News release

August 2010

Free Summer Fun for Families

Families in Sunderland can take advantage of a summer of fun as the city's Children's Centres launch even more free activities and events.

Every family knows how expensive the summer break can become, especially when the weather's bad, but come rain or shine the city's families can enjoy something different every week at centres throughout the city.

In addition to the usual timetable of free play activities, special events taking place during the school holidays includes Family Fun Days, Down on the Farm, Let's Make Music, Let's Get Arty, Let's Get Moving, and The Animups Puppet Show.

Raj Singh, Extended Services Manager for Children's Services within Sunderland City Council, said: "The summer break can often be a costly time for families. Unpredictable weather and being at home a lot can see children become restless, while lots of days out can become very expensive.

"That's why Sunderland Children's Centres and our partner organisations have launched a special summer programme of free events and activities as well as low-cost days away to help ensure everyone enjoys the summer holidays without breaking the bank."

Alongside offering a series of free events Sunderland Children's Centres has organised a number of days away which all cost £10 or under for adults to attend and £5 or under for children. Through the trips families can explore Morpeth Riverside Park, Holy Island, the National Railway Museum in York and Beamish Open Air Museum.

Sunderland's 17 Children's Centres are developing strong links with local organisations and community groups to help provide every child in Sunderland with the best possible start in life. The centres work to bring together health services, early education, childcare, parenting support and help for parents looking to find work or training.

For more information on any of the Sunderland Children's Centre summer events or activities visit www.sunderlandchildrenscentres.co.uk. To book tickets onto a day trip please contact your nearest centre.

Date	Activity/event	Time	Venue
Monday 16 August	Down on the Farm	1pm - 3pm	Rainbow Family Centre
Tuesday 17 August	Let's Make Music	9.30am - 11.30am	Sunderland Children's Centre Washington (Wessington)
Tuesday 17 August	Busy Bodies	1pm - 2.45pm	Sunderland Children's Centre Washington (Oxclose)
Wednesday 18 August	Stay and Play	9.45am - 11.15am	Sunderland Children's Centre Washington (Wessington)
Wednesday 18 August	Holy Island^		
Wednesday 18 August	Eileen and Joe: Ventriloquists Show	10am - 11am	Southwick Community Primary School
Wednesday 18 August	Let's Get Arty	1pm - 3pm	Lambton Primary School
Thursday 19 August	Let's Get Moving	9.30am - 11.30am	Springwell Village Hall
Friday 20 August	Family Fun Day	10am - 12noon	Sunderland Children's Centre Monument
Monday 23 August	Stay and Play	9.30am - 11.30am	Rainbow Family Centre
Tuesday 24 August	The Animups Puppet Show	10am - 11am	Bunny Hill Community Hall
Wednesday 25 August	National Railway Museum, York^		
Wednesday 25 August	Family Fun Day	10.30am - 1.30pm	Washington Arts Centre
Wednesday 25 August	Family Fun Day	1pm - 3pm	Houghton Sports Complex
Thursday 26 August	Down on the Farm	9.30am - 11.30am	Springwell Village Hall
Tuesday 31 August	Eileen and Joe: Ventriloquists Show	10am - 11am	Bunny Hill Community Hall
Wednesday 1 September	Beamish Open Air Museum^		
Wednesday 1 September	Let's Get Moving	1pm - 3pm	Lambton Primary School
Thursday 2 September	Let's Get Arty	9.30am - 11.30am	Springwell Village Hall
Thursday 2 September	Messy Play	1pm - 3pm	Rainbow Family Centre
Friday 3 September	Let's Make Music	9.30am - 11.30am	Rainbow Family Centre
Friday 3 September	Whoops Safety Session*	1pm - 3pm	Rainbow Family Centre

^Reduced entrance fee and travel costs applied, local pick up points from 9.15am to 10am. Return time to be confirmed. For more information telephone 0191 553 4127
*For bookings please telephone 0191 219 3995

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For more information please contact Alex Donaldson at Adessi on 0845 219 0923 or email alex@adessi.co.uk