A close up of sunglasses

Description automatically generated

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| **District** | **Organisation providing activity** | **Dates of Activity** | **Details of Activity** | **Age group** | **Referral required Y or N** | **Referral criteria** | **Cost** | **Contact details/ how to book** |
| Burnley | Burnley Leisure | Saturdays 10.15am | **Fitness and fun for the whole family!**  We have introduced new family sessions to our programme for adults and kids to work out together – perfect if you want to spend quality time together whilst improving health, fitness and wellbeing as a family.  **Family Fitness Synrgy**  A whole body circuit workout using our Synrgy 360 frame.  It’s quick, effective and most importantly FUN!  Sessions are included in our Anytime membership or you can pay as you go | All ages | N | N/A | Adults = £5.90 per session  Children = £3.00 per session | <https://burnleyleisure.co.uk/activity/family-fitness/> |
| All Districts | Lancashire Libraries | All year | Summer reading challenge, reading, groups, digital library, computers & wifi, friends groups, music & drama collections, free events & activities | All ages | N | N/A | Free | <https://www.lancashire.gov.uk/libraries-and-archives/libraries/>  <https://www.facebook.com/lancslibraries/> |
| Preston | Food Access | All year | In Preston there are lots of organisations providing support if you are struggling to access food. | All ages | N | N/A | Free | [**https://helpinpreston.com/food-access-1/**](https://helpinpreston.com/food-access-1/)  for information on where they are located, referral route etc. |
| South Ribble | South Ribble Borough Council – Sports Development Team |  | Active Parks will run in parks around the borough for children and parents together and will adhere to social distancing- range of sports activities and, yoga, fitness, cycling, orienteering. | All ages | N | N/A | Free | <https://www.southribble.gov.uk/content/active-parks-activity-july-2020> |
| Chorley | Chorley Council | All year | Let's get active and Get Up and Go in Chorley  Here you will find lots of information on local activities, cycle routes & local cycle clubs, community & leisure centres, volunteering opportunities, parks & nature reserves etc. | All ages | N | N/A | Price  Varies | <https://chorley.gov.uk/Pages/AtoZ/Health-and-Wellbeing.aspx> |
| South Ribble | KEY - The Base Community Centre - Broadfield Estate, Leyland | All year | Take away and outdoor café for CYP at The Base.  Toy and Book swap at The Base | All ages | N | N/A | Free |  |
| All Districts | Homestart | All year | Providing support by telephone, WhatsApp and video calls as well as providing activities to help keep children busy and active whilst at home and delivering essential items in emergency situations. | All ages | Y | See website for details | Free | <https://homestarteastlancs.org/our-updated-response-to-covid-19/> |
| All Districts | Forestry England | All year | We’ve got an amazing collection of printable activities and games for you to keep the family busy, including printable Julia Donaldson activity sheets and online resources to help keep learning alive. | All ages | N | N/A | Free | <https://www.forestryengland.uk/blog/10-ways-keep-the-kids-entertained-through-covid-19> |
| All Districts | British Science | All year | This resource pack contains a selection of activities that have been designed for any audience interested in exploring science. Whether you are new to science, a regular pro, or just looking for something to try on the weekend, these activities can be completed as a family, with a group of friends or as individuals. | All ages | N | N/A | Free | <https://www.britishscienceassociation.org/community-group-activitypacks> |
| All Districts | Junk Modelling | All year | This is great for helping children understand shapes, textures and different materials. It will also help the child to exercise their creativity, inventiveness and problem solving. | All ages | N | N/A | Free | <https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/junk-modelling> |
