week of dance.

Within the week of dance many techniques (within the many dance styles that are taught) will be broken down helping to improve flexibility, strength and around fitness. Children will also learn about timing, waiting their turn, working with a partner, and have an understanding when dance routines are put together.

NO PREVIOUS DANCE EXPERIENCE REQUIRED OR IS NECESSARY

Children will need a packed lunch each day and a good supply of drinks (no fizzy drinks)

Children must wear suitable loose clothing for dancing (leggings or jogging bottoms NO JEANS) and appropriate top or t-shirt. Must wear trainers.

**SUMMALIVE! 2019 – Cool & Creative Summer Drama Workshop (Ages 13, 14, 15, 16)**

**Tues August 20<sup>th</sup>, Wed 21<sup>st</sup>, Thurs 22<sup>nd</sup> and Friday 23<sup>rd</sup> 10am-3pm £95 for 4 days**

<https://thelittleboxoffice.com/westacre/event/view/104614>

Westacre Theatre, River Road, Westacre Norfolk PE32 1UD 01760 755800

Introducing a new workshop to Westacre Theatre!

A brand new four day intensive, creative and inclusive programme, focusing on the use of verbatim and multimedia performance with a range of activities and workshops taking place from 10am -3pm each day. With no experience necessary, young theatre makers will be given the opportunity to make new friends, get creative and learn some new performance techniques! There is a small showcase on the final day for parents and guardians at 2pm, demonstrating the work and efforts of the week, young people are given an exciting and memorable way to complete their theatrical journey!

**SUMMALIVE!2019 – Fun & friendly Summer Drama Workshop (Ages 9,10,11,12)**

**Tues August 27<sup>th</sup>, Wed 28<sup>th</sup>, Thurs 29<sup>th</sup> 10am-3pm £75 for 3 days**

<https://thelittleboxoffice.com/westacre/event/view/104614>

Westacre Theatre, River Road, Westacre Norfolk PE32 1UD 01760 755800

Silent movie slapstick sensations!

Come and join us for a 3 day drama workshop where participants will get the chance to explore the wonderful world of silent movies! Madcap chases between cops & robbers, hilarious mishaps while painting and decorating and cookery catastrophes with custard pies are just some of the dramatic settings participants can enjoy. Together with lots of fun costumes, props and set, the group will aim to produce an original performance by the end of the workshop. There will be a role for everyone either on stage or off. Join our experienced workshop leaders for a fun-packed 3 days!

**PERFORMING ARTS SUMMER SCHOOL – Tues August 27<sup>th</sup>- Fri August 30<sup>th</sup> Age: 7-11**

<http://www.thegarage.org.uk/class/performing-arts-summer-school>

We are excited to announce a new addition to our summer program, *Performing Arts Summer School!* Work on your performance skills over the course of four days. Sign up for the mornings sessions or afternoons sessions, or both! Just pick one of the four genres you want to take part in, if you come for both the morning and afternoons you get to pick two! Come along for four days of fun taking part in your favorite performing arts class.

Choose from:

MUSICAL THEATRE

MUSIC

DRAMA

STREET DANCE

Pick whichever you like the best! At the end of the week there will be a sharing of what you've been working on across the four days for friends and family.

**MORNING SESSIONS 9.30AM - 12PM**

**AFTERNOON SESSIONS 1 - 3.30PM**

(Lunchtimes will be supervised if you are staying for both sessions, please bring a packed lunch).

**SHARINGS - FRIDAY 30 AUGUST 11.30AM (morning sessions) & 3PM (afternoon sessions)**

**JUNIOR ACRO SUMMER WORKSHOP- TUES AUGUST 27<sup>th</sup> 1pm-3pm**

<https://www.stardance-company.co.uk/summer-workshops/> £8

The Stardance Company, Connaught Hall, Attleborough Call for more information

07766 406542

**ACTIVATE – (Age 4-14)**

<http://www.activatenorwich.co.uk/> 01603 620180

Town Close House preparatory School, 14 Ipswich Rd NR2 2LR

**Mon July 29<sup>th</sup>-Friday August 2<sup>nd</sup>, Mon Aug 5<sup>th</sup>-Fri Aug 9<sup>th</sup>**

Age 4-7 9:30am-4pm; Age 7-14 9:30-4:45pm

(children may arrive from 8:30am and stay until 5:30pm at no extra cost)

**£246.00 Includes hot or cold meal, activate t-shirt, all workshops and entertainment, drinks and snacks during break times and full insurance cover.**

Activate is a Holiday activity programme for children. It is an exciting, safe and structured programme with sporting activities, arts and crafts, cookery, use of the pool, music and drama, indoor board games and nail parlour, outdoor treasure hunts, bouncy castle, special workshops, theme day with face painting and a Friday afternoon party (for 4-7 ages) with children's entertainer. Led by qualified teachers and other staff. Flexible pick/drop-off times. Weekly rate only.

## **NORWICH PARKS TENNIS – HOLIDAY CAMPS (Aged 5-15)**

<https://eaton.nationaltennis.org.uk/Coaching/Camps>

Eaton Park, south park avenue NR4 7AZ, 01603 980340

£12 per day or £20 per week

Our Holiday Camps offer a combination of professional coaching, fun games/activities and tennis competition for players of all ages and standards during school holidays.

We create the optimal environment to challenge players at any level of play, whether they want to be the next Roger Federer, looking to try out tennis for the first time, or looking for a fun filled time on court. Our focus is to provide a holiday camp experience that is safe with highly stimulating activities delivered by positive inspiring coaches.

Each camp can guarantee a high energy day of tennis and co-ordination development, our coaching team will teach the children the FUNdamentals of tennis improving technique while challenging their co-ordination with lots of drills, games and activities.

We have two types of camps:

Mini Camps For players **aged 5 – 10 years old**

Junior Camps For players **aged 11 – 15 years old.**

**Mon July 29<sup>th</sup>-30<sup>th</sup>, Mon Aug 5<sup>th</sup>-6<sup>th</sup>, 12<sup>th</sup>-13<sup>th</sup>, 19<sup>th</sup>-20<sup>th</sup>** Mini Camp 9am-11:30 am

**Mon July 20<sup>th</sup>-30<sup>th</sup>, Mon Aug 5<sup>th</sup>-6<sup>th</sup>, 12<sup>th</sup>-13<sup>th</sup>, 19<sup>th</sup>-20<sup>th</sup>** Junior Camp 12noon-2:30pm

## **BARRACUDAS ACTIVITY DAY CAMP – (Age 4 ½ - 14)**

<https://www.barracudas.co.uk/camps/norwich/> 01480 467567

Norwich high School for Girls, Newmarket Rd NR2 2HU

**July 29<sup>th</sup>-August 2**, Full week £174 or £40 p/day

**August 5<sup>th</sup>-9<sup>th</sup>, August 12<sup>th</sup>-16<sup>th</sup>, August 19<sup>th</sup>-23<sup>rd</sup>** Full Week £164 or £40 p/day

### **Summer Season tickets**

Season ticket 5 - book between 5-9 day passes for £38 per day. Just enter ST5 in the promotions box

Season ticket 10 - book 10 or more day passes for £36 per day. Just enter ST10 in the promotions box

Our activity holidays are Ofsted registered, giving parents peace of mind, whilst ensuring maximum FUN for kids. The camp is for children aged 4 ½ to 14 years and offers 80+ fun and exciting activities including swimming, archery, motorsports, kickball, creative arts and many more! Motor Mania, Swim School, Lab Rats and Upstage! Skills Builder courses are also available at this site.

