

# Free or low-cost summer ideas & information

brought to you by:

Hertfordshire's  
Holiday Activity Programme



## junior parkrun

*Every Sunday  
From 9am  
Free*

junior parkrun is a series of events run by volunteers for the community around Herts in 16 locations including Hemel Hempstead, St. Albans and Hatfield. Children aged 4-14 can get active in open spaces and make their way around a 2k course with family. You can walk, jog, or run around, whatever suits you!

Find out more at: [parkrun.org.uk](http://parkrun.org.uk)

## ParkPlay

*Every Saturday  
10am-12pm  
Free*

ParkPlay is two hours of free community play every Saturday morning in your local park or public space! It's a safe, inclusive place for all the family to enjoy and play games together. ParkPlay already takes place in Cheshunt, Letchworth, South Oxhey, Hemel Hempstead and Borehamwood, with more Herts locations set to launch.

Find out more and sign up at:  
[park-play.com/parks/](http://park-play.com/parks/)

## Food support

*Here you will find a list of organisations that provide support and access to food.*

Find out more at: <https://directory.hertfordshire.gov.uk/Search?CategoryId=161&SM=ServiceSearch&SME=True>

## Accessing low cost meals for kids

*Where kids can eat for free or £1 this  
summer*

21 different locations where kids can eat for free or for £1 from restaurants, garden centres or supermarkets

Follow this link for more information:  
<https://www.oxfordmail.co.uk/news/national/uk-today/24455475.kids-can-eat-free-1-2024-summer-holidays/>

## Help to manage the cost of living

*Find out what support you can get*

Information can be accessed via the Hertfordshire County Council's 'Cost of Living' webpage

Follow this link for more information:  
[www.hertfordshire.gov.uk/about-the-council/news/cost-of-living/help-to-manage-the-cost-of-living.aspx](http://www.hertfordshire.gov.uk/about-the-council/news/cost-of-living/help-to-manage-the-cost-of-living.aspx)

Activities included in this document are not run as part of the HAPPY programme and such participation is at your own risk.