| All Districts | National Geographic | All year | Various activities for children and young people to learn about geography. | All ages | N | N/A | Free | <https://www.nationalgeographic.co.uk/science-and-technology/2020/03/ideas-kid-focused-activities-during-coronavirus-shutdowns> |
| Pendle | Home- Start | 22/07/2020 | Alkincoates Park. Colne guided activity | All ages | N | N/A | Free | <https://homestarteastlancs.org/> |
| Pendle | Home- Start | 30/07/20 | Ballgrove, Trawden guided activity | All ages | N | N/A | Free | <https://homestarteastlancs.org/> |
| Pendle | Home- Start | 6/08/2020 | Marsden Park, Nelson guided activity | All ages | N | N/A | Free | <https://homestarteastlancs.org/> |
| Pendle | Home- Start | 12/08 /2020 | Barnoldswick guided activity | All ages | N | N/A | Free | <https://homestarteastlancs.org/> |
| Pendle | Home- Start | 26/08/2020 | Barrowford guided activity | All ages | N | N/A | Free | <https://homestarteastlancs.org/> |
| Pendle | Harwes Farm | As arranged | Forest School for all ages, fire building, tree climbing, woodland hiking, meeting the farm animals - daily - any day - nb. bookable in advance for school & community groups only | All ages | Y | N/A | Free | [gillian@harwesfarm.co.uk](mailto:gillian@harwesfarm.co.uk)  [www.harwesfarm.org](http://www.harwesfarm.org) -  07540066009 - |
| Ribble Valley | Children & Family Wellbeing Service | Sessions will be delivered through Zoom every Wednesday and Thursday starting from the 29th July 2020 2-3pm (final session will be Thursday 20th August 2020) | Water safety week  Bug Hotel  Superheroes  Holiday Week | All ages | N | N/A | Free | Booking on to sessions is a Must.  Sessions will be delivered through Zoom every Wednesday and Thursday  Contact The Zone, Clitheroe 01200-420460 |
| Lancaster | Children & Family Wellbeing Service | Tuesday  12.30-1.30 20wks+  2.00-3.00 30wks+ | **Young Mums to Be**  5 week course. A group for Mums to be aged 20 years and under.  Antenatal care and support during pregnancy. | 20 years and under | N | N/A | Free | [karen.mcgahon@lancashire.gov.uk](mailto:karen.mcgahon@lancashire.gov.uk) |
| Lancaster | Children & Family Wellbeing Service | Tuesday  3.30-4.30 | **Parents to Be**  2Week course. The 2 sessions we will cover;  Session 1 will cover Safer Sleeping and Coping with Crying  Session 2 will cover Home Safety, Baby Bathing / Nappy Changing & Early Play / Brain Development | All ages | N | N/A | Free | Please contact [emily.burzacki@lancashire.gov.uk](mailto:emily.burzacki@lancashire.gov.uk) |
| Lancaster | Children & Family Wellbeing Service | Wednesday  10.00 – 11.00 | **Young Mums and Me**  A group for Mums aged 20 years and under and their babies.  Postnatal care and support during Parenthood. | Under 20 years | N | N/A | Free | Please contact [karen.mcgahon@lancashire.gov.uk](mailto:karen.mcgahon@lancashire.gov.uk) |
| Lancaster, Fylde and Wyre | Virgin Care | **Thursday**  **1:00-2:00pm** | **Antenatal Infant Feeding** 2 week session. In addition to the Lancashire Bumps Birth and Beyond antenatal education session, this session support you and your partner to make decisions and support you to get feeding off to the best start | All ages | N | N/A | Free | To Book families on email their Name, Email address and telephone number to  [Lancs019.virtual.groups@virgincare.co.uk](mailto:Lancs019.virtual.groups@virgincare.co.uk) |
| Lancaster, Fylde, Wyre & West Lancashire | Virgin Care | **Friday**  **10-11:00am** | **Ready Steady School.** Aims to provide advice, support, information and tips to help parents and carers feel prepared for their child to start school. | All ages | N | N/A | Free | To Book families on email their Name, Email address and telephone number to  [Lancs019.virtual.groups@virgincare.co.uk](mailto:Lancs019.virtual.groups@virgincare.co.uk) |