Norwich High School is set in 13 acres of grounds, a mile and a half from the city centre. The school facilities include a 25 metre indoor heated pool, sports hall, drama studio, games pitches, archery range, motosports track and tennis and netball courts. The sports hall has one indoor full size netball court which can also be used for badminton and other indoor activities so the weather can't stop us!

**ARTY CRAFTS WORKSHOP – Monday July 29<sup>th</sup> - Friday August 30<sup>th</sup> 9am-3:30pm**

[www.artycrafts.co.uk](http://www.artycrafts.co.uk) Scout Centre, Chedworth Street, Cambridge CB3 9JF

[tom@artycrafts.co.uk](mailto:tom@artycrafts.co.uk) 07980 146382

Numbers are very limited, so please book now to secure your child a place.

Art holiday workshops for children Aged 5-12

**Cost:** The cost is £39 per day.

£156 for 5 days for 1 child.

Minimum booking is for two days.

Projects are suitable for all levels of expertise and are designed to encourage individual creativity and confidence in art. All art materials are provided. Your child will need a lunch box. Arty Crafts has a large art space to make art and plenty of outside play area.

**RESIDENTIAL DRAWING CLUB – 26 August - 1 September, 2019**

[WWW.NORWICHART.CO.UK](http://WWW.NORWICHART.CO.UK) Wensum Community Centre, Hotblack rd NR2 4HG

Free parking available. 07938 955385

We are planning to organise Residential Drawing Club this Summer for young artists of 12-16 years old.

All 7-11 years old artists can join the camp for a day but not the night.

Please send in [Expressing an Interest forms](#) to reserve a place.

Cost: TBA

**HOLIDAY CLUB – 9am-5:30pm**

[www.norwichart.co.uk](http://www.norwichart.co.uk) 07938 955385 Wensum Community Centre, Hotblack Rd NR2 4HG

£40 daily, £150 Weekly or £25 when specified

Great school holiday club helping parents to carry on with their busy work life. The club offers multi-activity days with a wide range of drawing, painting and sculpting skills learning, history of the art, visits to the art galleries and museums. Everyday is fun, yet intellectually challenging, held in small groups of students, in a safe environment surrounded by supportive and experienced staff. Each day is dedicated to learning a certain art element in still life, portraiture, landscape, sculpture, architecture, head and hands drawing, painting or grammar of drawing. Students have the chance to exercise their mind and experience different ways of learning the art skills. All professional materials and equipment are provided. Learn and have fun all at the same time with Norwich Art School.

**MILE CROSS PHEONIX CHILDREN'S CENTRE – PLAYScheme**

[HTTP://PHEONIX-KIDS.WEEBLY.COM](http://PHEONIX-KIDS.WEEBLY.COM) 01603 403814

Mile cross road, NR3 2LE, £25 per week

M – TH 10-12noon, 1;30-3:30pm

Arts & crafts, team games and workshops, fees include trips and activities. Wed morning Parent & Toddler group 10-12 £1.20 Activity club available Mon and Thurs evenings 6.30-8.00pm FREE session. Please contact for further information.

### **THE GARAGE** - [www.thegarage.org.uk](http://www.thegarage.org.uk)

14 Chapel Field North NR2 1NY 01603 283382 [info@thegarage.org.uk](mailto:info@thegarage.org.uk)

The Garage runs a large variety of activities, workshops and clubs throughout the summer for different ages and different prices. Please check the website for an updated list of events.

### **CHEEKY MONKEYS HOLIDAY SCHEME – (Age 4-11)**

<http://www.lodgelaneschool.co.uk/parents-community-2/cheeky-monkeys-2/>

01603 413946 Charlene Ellis Lodge Lane, NR6 7HL

£24.50 for full day (siblings £21); £14.50 for half day (£13.50 for siblings)

Provides themed weeks packed with fun activities. Weekly special events at no extra costs may include visits from mobile petting zoos to magicians and music workshops. Breakfast, snacks and snack tea provided, parents please pack a lunch

## **THINGS TO DO ANYTIME THIS SUMMER – Indoors & Out**

### **VOLUNTEER WITH SUMMER READING CHALLENGE - Ages 13-25 Mid July-Sept**

Young reading enthusiasts are needed to help Norfolk children choose reading books, and help them complete an exciting challenge, at the county's libraries this summer.

Norfolk County Council's Library and Information Service is looking for volunteers aged 13-25 to get involved in this year's Space-themed "Space Chase" Summer Reading Challenge, due to start in July. Last year, more than 11,500 children took part.

The annual reading event for primary school children involves borrowing and reading at least six different books, getting rewards including stickers and a certificate and medal when the challenge is complete. The scheme relies on the help of up to 150 young volunteers who support Norfolk library staff at each of the 47 libraries.

Volunteering is a great confidence builder for young people, it encourages them to engage with their local communities and is also ideal for those involved in Scouting, Guiding or the Duke of Edinburgh Award scheme. Volunteering sessions take place between mid-July and beginning of September, during the school holidays. We ask for a commitment of two hours per week. Volunteers who are undertaking a Duke of Edinburgh award can use their volunteering towards the awards with a volunteering element. All young volunteers will receive a certificate to recognise their contribution and the library service offers young volunteers a reference for applications for work or further study.

If you are interested in helping out this summer, speak to staff at your local library or email [volunteercontact@norfolk.gov.uk](mailto:volunteercontact@norfolk.gov.uk) to request an application pack.

## **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.

## **PARK PEDAL - Every Saturday Morning FREE EVENT**

Start time 10am-11am; The visitor Barn, Whitlingham Country Park NR14 8TR

Register once at [www.pedalrevolution.co.uk](http://www.pedalrevolution.co.uk)

\*\* if you don't have a bike, you can borrow one for the first few rides \*\*

A recreational ride aimed at families and new riders. At just under 5 miles it is perfect for little legs (we have a 2.5mile version if needed). Inspired by the ever-successful PARK RUN, our cycling version is all about the miles you ride and NOT the speed at which you complete the ride. Join us at our cycle friendly cafe's for a coffee and slice of cake.

