

Free or low-cost summer ideas & information

brought to you by:

Hertfordshire's
Holiday Activity Programme



StayWise

**Saving Lives through
education**

A FREE online activity centre for young people aged 3–18, carers or parents looking for fun activities that will help keep them and their family safe at home, in school and in the community.

Explore videos, interactives, games and more to help take the first step on your personal safety journey.

Find out more at: staywise.co.uk/public

ParkPlay

**Every Saturday
10am to 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/events

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>

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 or
find Free or low cost ideas
for the school holidays**

Information provided via the Sport In Herts' 'Cost of Living' webpage.

Find links here: [Cost of Living Support](#)

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