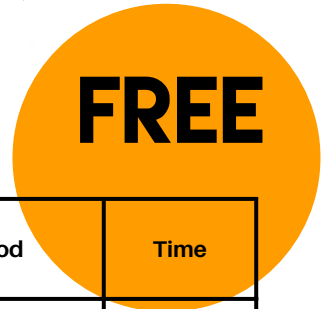


# HEALTHY HOLIDAYS



We are offering free activities and daily lunch for children aged 4-11 years old that are **accompanied by a parent or guardian** on the 4th - 7th of April.



## TIME TABLE OF FUN

Date	Venue	Activity	Food	Time
Monday 4th April	Welcome In - Opal LS16 6DJ	Circus Workshop, Wii games console	Make your own pizza	9:30 - 1 pm
Tuesday 5th April	St Paul's, Irelandwood, LS16 6BS	Lego building with lego stop-start motion fun, Easter team games	Make your pasta dish	9:30 - 1 pm
Wednesday 6th April	Welcome In - Opal LS16 6DJ	Easter egg hunt, biscuit decorating and Easter egg hunt	Make your own fajitas	9:30 - 1 pm
Thursday 7th April	Bradford National Science and Media Museum	Trip	Lunch is provided	9:30 - 1 pm

Each day we will provide lunch, offer the opportunity to learn how to make various healthy dishes and a take-home bag full of goodies, helpful information and fun activities.

We'll also provide a space for fun, connection, conversation and laughter with other families in your area! Use the sign up information above to book a space for your family.

## SIGN UP

If you want to sign up to any of these activity days, you can visit: [www.linktr.ee/HHLS16](http://www.linktr.ee/HHLS16) and follow the links to book your spaces

## GRAB BAGS



Take-home bags will be available to pick up before 11am on Friday if you missed picking it up on Wednesday!

## HERE TO HELP

We want to help you in any way that we can. Below are some numbers that might be of use if you find yourself struggling with food or household bills over the holiday period.

### Leeds Welfare Support:

0113 376 0330

Foodbank: 0808 208 2138

OPAL: 0113 261 9103

St Paul's Church: 0113 267 5567



Healthy  
Holidays  
Fund

Leeds  
Community  
Foundation



WELCOME IN  
Community  
Centre & Cafe



# EASTER ACTIVITIES



HH  
LS16

## PIZZA MAKING AND CIRCUS WORKSHOP

**Monday 4th April at Welcome In, LS16**

*Food provided Pizza*

**6DJ**

Enjoy making pizza dough from scratch, rolling out and creatively decorating it. We will then cook your pizza using our pizza ovens!

We have a circus guest visiting on Wednesday to show their flexibility and tumbling skills! We also welcome you to join in and try your hand at some acrobatic moves. Alternatively, there will also be a wii console set up to play.

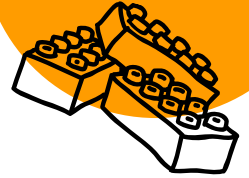


## LEGO CREATIVE WORKSHOP

**Tuesday 5th of April at St Paul's, Irelandwood, LS16 6BS** *Food provided: Vegetable pasta*

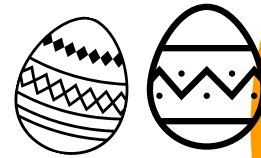
We're creating a space over the Easter holidays to let your creativity flow and build anything you can dream up! There will also be competitions for who can build the tallest tower and ideas about what to build... Sign up using the information below and come prepared to imagine and create!

In addition to the Lego Creative Workshop we will be learning how to make vegetable pasta, all ingredients and equipment are provided. We will also be leading an afternoon of healthy competition; including egg and spoon races, egg catching and egg rolling! Sign up information is below.



## EASTER ACTIVITIES

**Wednesday 6th of April at Welcome In, LS16 6DJ** *Food provided Fajitas*



Easter is just around the corner, so what better time to have an Easter egg hunt? Sign up and join us at Welcome In before we head out to the park and find the hidden eggs!

We will also be creating our own fajitas, you can choose your own fillings and will be given a take-home bag with recipes covered in the week, ingredients and other helpful and fun information!

## TRIP TO BRADFORD NATIONAL SCIENCE AND MEDIA MUSEUM

**Thursday 7th April at Welcome In, LS16 6DJ, at 9am before a short coach ride to the museum.**

We'd love for you to come with us on a day trip to Bradford's National Science and Media Museum! Some of the exciting exhibits include:

- An Animation Gallery, where you can have a go at creating your own animation or watch other's creations.
- Experience TV, an exhibition that tells you all about the history of the TV and advertisement and then gives you the opportunity to see if a TV channel you create would be successful
- Other exciting science exhibitions like Wonderlab, Life Online and more...!

Packed lunch and transport will be provided, come prepared to learn and have fun!

