

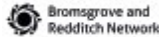
Redditch Summer Special Fitness, FUN & Finance



The summer break doesn't have to break the bank!

Whether you're looking for fun things to do, ways to keep fit or for some financial help, check out our partnership leaflet with plenty of free or low-cost activities, events & advice for all.

Our partnership continues to work together to provide support & advice to residents & signpost them to trusted sources & organisations that can help.



Things to do

Activity	Venue	Date/Time	Cost	More Information
Holiday Activity & Food Programme	Various	Various	FREE for free school meal children	redditchbc.gov.uk/haf
Reddi the Fox's Trail (Activity trail for children)	Arrow Valley Park (start at Visitor Centre)	Any time	£1 per pack inc. crayons, leaflet & badge	arrowvalley.co.uk
Beach on the Green Pop up Beach	Town Centre	21st - 23rd July 10am - 5pm	FREE	
Circus Kaos Workshops	Morton Stanley Park	Every Wed in Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/events
Prof. Chandler's Punch & Judy Show	Arrow Valley Park Amphitheatre	1st & 11th Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/events
Glamba Drumming Workshops	Morton Stanley Park	3rd Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/events
Juggling Jim's Circus Workshops	Arrow Valley Park Amphitheatre	4th, 8th & 25th Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/events

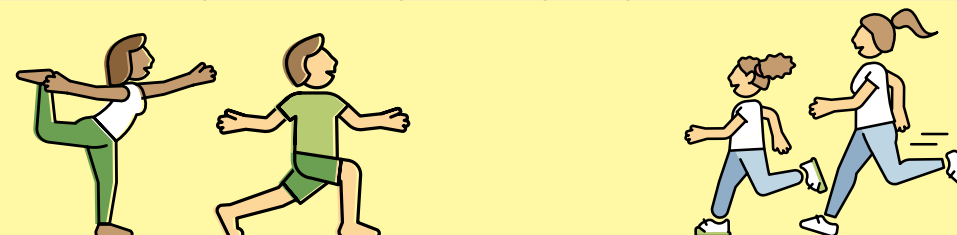
Things to do

Activity	Venue	Date/Time	Cost	More Information
Create-Build-Learn LEGO Workshops Superheroes	Forge Mill	9th Aug 10am, 11.30am, 1.30pm & 3pm	£5 per child must be booked	forgemill.org.uk/ web/events
Have a Go Redditch!	Arrow Valley Park	10th Aug 12 - 4pm	FREE	
Dougie the Dino	Morton Stanley Park	10th Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/ events
	Arrow Valley Park Amphi- theatre	15th Aug 12, 1.30 & 3pm		
Create-Build-Learn LEGO Workshops Scooby Doo	Forge Mill	16th Aug 10am, 11.30am, 1.30pm & 3pm	£5 per child must be booked	forgemill.org.uk/ web/events
Prof. Chandler's Punch & Judy Show	Morton Stanley Park	17th Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/ events
Angie Mack Hula Hoop Show	Arrow Valley Park Amphi- theatre	18th & 29th Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/ events
Glamba Drumming Workshops		22nd Aug 12, 1.30 & 3pm		
Create-Build-Learn LEGO Workshops Jurassic World	Forge Mill	23rd Aug 10am, 11.30am, 1.30pm & 3pm	£5 per child must be booked	forgemill.org.uk/ web/events
Purple Spider Activity Bus	Morton Stanley Park	24th Aug 12, 1.30 & 3pm	FREE	redditchbc.gov.uk/ events
Angie Mack Hula Hoop Show		31st Aug 12, 1.30 & 3pm		