**Little Riders** - Jon at Little Riders offers fantastic learn to ride course for your youngsters. He has a fleet of our club bikes thanks to Pedal Revolution to ensure your youngster gets off to a great start and is ready to come and join our Go-Ride coaching sessions or ride with you at a weekly ParkPedal event. Balance bikes and 1 to 1 sessions available [www.littleriders.co.uk](http://www.littleriders.co.uk)

## **FAMILY FUN AT RSPB STRUMPSHAW FEN – During Summer Holidays 01603 715191**

<https://www.familiesonline.co.uk/local/norwich-north-norfolk/in-the-know/family-fun-with-rspb-in-norwich>

A great value day out with the children. Take part in our self-guided family trail running throughout the summer holidays. Explore this beautiful reserve, buzzing with butterflies and dragonflies. Spend a lazy day in the sunshine and complete our challenge sheet for a small prize. Enjoy a sound safari, explore our beautiful meadow, get up close and personal with some amazing insects on our micro-safari, and much more.

In addition to our trail on any given day of the holidays you can:

**Pond-dip in our pond**, hire all the equipment you will need for just **£2 per kit**

**Hire an adventurer backpack for £3** – with everything you need to ensure you have a wild adventure. Including bug pots, binoculars, spotting sheets, fun ideas for things to do around the reserve.

**Hire a bike!** Explore the quiet country lanes beyond RSPB Strumpshaw Fen. Bike Hire is now available at Strumpshaw Fen (Weekends only during the summer holidays). We have 8 adult bikes and 4 junior bikes suitable for children aged 8 upwards.

### **PENSTHORPE NATURAL PARK – Sun-Sat 10-5pm**

[www.pensthorpe.com](http://www.pensthorpe.com) 01328 851465 Pensthorpe Fakenham, NR21 0LN

Adult £8.95, Children (3-16) £7.95

FREE parking and FREE entry to courtyard café and giftshop

Multiple WINNER of Norfolk's Best Large Attraction, Pensthorpe Natural Park is a great day out for the whole family! Explore one of the largest Wildflower Meadows in Norfolk, enjoy the beauty of 4 stunning gardens, meet some of our rare and native species and run wild in WildRootz, our outdoor adventure play! Whatever the weather, kids can come in for an epic indoor adventure in Hootz House, the award winning indoor adventure play, also a soft play area for under 5s. Don't miss the Warden Talk at 4pm as they feed the birds on mill pond, lasts approx. 30 mins. **Pensthorpe Explorer:** Commented vehicle adventure that weaves through remote parts of the reserve and Wensum valley. Adults £5, children £4, 11:15, 12:30, 2:15pm 3:30pm

### **BEWILDERWOOD – Open daily 10am-5:30pm**

<https://www.bewilderwood.co.uk/>

Horning Rd, Hoveton NR12 8JW 01692 633033 [explore@beWILDergood.co.uk](mailto:explore@beWILDergood.co.uk)

Under 92cm FREE, 92-105cm £14.95, Over 105cm £16.95, 65+yrs £8.95

BeWILDerwood is a wild and imaginative adventure park with magical treehouses and hints of intriguing characters, bringing a curious difference to the Norfolk Broads. The setting for the book 'A Boggle at BeWILDerwood', by local children's author Tom Blofeld, it's a wonderful, mystical place. Parents are encouraged to play alongside their children, which makes for a fabulous and brilliantly exciting time for the whole family. **Face painting, boat rides, arts and crafts, storytelling and parking all included in admission price.**

### **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 featuring a model boat pond, band stand, 18 hole putting green beside the crazy golf, mini railway, tennis courts, basketball court, skateboarding park, children's play area, café and playing field, ideal trails for bike riding, table tennis tables near the rotunda with bats and balls to borrow for £5. Good parking and toilets facilities. Café on site. **Norwich Fitness Club** Tues at 7pm and Sat 8am, pay as you go £5. **Touch Rugby** drop in sessions Sundays 10am, Tues 6pm between the skate park and boating pond, good for all ages. **Footgolf** Tues and Fri 3pm – dusk, Sat 1pm – dusk email Norwich city council for details Family tickets £15 (2 adults + 2 children)

### **REDWINGS AYLISHAM HORSE SANCTUARY – FREE ENTRY**

[www.redwings.org.uk](http://www.redwings.org.uk) 0870 0400033 Open Fri, Sat, Sun and Monday 10am-4pm  
Situated off the A140 junction at Henry Page Road, Aylsham. Postcode: NR11 6UE.

Redwings Aylsham is home to 50 residents including real-life Black Beauty Maya, donkey duo Wiggins and Wacko, and Redwings' notorious herd of Shetlands, "The Gangsters". In February 2019 we were awarded a special accolade from Visit England for our 'outstanding welcome' so we do hope you will feel very much at home with us! The centre is also host to a jam-packed schedule of activities during school holidays. **The Nosebag Café** - All profits from the Nosebag Café go towards funding the work of the Sanctuary. That means every time you buy something to eat, you are helping to keep our horses and donkeys fed too.

### **HILLSIDE ANIMAL & SHIRE SANCTUARY –**

Sandy Lane, West Runton Cromer NR27 9QH; [www.hillside.org.uk](http://www.hillside.org.uk)  
Adult £5.95, 65+ £4.95, Children (up to 16) £3.95, Under 3s FREE

Lots of animals to see including Heavy Horses, ponies and donkeys, sheep and pigs, rabbits, ducks, goats and many more rescued animals. Museum with extensive collection of carts, wagons and farm machinery. Children play area, gift shop and cafe serving animal friendly refreshments.

### **TRELAWN ALPACAS – Fridays and Saturdays 2pm**

[www.trelawnalpacas.co.uk](http://www.trelawnalpacas.co.uk) 01379 776101 [contact@trelawnalpacas.co.uk](mailto:contact@trelawnalpacas.co.uk)  
Harleston Rd, Diss IP21 4RZ  
Alpaca Experience 90 minutes, £20 p/person, Children Under 5 FREE

Experience a 90-minute exclusive visit with our lovely alpaca and a chance to observe them up close, meet them all, feed them and find out all about these curious creatures. Also included in your visit are photographs that will be taken by Glenn a professional photographer and one of the owners of Trelawn Alpacas who will normally send them to you by email within a couple of days of your visit. Advance bookings only.

### **SEALIFE HUNSTANTON – M-F 10am-4pm, Weekends 10am-5pm**

[www.visitsealife.com/hunstanton](http://www.visitsealife.com/hunstanton) (book tickets at least 4 days in advance)  
**Book online and get 40% discount** 01485 533576  
Adults (14+) On the day £17.95 OR **£10.77 online**  
Children (3-13) On the day £15.95 OR **£9.57 online**  
Under 3s FREE

The Sea Life Sanctuary has otters, penguins and more than 30 permanent displays all showcasing the rich diversity of life under the waves. There's a rescue sanctuary too. Rainforest Ranger provides hands on learning about jungle beasties. The amazing Ocean Tank is home to over 30 different species of fish and a giant sea turtle. There is also an underwater view of the seal enclosure not to be missed. Fun day out for all the family.



