

**Stay safe, active, local & healthy this summer!**

Visit [HallGreenCommunities.org.uk](http://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](mailto:HallGreen.Families@accordgroup.org.uk)

[HallGreenCommunities.org.uk](http://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/](http://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

Phone/Text/Whatsapp on 07570 953519  
Email [HallGreen.Families@accordgroup.org.uk](mailto:HallGreen.Families@accordgroup.org.uk)

## We're here to help

### Get summer updates

@HallGreenFamilies  
[HallGreenCommunities.org.uk](http://HallGreenCommunities.org.uk)



# Dip-In week of free holiday fun

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

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





# 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.**