Keep fit & healthy

Activity	Venue	Date/Time	Cost	More Information
Disc Golf	Arrow Valley Park	Any day during the summer	FREE	arrowvalley.co.uk/disc-golf
Orienteering				arrowvalley.co.uk/ orienteering
Trail Walks				arrowvalley.co.uk/ walking-trails
Women's Walking Football	Abbey Stadium	Mondays 9.15am	£2	Search 'Women's Walking Football' on redditchbc.gov.uk
Walking Football	Abbey Stadium	Mondays 10.30am	£2	Search 'Walking Football Abbey' on redditchbc.gov.uk
Walking Cricket	Terrys Field Cricket Strip	Mondays 6 - 7pm	FREE	Search for 'Walking Cricket' on redditchbc.gov.uk
Evening Walking Football	Arrow Vale Sport Centre	Mondays 8pm	£3	Search for 'Evening Walking Football' on redditchbc.gov.uk
Walking Touch Rugby	Abbey Stadium	Fridays 10.30am	FREE	Search 'Walking Touch Rugby' on redditchbc.gov.uk
Parkrun	Stitch Meadow Arrow Valley Lake	Saturdays 9am	FREE	parkrun.org.uk/arrowvalley
Couch to 5k - 9 week programme	Various localities	Various - starts Sept	FREE	redditchbc.gov.uk/ couchto5k
ESCAPE-pain programme for people living with pain in the knee, hip or back	Abbey Stadium	Wed & Fri 11am - 12pm Starts 13th Sept	FREE	Search for 'Escape Pain' on redditchbc.gov.uk
Worcestershire Health Walks	Various localities	Various	FREE	worcestershire.gov.uk/ healthwalks
Strong & Steady Falls Prevention	Various localities	Various	FREE	activehw.co.uk/ strong-and-steady



All details were correct at the time of being published. If you need this information in another language/format please call 01527 548284 or email equalities@bromsgroveandredditch.gov.uk

Advice & Contacts

Act On Energy

Energy advice - including energy efficiency tips; billing issues; grants & funding for energy efficiency measures & grants for broken heating systems & help with fuel bills & energy debt.

Freephone 0800 988 2881

actonenergy.org.uk

Age UK Bromsgrove, Redditch & Wyre Forest

Free & confidential advice for people over 50.

01527 570490

enquiries@ageukbrwf.org.uk

ageuk.org.uk/brwf

- **FREE Information & Advice Outreach** at Age UK Matchborough Shop from 12th July on mornings every 2nd & 4th week of the month until Oct.



Bromsgrove and Redditch Network (BARN)

Signposts to a variety of voluntary sector services & helps find the right service if you need help to access food, furniture, school uniform, money advice, support when facing homelessness, disability advice & more.

01527 60282 office@barn.org.uk

Libraries

Free PC access, WiFi & activities.

01905 822722

worcestershire.gov.uk/libraries

Citizens Advice Bromsgrove & Redditch

General information & advice & specialist debt support.

0808 278 7890 cabr.org.uk

Council Support

We are here to support you so please keep in touch. Information & advice about housing benefit, council tax support, discretionary housing payments & our essential living fund.

Redditch Borough Council

01527 534050

hbenefits@redditchbc.gov.uk

redditchbc.gov.uk/benefits

It is very important that you continue to pay your rent, so please get in touch if you are struggling financially or worried about paying your rent.

01527 587000 Option 1

housingrevenue@redditchbc.gov.uk

Starting Well Redditch

Supports families, parents, children & young people across Worcs to lead happy, healthy & fulfilled lives.

01905 520 032 [f](https://www.facebook.com/StartingWellRB)@StartingWellRB

startingwellworcs.nhs.uk

- **FREE Summer Drop-in Sessions Aug**
@Holly Trees Family Hub
3rd (Healthy Lifestyles), 24th (SEN) & 31st (Teens) all 1 - 3pm.
@Redditch Library
10th (0 - 3yr olds) & 17th (Behaviour) all 9.30 - 11.30am.
15th July (Be School Smart)
10.30am - 12pm



redditchbc.gov.uk/costofliving

Worcestershire Adult Front Door

01905 768053

worcestershire.gov.uk/costofliving

Need mental health support?

Contact Samaritans 116 123

samaritans.org