**BANHAM ZOO – Open Daily 9:30am-6pm**

[www.banhamzoo.co.uk](http://www.banhamzoo.co.uk) Kenninghall Road Banham NR16 2HE 01956 887771

Adult £20.85, Children (3-15) £15.40, Under 3s FREE, 65+ £19.00

Banham Zoo is an award-winning family attraction with over 2,000 animals from around the world. Throughout the day there are plenty of activities to thrill and entertain families, including daily animal feeding talks and displays, one of the most exciting Birds of Prey displays in the UK, our amazing subtropical house "Eureka" with free-flying birds and butterflies, our "Penguin Cove" an enlarged and enhanced enclosure for the colony of penguins. Live "Amazing Animals!" presentations, beautiful big cats such as tigers, snow leopards and cheetahs, Free Safari Road train, indoor and outdoor play areas, Zarafa Heights walkway, Sky Trek aerial trekking course & zip wire, and interactive fun activities in our Education Centre. As well as all the wonderful things to see and do, the zoo offers an excellent choice of eating facilities, a fantastic gift shop, free car parking, disabled facilities.

**THRIGBY HALL WILDLIFE GARDENS – Mon-Sun 10am – 5pm**

[www.thrigbyhall.com](http://www.thrigbyhall.com) 01493 369477 , Filby Road, Thrigby, Great Yarmouth NR29 3DR

Adult £14.50, child 94-140 £10.50, Under 4s FREE, 65+ £13.50

Thrigby Hall is a special collection of rare animals from Asia. You will find endangered tigers, huge crocodiles, noisy gibbons and many more exciting animals. A unique network of raised walkways allows you to get up close and personal with these magnificent creatures. The park is wheelchair and pushchair friendly and benefits from free parking, picnic areas, café, gift shop and multiple play areas to suit children of different age groups.

Feeding times: Otters, Monkeys and Leopards from 2.15pm, Tigers will be fed at 3pm

**GRESSENHALL FARM & WORKHOUSE – Open Daily 10am-5pm**

<https://www.museums.norfolk.gov.uk/gressenhall-farm-and-workhouse>

01362 860563 [gressenhall.museum@norfolk.gov.uk](mailto:gressenhall.museum@norfolk.gov.uk) Gressenhall Dereham NR20 4DR

Adult £12.90, children (4-18) £10.95,

Family Ticket (1 adult + all children) £34.10, Family Ticket (2 adults + all children) £45.40

Great family day out with lots to see and do, plus plenty of run around room for the little ones. Stand in the evocative workhouse settings, face to face with projections of staff and inmates and listen to first hand stories from the people who once walked these whitewashed corridors. Visit Land Girl and Lumber Jills, old village shops, re-created 1930s cottage garden, and a traditional real working farm with rare breed livestock.

**CAISTER CASTLE & MOTOR MUSEUM – Mon May 13th- Friday Sept 27<sup>th</sup> 10am-4pm M-F**

[www.caistercastle.co.uk](http://www.caistercastle.co.uk) 01664 567707

Castle Lane Caister-on-Sea Great Yarmouth Norfolk NR30 5SN

Children must be accompanied by an adult

Dogs on a lead are welcome inside the castle grounds, only assistance dogs are allowed inside the museum.

Adults £15, Children (5-15) £7, (children under 7 FREE)

Family Ticket (2 adults + 2 children) £38

One of the earliest buildings in England of importance commissioned in 1432, you can still climb the 90 ft castle tower and enjoy amazing views.

**Motor Car Collection:** The Castle is currently home to the largest private collection of motor vehicles in Britain which is housed in a purpose built museum and includes many fine and rare veteran, vintage, classic, sports and touring automobiles and motorcycles including An 1893 Panhard et Levassor (the first real car in the world), the very first Ford Fiesta off the production line, Jim Clark's Lotus, Peter Rachman's Cadillac, a Bentley speed 6 bugatti, harkey Davidson and more. The collection is complemented by a display of bicycles, horse-drawn vehicles, pedal cars and other related items.

**THURSFORD STEAM ENGINE MUSEUM –**

**July Sun-Wed 11am-4pm, Aug Sun-Thurs 11am-4pm**

[www.thursford.com/steam-museum](http://www.thursford.com/steam-museum) £6.50 General Admission, Under 12s FREE

See the **world's largest** collection of steam engines and organs, hear Robert Wolfe one of the world's leading theatre organists play the mighty Wurlitzer at 12.30pm and 2pm daily, ride on fairground carousels and the gondola, enjoy "Back Stage Tours" and watch silent movies. Please note fairground rides & the **Behind the Scene Tour** are subject to availability and are charged extra. They are not included in the admission price.

**Our Gondola is currently going through extensive restoration and as a result it may be shut on the day you are coming. Please call the office before travelling to avoid**

**disappointment.** Lunch in the barn and shop in our 'Olde Worlde' shopping village. All this and our fantastic play area has plenty to delight children of all ages.

**CITY OF NORWICH AVIATION MUSEUM – Tues – Sat 10am-5pm, Sunday 12-5pm**

[www.cnam.org.uk](http://www.cnam.org.uk) 01603 893080 Old Norwich Rd, Horsham St Faith NR10 3JF

Adult £5, Children (8-16) £2.50, Children Under 8 FREE,

Family Pass (2 adults and up to 3 children) £15

Café on site. Museum Shop.

Extensive collection of aircrafts and engines.

**MERRIVALE MODEL VILLAGE 10am to 7pm Fri, Sun, Mon**

[www.merrivalemodelvillage.co.uk](http://www.merrivalemodelvillage.co.uk) 01493 842097 [info@merrivalemodelvillage.co.uk](mailto:info@merrivalemodelvillage.co.uk)

Marine Parade, Great Yarmouth NR30 3JG

General Admission £8.50 p/person, Under 3 FREE

Award-winning landscaped gardens, streams, waterfalls and discover the miniature wonders of Merrivale! The famous garden railway features 28 different types and styles of locomotive, tram, novelty vehicle and associated rolling stock with carriages, ensuring a wonderful range of train-spotting. The old penny arcade features a wide range of fantastic vintage slot machines dating from the twenties to the sixties in our Old Penny Museum including old favourites such as the infamous 'Laughing Sailor,' and 'What the Butler Saw'. Put your penny in the slot and crank the handle, ping the lever, shoot a ball and beat your component! Enjoy a 9-hole round of Crazy Golf for extra family fun, included in the admission price.

**LOST WORLD ADVENTURE GOLF – Mon-Sun 10am to 6pm off Peak, 10am-10pm peak times**

[www.lostworldgolf.co.uk](http://www.lostworldgolf.co.uk) 01493 731500 beach Rd, Hemsby, Great Yarmouth NR29 4HS

General Admission £3.00 Under 3s FREE, Panning for Gold £2.50 all p/person

Lost World Adventure Golf is a stunning 9-hole themed golf course situated in the picturesque seaside village of Hemsby in Norfolk. Putt past dinosaurs, fossils, water hazards, and an ancient Aztec temple! Floodlit at dusk with sound effects and a range of tropical plants. Try your hand at panning for gold and win a souvenir medallion. Madisons Coffee and donuts are right next door serving waffles, pancakes & donuts, all cooked fresh for you. They also sell ice cream, speciality coffees, teas and cold drinks, chips or oven baked pizza!