| All Districts | Families and Babies (FAB) | All year | Infant Feeding Advice and Support | All ages | N | N/A | Free | <https://www.familiesandbabies.org.uk/>  Call for advice - 01254 772929  For further support and videos please visit [www.familiesandbabies.org.uk/pages/central-lancashire](http://www.familiesandbabies.org.uk/pages/central-lancashire) |
| All Districts | National Breastfeeding Helpline | All year | Infant Feeding Advice and Support | All ages | N | N/A | Free | Call for advice - 0300 100 0212  For further support and videos please visit [www.familiesandbabies.org.uk/pages/central-lancashire](http://www.familiesandbabies.org.uk/pages/central-lancashire) |
| West Lancashire | Virgin Care 0-19 | Fri 10-11 or 2-3pm | Virtual - Ready Steady School. Do you have a child due to start school in Sept? The Ready Steady School virtual group is here to offer support and information to help parents and carers feel prepared for their child's first day. | All ages | N | N/A | Free | If you wish to participate or would like more information please contact 0300 247 0040. |
| West Lancashire | Our Lancashire | All year | Our Lancashire is the Lancashire wide initiative to bring groups and communities together to make Lancashire a greater place to live work and play.  If you want to join a group, find help on how to set one up or just want to attend an event, this is the place for you!  Supported by public services and organisations across Lancashire this is the one stop shop for groups and events. | All ages | N | N/A | Free | <https://ourlancashire.org.uk/> |
| West Lancashire | Ormskirk  Food Bank | Tuesdays and Fridays | Food bank  . | All ages | N | N/A | Free | Ormskirk food bank is closed, but continues to offer a referral/code system via one of the agencies.  Ormskirk Food bank are running a delivery service on Tuesdays and Fridays for clients who are referred to them.  Please go to its website [here](https://ormskirk.foodbank.org.uk/get-help/foodbank-vouchers/) for details of agencies that can make e-referrals or call Ormskirk Food bank on 07748 951274. |
| West Lancashire | Skelmersdale  Food Bank | Monday, Wednesday and Thursday mornings | Food bank | All ages | N | N/A | Free | Skelmersdale food bank is closed, but continues to offer a referral/code system via one of the agencies.  Skelmersdale Food bank are running a delivery service on Monday morning, Wednesday morning and Thursday morning for clients who are referred to them.  Please go to its website [here](https://ormskirk.foodbank.org.uk/get-help/foodbank-vouchers/) for details of agencies that can make e-referrals or call Skelmersdale food bank on 07989 052832. |
| All Districts | Visit Fylde Coast | All year | Visit Fylde Coast is for people who love this stretch of North West UK coastline.  With Visit Fylde Coast you can explore Fleetwood, Cleveleys, Blackpool, St Annes and Lytham plus the market town of Poulton.  Join us on social media, and don’t forget to sign up for your weekly enews for lots of interesting information, events, blogs and more straight to your inbox. | All ages | N | N/A | Free | <https://www.visitfyldecoast.info/> |
| Fylde & Wyre | YMCA | All Summer | Don’t struggle for low cost ideas to keep the kids entertained and active during the school holidays. At YMCA Fylde Coast, you will find everything from splashtastic Swimming Activities and fun-filled Sports Camps to Air Skate Park and YMCA Bowl. | All ages | N | N/A | Prices Vary | <https://ymcayactive.org/kids-teens-families/schools-out-kids-activities-and-sport-camps/> |
| Hyndburn | Hyndburn Leisure Centres | All Summer | Hyndburn Leisure has a large range of facilities to support a number of sports and activities within the borough.  Please find a list of activities here - <https://www.hyndburnleisure.co.uk/activities/> | All ages | N | N/A | Prices Vary |  |
