

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

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 Broxbourne, Letchworth, Hemel Hempstead and Bishop Stortford, with more Herts locations set to launch.

**Find out more and sign up at:
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>

Joe Wicks - Free animated activity series for kids

Children are being inspired to move more this summer following the launch of a new series from fitness coach, Joe Wicks MBE, backed by the government as part of a new partnership to reach schools and families across the country.

The first episode is now available on [The Body Coach TV by Joe Wicks](#)

YouTube channel, with further episodes set to be released weekly over the summer holidays.

Help to manage the cost of living

Find out what support you can get

Information can be accessed via the Sport In Herts' 'Cost of Living' webpage

Find links here: [Cost of Living Support in your local area.](#)

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