**PIRATES ISLAND ADVENTURE GOLF – Daily 9am-6pm**

[www.piratesislandadventuregolf.co.uk](http://www.piratesislandadventuregolf.co.uk) 01603 714818

Norfolk Premier Golf, Blofield NR13 4JS

Adult £6 p/round, Children (3-15) £4 p/round, Under 3s £2

As you make your way around the golf course, you will meet hungry crocodiles in treacherous waters as well as coming across caves and exploding cannons while you look for hidden treasure with Captain Albert Ross and his crew! It is pushchair friendly so you can take tiny tots around with you too, no need for them to miss out. As an extra adventure, why not get the children to dress up as pirates before you go, it will only add to the sense of excitement!

### **HIGH LODGE – Open Daily 9am-7pm**

[www.forestyengland.co.uk](http://www.forestyengland.co.uk) IP27 0AF

High Lodge is a recreational site set in the heart of Thetford Forest offering extensive play areas, walking trails and cycling trails. There is a cafe, bike shop and hire, Go Ape Tree Top Adventure, Go Ape Junior and Go Ape Forest Segway as well as additional seasonal attractions for the whole family to enjoy. Get set for a wonderful new family trail from the brilliant minds behind The Highway Rat and Gruffalo! Follow panels and complete activities along the way as you head on a forest journey with Zog. Look out for characters from the story, uncover hidden signs on reveal panels and learn like Zog did at dragon school. See website for more details on parking and prices.

### **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.

### **MINI MORNINGS AT THE VUE CASTLE MALL – 10am Sat & Sun, Daily in School Holidays (check for more details on the family cinema tickets page)**

[www.myvue.com/offers/mini-mornings](http://www.myvue.com/offers/mini-mornings) 0345 308 4620

Both adults and children pay from £2.49 per ticket

Our Mini Morning sessions give both adults and kids the chance to experience big screen entertainment for a very small price.

Mini Mornings are run every Saturday and Sunday morning from 10am, plus every day in the school holidays (with availability likely to change depending on when your child's holidays occur). Showing kids movies and new kids films, Vue's Mini Mornings ensures fun in the cinema for all the family.

From fantastical adventures to hilarious animations that'll make the whole family laugh, here's what's showing with Vue Mini Mornings.

VUE Family Ticket – everyone pays child's price on U, PG and 12A films

All Inclusive Family Ticket – 4 Tickets, 4 drinks, 4 snacks for up to 20% off

**ODEON KIDS - Sat & Sun, daily in School Holidays**

[WWW.ODEON.CO.UK](http://WWW.ODEON.CO.UK) Prices start at £2.50 p/ticket.

ODEON Kids screenings run every morning on Saturday and Sunday and on every day during school holidays. Check website for more details and times. Free parking up to 2.5 hours.

ODEON Family ticket – Adults pay child prices with the Family of 4 ticket (1 adults + 2 children or 1 adult + 3 children)

ODEON Kids Mix – Snack, drink & popcorn for £3.95

ODEON Family Mix – 2x kids mix + 2x medium drinks + 1x medium popcorn for £12.95

**SPLASH SHERINGHAM – M-Th 7am-9:30pm, F 7am-9pm, Sat 7am-6pm, Sun 8am-6pm**

01263 825675 Call for more details. Weybourne Road, Sheringham NR26 8HF

Adult £7.40, Children £6.10, Seniors £6.10, Family £21.20

Perfect family fun for a rainy day. Undercover swimming pool featuring a 150 ft waterslide, wave machine, and a shallow beach entry area perfect for little ones. For more relaxation, enjoy the 25m main pool. There are lots of swimming lessons available for children and float sessions for more water-based family fun.

**OASIS SPORTS & LEISURE CENTRE – OPEN DAILY**

01485 534227 [www.aliveleisure.co.uk/alive-oasis](http://www.aliveleisure.co.uk/alive-oasis)

Central Promenade, Hunstanton PE36 5BD

Adult £5.05, Children Under 5s FREE, Children (5-15) £3.85

Family (2 adults + 2 children) £13.80

Perfect for fun filled family day out. From the twists and turns of the 33m aqua slide to the warm waters of the 25m pool, sunshine and laughter is guaranteed all-year round.

Introduce your little ones to the water in the shallow toddler pool.

For mums and dads our whirlpool spa provides the perfect haven to relax in the bubbling water, and massaging jets soothe away aches and pains, leaving you feeling refreshed.

The Oasis also offers a state-of-the-art Bodyworks Fitness Suite and aerobics studio, Fun Castle adventure play area, indoor bowls hall and a squash court. Roller skating is open for the main season and weather dependent (April - September). Weekends and school holidays. Fun Castle admissions - Suitable for children aged 10 and under 142cm tall. The Fun Castle has a separate toddler play area designed for children (6 to 24 months old).

### **HIGH ALTITUDE JUMP 'N' LUNCH – Th & Fri 11am-2pm**

<https://highaltitudepk.co.uk/altitude-tots/> 01603 567200 [info@highaltitudepk.co.uk](mailto:info@highaltitudepk.co.uk)  
91 Whiffler Road NR3 2AW

**ONLY £12 for 2 people:** includes trampolining, activities and lunch for toddler and parent. Not eating? No problem, standard rates of £5 per toddler & £2 per adult for 1 hour still available. Arrive anytime during the session and stay until 2pm. Trampoline court can be accessed anytime during the session and toys will be on court. Craft activities including messy play will be available throughout the session with free use of soft play facility.

**Freestyle Family Fun** is suitable for all ages. £7.95 pre book online OR £10 walk in Children Under 10 - So that 2-9 year olds can have the run of the park without bumping into older kids, we hold dedicated Freestyle sessions just for them during these times:

T & Th 10am-12noon, Sat & Sun 10am-12noon.

\*\* must purchase special anti-slip socks you can keep and re-use £2/pair \*\*

### **HIGHBALL CLIMBING CENTRE –**

<https://highballclimbingnorwich.com/adults/family/>

01603 513513, 1 Twickenham Rd, NR6 6NG

#### **FamilyPlay - \*ADVANCE BOOKING REQUIRED\* (Age 4+) 60mins**

The Family Highball Play session has minimum booking of one adult and one child at £10.50 each or a family of four for £40.00.

The Family Highball Play Session is an opportunity for parents and children to take part in the same fun session. These 1hr sessions will get you roped climbing with the opportunity to belay you kids and climbing on our auto belays which is a great way to climb side by side with you mini-climbers. A great way for mums and dads to have fun and #GetClimbing with their children. REMINDER: This is a family climbing session, if you want your kids to climb without you please book them onto a standard Highball play session.