| Hyndburn | Accrington Riding Centre (ARC) | All Summer | For comprehensive horse riding services encompassing introductory lessons, pony and horse loan schemes, children's horse riding summer camps, stable care and more in Lancashire. | All ages | N | N/A | Prices Vary | <https://www.accringtonridingcentre.co.uk/>  Call today on 01254 393 563 |
| Lancaster | Salt Ayre Leisure Centre | Monday to Friday 6am - 9.30pm, Saturday 8am - 7pm, Sunday 8am - 6.30pm. | School Holiday Activities  Enjoy the school holidays at Salt Ayre Leisure Centre - we've got some brilliant events and sessions taking place. | All ages | N | N/A | Prices Vary | <https://www.lancaster.gov.uk/salt-ayre-leisure-centre/school-holiday-activities>  If you have any queries regarding any purchases, pleasecontact [**saltayre@lancaster.gov.uk**](mailto:saltayre@lancaster.gov.uk) |
| Pendle | Visit Pendle | All Summer | Family Fun  Pendle is a great place for families to spend quality time together. If it's fresh air you’re after why not try one of the [Pendle’s Family Cycle Rides](http://www.visitpendle.com/things-to-do/cycling-in-pendle/family-and-short-routes)? Or for some high octane fun, test your skills at [Prestige Karting](http://www.visitpendle.com/things-to-do/prestige-karting-ltd-p63660)  Get the kids to guess “which witch is which” on our interactive quiz on the [Pendle Sculpture Trail](http://www.visitpendle.com/things-to-do/walking/sculpture-trails)or visit the beautiful [Thornton Hall Farm](http://www.visitpendle.com/things-to-do/thornton-hall-country-park-p21490), where you can meet the animals and enjoy lots of great activities. And if you do fancy getting wet, take the plunge at the [Wavelengths](http://www.visitpendle.com/things-to-do/pendle-wavelengths-p112650) Centre.  If this still isn’t enough to tire out the kids, take them along to [Giddy Kippers](http://www.visitpendle.com/things-to-do/giddy-kippers-p116910) play centre.  We also have a great [Family Days Out Guide in Pendle](http://www.visitpendle.com/dbimgs/family%20days%20updated-7-16.pdf). | All ages | N | N/A | Prices Vary |  |
| Preston | Better | Available all summer | A range of holiday activities and leisure facilities available for children of all ages and their families. | All ages | N | N/A | Prices vary | <https://www.better.org.uk/leisure-centre/preston/west-view-leisure-centre/half-term-west-view-climbing-and-leisure-centre> |
| Preston | Ribble Steam Railway & Rail Museum | From Wednesday 12th August from 10:30-16:00 | Keep the kids entertained by coming down to visit us for our Railbus journeys. Blow off steam in our line side playground. Treat yourself to a break in our Tea Room with delicious cake and coffee whilst the kids are entertained in our museum. | All ages | N | N/A | Adult Day Ticket - £7.00  Child Day Ticket - £7.00  Family Ticket - £20.00 | <https://ribblesteam.org.uk/event/summertime-mid-week-runnings-2/>  No need to book in advance – Pay on the day of your visit |
| Rossendale | Rossendale Leisure Trust | Available all summer | There's plenty of kids activities here at Rossendale Leisure Trust... adventure activities, classes, swimming lessons, Tots sessions and more! | All ages | N | N/A | Prices vary | <https://www.rltrust.co.uk/kids-activities.html> |
| South Ribble | South Ribble Leisure | Available all summer | A range of holiday activities and leisure facilities available for children of all ages and their families. | All ages | N | N/A | Prices vary | <https://www.southribbleleisure.com/> |
| West Lancashire | West Lancashire Leisure - Park Pool | Available all summer | Our holiday activities are a great way for kids to have fun and stay active during the school holidays. We have exciting activities to keep the kids busy as well as great ideas to spend time together, with affordable prices, whatever the weather! | All ages | N | N/A | Prices vary | <https://www.westlancsleisure.com/park-pool/family-children/> |
