

Stay safe, active, local & healthy this summer!

Visit HallGreenCommunities.org.uk for

Weekly FREE & BUDGET local activities, fun ideas, top tips & support

for you, your family & friends this summer

**Fun in
the sun**
near you

Sparkhill

Sparkbrook

**Weekly
fun, local
& free
activity
ideas**



Hall Green Families

SUMMER

Hall Green

**'We are
here to
help'**

regular updates
about support near
you

Kings Heath

**Something
for everyone**

recipe ideas for the whole
family

**10 Tips for
managing family
fun on a budget**

Springfield

Moseley

Balsall Heath

Get in touch

Phone/Text/Whatsapp 07570 953519

HallGreen.Families@accordgroup.org.uk

HallGreenCommunities.org.uk



@HallGreenFamilies

Get summer updates



Hall Green Families

SUMMER

Connecting you to support, activities & services close to home

In the summer term Hall Green Families: supported 488 families access **emergency resilience fund** (hardship) payments and over 334 families with **further support to access food banks, parenting support, debt advice, mental health and domestic violence** through family connect requests. Small grants have also been allocated to 19 local community organisations to better support families close to where they live.

Resilience (hardship) funds and further support are available for families in need over the summer.

Stay safe, active, local & healthy this summer!
We have info on **FREE & BUDGET** local activities, fun ideas, top tips & support for you, your family & friends every week this summer

Get support during the holidays

- **Look after yourself and your family, stay active and have fun together this summer.**
- **If things are difficult, don't struggle alone. Make contact and we can connect you to the support you need.**
- **We are working with many community partners to offer food, activities, advice, counselling and digital support.**
- **When schools are shut, you can always contact to your GP, children's centre, youth club, church, mosque or call us for support .**

A Days of five parts

Start with exercise [Shake Up!](#) Or a [Livestream Class](#) plus [Brilliant Breakfast](#)

Create [chalk art](#) in the park with friends. Take water + [lunchbox picnic](#)

Get back for story time with @HallGreenLib, www.facebook.com/LoBChildrens/ or Chill with a good read

Make an easy, seasonal and cheap family [dinner](#) while the kids to make [pudding](#)

Appreciate the day and plan tomorrow before lights out!



Contact us for support

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Dip-In week of free holiday fun

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Start the week with a quick Wake Up Shake Up! Or Livestream a class	Go on a bear hunt with Cosmic Kids Yoga or try home Football skills	Head out to see how many different leaves you can collect. Keep them for later!	More chalk fun with some doorstep/park workouts	Do the Daily mile at home Or Livestream a class
Lunchtime	Create chalk art in the park with friends. And maybe some football skills	Livingroom science Experiment with science in liquid or other forms	This vegetable soup taste great and the kids could play 'name the veg'	Check the weather for plan an indoor/ outdoor picnic	Explore kitchen window gardening and prepare edible art for lunch
Afternoon	Get back in time for online storytime with @HallGreenLib or www.facebook.com/LoBCchildrens/ or a family read	Family Food Shop Challenge – play guess the price, food bingo, beat the clock or give your kids a one meal budget each	Create awesome leaf art with some ideas to help Or try coding camp	Go for a walk or do an indoor alphabet scavenger hunt . Explore!	Use what you have around to Build a den And get crafty with recycling
Evening	Start the Change 4 Life Weekly meal plan +plan out your family week	Dedicate time to connecting with loved ones: call, zoom, meet	Midweek movie suitable for the family	Get your young chefs skilled to cook great recipes	Have a home sleep out in the den and stargaze with NASA



We recommend you look through activities a day or two before to help find the best option for your family

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Get summer updates



10 Tips for managing family fun on a budget

1. **Develop daily routines and holiday ground rules. This helps reduce conflict and confusion.**
2. **Start and end the day well but remember each day is a new day.**
3. **Spend time as a family planning each week to manage time and expectations. Discuss everyone's wishes, worries and needs (including budgets).**
4. **Explore new things and experiment with new ideas.**
5. **Get out the house daily to (morning is best) to get daylight, even if it's just a short walk.**
6. **Exercise as a family, with friends or individually. Meeting up with others in a park to be active is a great way to socialise for free.**
7. **Contact friends and family regularly.**
8. **Connect with community activities when you can.**
9. **Plan in 1 to 1 time with each family member to relax, listen and do something you both want to do.**
10. **Save money and eat healthier by cooking at home. Involve your kids in planning and preparing meals.**