#### **THE FAMILY TASTER SESSION - \*ADVANCE BOOKING REQUIRED\***

60mins From £35

Why not bring the whole family (2 adults & 2 Children) for a 60 min private taster session. You'll experience all the highs of roped climbing as well as a little taster of bouldering too. A private taster session is a great way to have a go at climbing and bouldering with no commitment and very little learning. You'll have your own instructor for 60 minutes whose sole purpose is simple – to get you climbing, so don't be surprised if you're a little sore the next day, in a good way. If there are under 8's unfortunately we won't be able to go bouldering.

### **KRAV MAGA – KIDS / TEEN TRIAL PROGRAM (Age 6-15)**

**£14.95** <https://www.arkravmaga.co.uk/?p=kids.teens.trial.classes> 07714 1948

We don't just teach kicking and punching, we teach children to be polite, disciplined and focused. Countless parents send their kids to sports clubs or after school clubs so their kids can build confidence, improve fitness and have fun. Krav Maga can offer your child one more vital ingredient – self defence. These days, with violence on the rise and bullying becoming more and more common, both the educational system and parents face difficulties in handling threats directed at children.

The Krav Maga system is taught in an environment that is fun to learn in; but at the same time stresses the seriousness of the training. If you are concerned about your children's safety, Krav Maga training will give you peace of mind, even when you are unable to be with them. Our younger children will imitate a lot of self defence techniques through play. They will build a foundation of skill and understanding whilst laughing and having fun.

Benefits include expanded friendship circle, increased confidence, improved mental focus and physical coordination, learning determination and respect for self and others.

### **QUASAR – Saturdays & Sundays 9am-11am**

<http://quasarnorwich.com/under-sixteens/> (Age 7-16)

£9.95 p/person 01603 763403 [bookings@quasarnorwich.com](mailto:bookings@quasarnorwich.com)

17-19 St Stephens Road NR1 3SP

Special laser fun sessions for 16s and Under. We will provide players with at least 4 games and a free small slush to cool off. Painless bruiseless laser tag: the contactless way to get the thrills of combat in a futuristic and immersive arena! You'll all be toting top of the line laser hardware which fires completely harmless infra red rays which are picked up the lightweight equipment packs if they 'hit' you. The basic aim: shoot them more than they shoot you! Kids who love video games of this nature will be in their element and because there's no running or physical contact permitted you'll tend to find that most kids keep their nerve and enjoy it thoroughly. Adults can relax in our new Q café.

### **CROSS FIT GAIN KIDS –**

Gain Fitness, Guardian Road, NR5 8PE Norwich

Contact 07501 321207 for more information. For further information and pricing please contact [caroline@crossfitgainkids.co.uk](mailto:caroline@crossfitgainkids.co.uk) (Age 2-16)

Sessions available throughout the summer (apart from 23rd July, 6th August and 13th August). CrossFit GAIN Kids is a fitness class for children and combines cardio, gymnastics and body weight movements with some weight lifting elements for older children. The classes are designed to be fun for kids of all ages and enable our children to grow up healthy and strong. CrossFit Kids is not simply a scaled down version of CrossFit, it is CrossFit geared and designed for children. CrossFit GAIN Kids deliver a fitness that is designed to be broad, general, inclusive and most importantly fun! Healthy living requires that our children push, pull, run, throw, climb, lift and jump effectively and safely regardless of whether or not they play sport. We take those key lifestyle movements and incorporate them into the classes in a fun way so that children want to do it.

**JRS STOMP, DINE, STRIKE –**

[www.stompdinestrike.com](http://www.stompdinestrike.com) 01692 407793

Tungate, North Walsham NR28 OJQ (just off A149, 20 mins outside Norwich)

M-Sun 9am-7pm Under 4s £4 and Over 4s £5

Indoor play area (up to 11 yr olds) with a separate zone for very little ones.

Stomp Out – outdoor play area 4-12 year olds with a separate area for under 4s. featuring a outdoor play equipment, musical instruments, mini climbing wall, tube slide and more.

There is also a sensory play area and equipment for children with special needs.

‘Get Lost’ new for Summer 2019 – JRs 6ft high Maize maze for family fun. It will take approx. 1 hour to complete the maze. There is also a decked picnic area with a small beach for extra play. Will be open 9am-6pm

**PLAY BARN – M-F 9:30am-4pm (Sat Closed) Sun 10am-5pm**

<https://www.theplaybarn.co.uk/> 01508 495526 [theplaybarn@outlook.com](mailto:theplaybarn@outlook.com)

West Green Farm, Shotesham Rd, Poringland NR14 7LP

Children 7 & Under £8.50, Adults + Children Over 8 £1.50, Crawling Children £6

**The Playbarn** is a fun packed farmyard based adventure centre especially designed for children under 7 years. Past winners of the National Farm Attraction of the Year, the Playbarn offers a variety of indoor and outdoor play areas.

Indoor activities include a Beach Barn, giant climbing frame, soft play area, ball pool and quiet areas to read and relax.

Outdoor activities include an outdoor climbing den, tractor courtyard with ride on tractors, electric tractors, barking diggers and electric sand digger.

Pony rides are available for 2-7 yr olds £2. We also offer Pony Trails, a 15min hack around our fields, Cost £10 per ride, contact the Playbarn to book. Tractor rides are available on certain days. The children's farm includes Shetland ponies, alpacas, miniature donkeys, ferrets, kune pigs, rabbits and goats. The Puzzle Paddock offers games to play from noughts and crosses to snakes and ladders We have lots of indoor and outdoor areas for you to eat. Snacks and light lunches are available from our coffee bar.

**JUMP FOR JOY – Tues-Fri 10:30am-3pm**

[www.jumpforjoyplaycentre.co.uk](http://www.jumpforjoyplaycentre.co.uk) 01603 721872

1 Mahoney Green, Green Lane West, Rackheath NR13 6JY

Children 5-10 £4.75, children 18months-4 £4.50, Children 6-17 months £2.50

Under 6 months Free

Soft play centre filled with loads of activities for all ages including a wavy slide, sports area, balance beam, climbing area and more. Little ones can enjoy the bug and insect themed area slides, bendy mirrors tunnels, biff bash bags and there is a special area for very little ones with colourful insect shapes and activities to explore to keep them entertained for hours.



### **FUNKYS – CHEAP SK8TE WEDNESDAYS – 3:30pm-9pm**

[www.skateandplay.co.uk](http://www.skateandplay.co.uk) 01603 403220 Burton Road Business Park, Spar Road NR6 6ax  
Age 2-11, Reg Hours M, Tues, Th & F 10;30-5pm, W 10:30-9pm, Sat & Sun 10;30-6pm

**Special Deal £3.75 on Wednesdays** to either skate or play.

Saturdays Party Night 7pm-11pm

**Sundays 10:30-6pm Family of Skate for £20 (must be at least 1 adult)**

Gen Admission Skating £6.95, Adventure Play £5.25, Skate and Play £9.25

Adults accompanying children £1

The giant play area stretches across 3 floors, with giant tunnels, slides, zip wires, cargo nets, ball ponds and more. The roller skating has a hand rail for beginners and is 17m x 40 m. Learning sessions are available. Café on site.