| Wyre | Discover Wyre | Available all summer | With bustling markets, unique theatre venues, vast stretches of sand and acres of countryside, the borough of Wyre has a bit of everything to offer including:  Animal attractions   * Dog friendly walks * Parks and gardens | All ages | N | N/A | Prices vary | <http://www.discoverwyre.co.uk/things-to-do/summer-fun> |
| All Districts | Visit Lancashire | Available all summer | **Family Events**  Keep the whole family entertained in Lancashire with a calendar packed full of events throughout the year you will be left spoilt for choice no matter what the weather may have in store for us! | All ages | N | N/A | Prices vary | <https://www.visitlancashire.com/whats-on/family-events> |
| All Districts | A day out with the kids | Available all summer | **Looking for fun and exciting things to do in Lancashire with the kids? You’ve come to the right place!**    **From the historic walls of**[**Lancaster Castle**](https://www.dayoutwiththekids.co.uk/attractions/lancaster-castle-4d295867)**to the legendary thrills of**[**Blackpool Pleasure Beach**](https://www.dayoutwiththekids.co.uk/attractions/blackpool-pleasure-beach-c8017469)**, and**[**Blackpool Zoo**](https://www.dayoutwiththekids.co.uk/attractions/blackpool-zoo-6ec65328)**for the animal lovers out there, you’ll be spoilt for choice. We’ll give you a hidden gem to try out too -**[**Park View 4U Playing Fields**](https://www.dayoutwiththekids.co.uk/attractions/park-view-4u-playing-fields-0b8916e0)**, it’s a fun-packed outdoor play area in**[**Lytham St Annes**](https://www.dayoutwiththekids.co.uk/things-to-do/north-west/lancashire/lytham-st-annes)**where your kids can run around for hours and it won’t cost a penny!**  **Who doesn’t love a bit of splashing about in the summer? You can always enjoy a wet and wild family day out in one of Lancashire’s top water attractions;**[**Sandcastle Waterpark**](https://www.dayoutwiththekids.co.uk/attractions/sandcastle-waterpark-871b2773)**and**[**Pendle Wavelengths Swimming Pool**](https://www.dayoutwiththekids.co.uk/attractions/pendle-wavelengths-swimming-pool-c0160355)**come to mind straight away.**  **Oh, oh, we’ve got another good one! If you love walking and exploring nature, one of the best things to do in Lancashire is to go on a refreshing family walk to**[**Pendle Hill**](https://www.dayoutwiththekids.co.uk/attractions/pendle-hill-d985e786)**. A picnic basket and comfy shoes are a must!** | All ages | N | N/A | Prices vary | <https://www.dayoutwiththekids.co.uk/things-to-do/north-west/lancashire> |
| All Districts | Let's go with the children | Available all summer | **The best places to go & things to do around Lancashire** | All ages | N | N/A | Prices vary | <https://letsgowiththechildren.co.uk/places-to-go/lancashire/> |
| All Districts | The Woodland Trust | Available all summer | **Muddy boots. Big smiles. Precious memories.**  **When your family joins the Woodland Trust we’ll help you connect with nature and enjoy special moments together.**  **Whether you’re exploring your favourite wood or getting stuck into arts and crafts, our family membership is a hands-on way to help you and your children enjoy the natural world together. Plus, as members, you can be proud you’re protecting our environment for future generations.**  **If you join before August 16th you'll receive our summer activity pack, so you can get started straight away. It's bursting with things to do, from exploring the wildlife on your doorstep to fun nature crafts. Plus you'll receive an exclusive butterfly ID tool!** | All ages | N | N/A | From £5 per month | <https://www.woodlandtrust.org.uk/support-us/join/about-family-membership/> |
| Preston, South Ribble & Chorley | Up & Active | Available all summer | **Active sessions available for all the family in Preston, South Ribble & Chorley.** | All ages | N | N/A | Prices vary | <http://abl.upandactive.co.uk/> |
| All Districts | UKCraftFairs | Available all summer | **Find craft fairs and shows to visit all over the UK.** | All ages | N | N/A | Prices vary | <https://www.ukcraftfairs.com/craft-fair-search> |