### **BANANAS SOFT PLAY – M-F 9am-4pm, Sat & Sun 9am-6pm**

01508 531444 Age 0-11

Children 4+ £5, Toddlers 1-4 £4, Babies 6months-11months £1.50 Under 6 months FREE, Adults Free

Long Stratton Leisure Centre, Swan Lane, Long Stratton NR15 2UY

Come along to our three storeys of jungle fun for your little ones at Long Stratton Leisure Centre! Keep the kids active no matter the weather in our brand new indoor adventure play area with rope bridges, tunnels, rollers, dangly snakes and a twin lane wavy slide plus much more. Free parking and new cafe with WiFi.

### **DOTTY POTTERY – CERAMIC PAINTING FOR FAMILY FUN**

[www.dottypottery.co.uk](http://www.dottypottery.co.uk) 07495 397165

Hellesdon Barns, Hellesdon Hall Rd NR6 5BB

Paint your own ceramics. Lots to choose from, items must be purchased. £4 studio fee p/person for a session. Café on site. Good rainy day activity and you can bring the items home with you.

### **STICKY EARTH CAFÉ – Open Daily 11am-4:30pm**

[www.stickyearthcafe.co.uk](http://www.stickyearthcafe.co.uk) 01253 519642

15 Church Street, Cromer NR27 9ES

Pottery painting £11.50 which includes the studio fee

Decopatching £8.50 including studio fee

(fees are guides, please call studio for more details)

A great place to enjoy a variety of activities in a friendly spacious and relaxed environment. Fun for all the family and no artistic talent required. Great for rainy days in and suitable for all ages. Activities include pottery painting, decopatch, t-shirt printing, canvas painting and fill a friend – bring a to life one of our cuddly toys by hand filling with fluffy stuff. We will provide the heart, you can provide the name.

## PICK YOUR OWN:

**White House Farm** - [www.norwich-PYO.co.uk](http://www.norwich-PYO.co.uk) 07842 192659 / 01603 419357  
[thefarmer@norwich-pyo.co.uk](mailto:thefarmer@norwich-pyo.co.uk) FREE parking. Tues -Sat 9am-5pm, Sundays 10-4pm, Dogs ok  
In addition to PYO fruit, white house farm has a number of independent local businesses plus a Café, Farmshop and Butchery. Great day out for the whole family. Ask about the monthly Farmers market.

**The Tacons Farmshop**- [office@thetacons.co.uk](mailto:office@thetacons.co.uk) 01493 740236  
The Tacons Farmshop, the Grange Rollesby, Great Yarmouth NR29 5AJ  
PYO open from early June to early August 10am-5pm.  
Seasonal fruits include strawberries, Gooseberries, raspberries and Blackberries  
Seasonal Veg includes Asparagus, onions and potatoes.

**Church Farm** – [www.churchfarmnorfolk.co.uk](http://www.churchfarmnorfolk.co.uk) 07740 758914  
North Burlingham, NR13 4TA  
Camping £15 p/day, Farm Shop open all year round, Coffee Shop, Pick your Own  
June/July/August, Fishing open all year ½ acre of fishing, barbless hooks only, no keepnets, landing nets supplied, £6 p/day per rod.

**Hillfield Nursery and Farm Shop**- [www.hillfieldnursery.co.uk](http://www.hillfieldnursery.co.uk) 01508 548306  
Mill Lane, Thorpe-next-Haddiscoe NR14 6PA  
Set in 30 acres. 19 different fruits to pick, 250 different apple Varieties, a farm shop with hundreds of products and extensive nursery.

## 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.

### **Peg It**

Place coloured dots on clothes pegs and hide them around the house. Assign a number to each colour then challenge the kids to collect as many as possible within a set amount of time. The person with the most points at the end of the time wins.

### **Pitching Pennies**

At last a use for all the pennies sitting around the house. Place a large sturdy plastic cup on a chair or table and give the children the same number of pennies each. Get them to stand by the cup then take a set number of steps away from the cup in accordance with their age. The aim of the game is to try to toss the pennies into the cup without knocking it over. The person who scores the most wins.

### **Homemade Microwave Puffy Paint**

DIY paint that puffs up in the microwave? Perfect creative activity with the kids on a rainy day. It's quick, easy and Super fun. Start with 1 cup of flour, mix in 3 Teaspoons of baking powder, 1 teaspoon of salt and enough water to make it the consistency of pancake batter. Divide mixture into 4 parts and put into snack sized Ziploc baggies along with some food colouring. (even better if you have 4 different colours) squish it all around to mix up the colours (definitely part of the fun). Rubber band the baggies as if you were icing a cake and snip off teeniest bit of the tip. Paint away on your paper. When done, pop the painting into the microwave for 30-45 seconds and watch the paint puff up and grow. Paint as many pictures as you like, this is a great kitchen science art project. Have a little art show at the end.

### **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.

### **Paint**

Check out Little Brian Paint Sticks which are water soluble, child friendly, with no need for water or brushes, just squeeze and go. These can be used on all types of surfaces.

[www.littlebrian.com](http://www.littlebrian.com) can be found at Tesco's, Smythes, Toymaster, Ryman, Debenhams and more.

### **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.

### **Pom Pom Rainbow Challenge**

This is a great activity to practice colour recognition, matching and fine motor skills. Buy a mixed bag of coloured pompoms from the hobby /craft store if you don't have them handy. Draw a rainbow outline on large craft paper (also available from craft/hobby store). You can either colour the rainbow yourself if you have really little ones, or have kids colour this in first. Include a pot of gold, clouds and a sun to make it extra creative. Put some glue on a plastic plate so everyone can share and match the coloured pomp oms to the colours in the rainbow. Hang it up to dry when finished.

### **What Am I Eating?**

Good for 8-11 yr olds. Blindfold one person and raid the cupboards to find items for them to taste. Things like honey, soy sauce, mustard, frozen pea, marshmallow etc. all work well. The blindfolded person must try and guess what they have been given to taste. Make sure you check for food allergies before playing this game. And it is probably best to supervise the food choices!

### **Sock Wars**

For this game you will need 10-20 socks rolled up into balls:

Divide the room into two equal halves and place the socks on the line in the middle (you could use masking tape to mark). Divide all the kids into two equal teams.

The object of the game is to get as many socks onto the other teams side of the room before time is up. Team members must stay on their side of the room and toss the socks over to the other sides. A team member cannot hold onto a sock for more than 10 seconds before having to throw it. You could also add in beach balls of varying sizes with the socks, for variety.

### **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.

### **DIY Spa Day for the Girls**

Prepare your salon and layout some girly towels. Have each girl pick out colour for their nails and toes. Make lemonade or tea to sip during and after their treatments. Make a simple face mask combining avocado, oatmeal and honey (loads of DIY recipes on pinterest). Put on some relaxing spa music. Apply the face masks, girls can do their own if they like. Use a nice smelly lotion to massage hands and feet while masks are drying. Remove face masks with warm damp cloths/tea towels while lying on 'salon mats'. Now it's time for the best part which is having your nails painted. Time to put on a movie while nails are drying, which gives YOU a break as well.

### **Food Word Scramble**

Takes a little pre-work for you but this will keep the kids occupied for enough time to allow you a cup of tea. Take fifteen food words and write them down (this is your list) then re-write them in order with all the letters scrambled. The first person to unscramble all the letters wins!

### **Bake a Cake in a mug**

This chocolate cake in a mug is a chocoholic's dream and you can make it in less than 5 minutes - and yes, that does include mixing and cooking time! Find a scoop of ice-cream to eat with it or just wait in front of your microwave with your spoon ready!

4 tbs self-raising flour  
2 tbs sugar  
2 tbs cocoa  
1 egg  
3 tbs milk  
3 tbs vegetable oil  
1/2 tsp vanilla essence  
1 tbs milk chocolate chips

In a large mug, place all the dry ingredients and mix well with a spoon. Use the spoon to grind all of the cocoa against the side of the cup so there are no lumps.

Add the egg and beat it a little on top of the dry ingredients to break the yolk.

Add the oil, milk and vanilla and mix until well combined.

Stir the chocolate chips in and put into the microwave on high for 3 minutes.

Serve with a nice big scoop of ice-cream.

### **Easy Jam Drops**

These jam drops are delicious and a great activity for the kids as well. You can make a whole biscuit barrel-full but I doubt they will last long. Choose your favourite jam!

6 tbs butter  
1/2 cups sugar  
1 egg  
1/2 tsp vanilla essence  
1 3/4 cups self-raising flour (sifted)  
1 pinch salt  
1/2 cup raspberry jam

Preheat oven to 180°C (160°C fan-forced). Cover 2 baking sheets with baking paper and set aside. Cream the butter and sugar together until pale.

Add egg and vanilla and beat well.

Add flour and salt and mix well.

Roll teaspoonful-sized balls of batter and place on the baking tray 2 fingers apart. Using the end of a wooden spoon make a well in the centre of each ball.

Fill each indentation with a quarter of a teaspoon of jam. Bake for 10-15 mins.

### **3 Ingredient Almond Biscuits**

You can whip up these yummy, chewy almond biscuits with just three simple ingredients and in less than 10 minutes, you've got a taste sensation on your hands.

1 cup almond butter  
1 cup raw sugar  
1 egg

Preheat oven to 200°C (180°C fan-forced).

Beat all ingredients together to form a smooth paste. Form into small balls, heaped teaspoon size, and place onto an oven tray lined with baking paper. Press down gently with a fork. Bake for 10 minutes. Cool slightly on the tray before transferring to a rack to cool completely.

### **3 Ingredient Nutella Brownie Cupcakes**

These delicious Nutella brownies are baked in cupcake portions so you can share them immediately with the family. Sprinkle them with toasted hazelnuts for that extra touch.

1 cup Nutella chocolate hazelnut spread  
120 g self-raising flour  
2 eggs (lightly beaten)

Preheat oven to 180°C (160°C fan-forced). Place 9 silicon cupcake liners on a tray and set aside. Place Nutella, flour and eggs into a bowl. Mix together with a metal spoon until well combined. Fill liners to three-quarters full and bake for 20-25 minutes or until the centres spring back when lightly pressed.

### **Card Games:**

#### **Old Maid also known as Scabby Queen**

**Number of players:** 3 or more players

**Cards needed:** Standard 52-card deck, remove the Queen of Clubs.

**Goal:** not to end up with the Old Maid!

**How to Play:** Dealer deals out all the cards to all the players. The players look at their cards and discard any pairs they have e.g. a pair of sevens or a pair of kings.

The dealer then offers your cards spread face down to the player to their left. That player selects a card from their hand without looking at it and adds it to their hand. If it makes a pair, they can discard the pair. They offer their hand then to the next player on the left and so on.

If you get rid of all your cards, you are safe and are out. The last person who ends up with the Old Maid or Scabby Queen is the loser.

## **Sevens**

**Number of players:** 3–7 players

**Cards needed:** Uses standard deck of 52 cards

**Goal:** to get rid of all your cards

**How to Play:** Deal all the cards out to all the players (some might have more). Player to left of dealer plays first and play continues clockwise. If he or she has a 7 they must play or pass.

When a 7 is played, it's laid in the middle of the table as the foundation for other cards to play on.

Once a 7 is played, the 6 and 8 of the same suit can be played, either side of the 7. Cards are then played in sequence up to King and down to Ace. If you can't play, you pass. The winner is the person who gets rid of his or her cards.

## **Go Fish**

**Number of Players:** 2-4 Players

**Cards needed:** Standard 52 card deck

**Goal:** to collect the most sets of 4 cards

**How to Play:** Shuffle the cards and if 2 of you are playing, 7 cards are dealt to start with. If more than 2, deal 5 cards to each player to start with. The rest of the cards are placed face down in the middle.

The player to the left of the dealer starts and asks another player for a card that they need e.g. "John, do you have any 4s?". If the player has any of the card requested, they must hand them over to the player. If you get a requested card you get another turn. If the player you have asked doesn't have a card, they say "Go Fish" and you have to pick one from the middle pile.

If you collect 4 of a kind, you can put them down on the table.

The game continues until all the cards are finished, the winner is the person with the most sets of 4.

## **NORWICH CHEAP EATS**

**ZIZZI** – Bambini Menu; 3 course kids meal + chocacino for £6.95. Check website for details.

**ASK ITALIAN** – Kids Menu Deal; Starter + Main Course + Dessert + Babyccino £6.95

**GIRAFFE** – Kids Meal Deal; Main + Drink + Dessert £6.50 All day every day.

**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)

**HUNGRY HORSE** – Treat the Family Deal £15 every Saturday & Sunday.  
2 Adult meals + 2 kids meals + Pud to share. (call for availability)



**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 \*\***

**CAFÉ ROUGE** - Kids menu starts from £5.95

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

**YO SUSHI** – Mini Ninja Deal; Starter + main + drink £5.95 includes a drawing pack with activities, puzzles and quizzes. Dessert can be added for an additional £1.50

**PIZZA HUT** – Little Heroes Drink + Main + Salad + Dessert £5.99

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

**FATSOS** – Kids Menu Deal; Main course + dessert £6.95 (for Under 11s Only)

**MIDDLETONS** – Little Kids 2 course deal £4.95 or 3 course deal £5.95  
Big Kids 2 course deal £5.95 or 3 course deal £6.95 (includes a glass of squash)

**CHERRY TREE PUB** – Little Monster Meal Deal £3.75 Main + Side + Veggies  
Mega Monster Deal £4.49 Main + Side + Veggies  
All Starters £1 extra, Add a dessert for £1.35 Or add a Dessert + Drink for £2 extra

