

## Fun and Food Summer Holiday Activities with Healthy Food

(Uplifting, joyful music throughout)

[Video clip: Durham County Council logo, Fun & Food Programme logo image]

[Video clip: Text: Fun & Food Holiday activities with healthy food. [www.durham.gov.uk/funandfood](http://www.durham.gov.uk/funandfood)  
[www.facebook.com/groups/funandfoodcountydurham](https://www.facebook.com/groups/funandfoodcountydurham)]

[Video clip: Children running through a field into the distance]

“Fun & Food in County Durham is part of the National Holiday Activities with Healthy Food Scheme which is funded by the Department for Education.”

[Video clip: Children exploring and pointing out points of interest at the beach entrance]

[Video clip: Children at rocky area on beach, crabbing]

[Video clip: Close up of a star fish in a bucket]

[Video clip: Adults preparing healthy food for lunch in outside barn]

[Video clip: Adult serving several bowls of chopped vegetables to outdoor tables to families]

[Video clip: Close up of a dog with wagging tail facing the camera]

[Video clip: Young girl is guiding a dog on a lead through various obstacles. An adult dog trainer is following the girl. Other children watch on in the background]

“It’s a wonderful, wonderful programme for all of our children, young people and families to take part in enriching activities and enjoy some really nice healthy food across the Easter, summer and Christmas holidays.”

[Video clip: Children play a matching card game at a table. The dog is at table height with adult trainer, watching the activity with the children]

[Video clip: Young boy is guiding a dog on a lead through various obstacles. An adult dog trainer is following the boy. Other children watch on in the background]

[Video clip: Adults from the Youth Hub are serving meals from a counter]

[Video clip: Close up of healthy hot food being served by young people to other young people]

[Video clip: Young people singing and dancing and clapping their hands at a disco]

[Video clip: Young people dancing in the dark with disco lights inside the vengabus (dance bus)]

[Video clip: Young boys playing football outside on a paved area]]

“We work with a whole range of partners right the way across County Durham including partners from the voluntary and community sector, our schools, our family hubs. A whole range of partners are providing some wonderfully creative activities. Children and young people have the opportunity to take part in all kinds of activities.”

[Video clip: Young boy running up a channel in a fun inflatable activity]

[Video clip: Young person having safety helmet fitted for paddle board activity]

[Video clip: Young people and adults wearing life jackets with Adventure Access logo, wearing safety helmets being shown by instructor how to use a double ended paddle]

[Video clip: Young people and adults wearing life jackets with Adventure Access logo, wearing safety helmets, with paddling boards approaching the sea]

[Video clip: Young people with an adult rowing across the sea. Some children are standing on the paddleboard and some are kneeling]

[Video clip: Close up of a person pouring a red liquid into another clear liquid glass. The clear liquid then foams up and overflows out of the glass container]

[Image: Young people painting signs seated at a table]

[Image: Young girl sewing at a sewing machine]

[Video clip: Children and young people playing wearing goggles, playing with blaster guns in school hall]

[Image: Two teenage girls pointing toy blaster guns at the camera, they are wearing goggles.]

[Image: Teenage girl wearing goggles holding toy blaster gun is running and laughing.]

[Image: Group of children holding blaster guns posing for the camera.]

[Video clip: Young people play a ball game in an indoor hall. A boy throws the ball to an overhead net and scores a goal]

[Video clip: Young people taking part in a dance activity in an indoor hall with an instructor]

“And all of those activities come along with the provision of some lovely healthy food.”

[Video clip: Close up of healthy food at a counter (oranges, apples, bananas, cereal)]

[Video clip: Young people being served at the food counter]

[Video clip: Teenage boy in a boxing ring sparring with an instructor]

“We also have a programme catered specifically for our 11 to 16 year olds.”

[Video clip: Young people in a boxing gym, punching a punch bag]

[Video clip: Young people in a boxing gym, running in a group around the boxing ring]

“And we also have a programme that caters specifically for our children and young people who have special educational needs.”

[Video clip: Sensory Activity; Young boy touches a snake which is around his neck. An instructor is also holding the snakes head]

[Video clip: Sensory Activity; Two boys stroke an owl that is being held in front of them by an instructor]

[Video clip: Sensory Activity; A girl has a lizard on her lap and is laughing. An instructor is talking to the girl]

[Video clip: A group of children watch a shadow performance]

[Video clip: A group of children are wearing paper hats that they have made. They are dancing in a line with adult performers]

“There really is something for all of our children and young people.”

[Video clip: A group of children are holding hands in a circle. They all run at once to the middle then back out again]

[Video clip: Close up of shadow puppet screen]

[Video clip: Two adult performers show children how to balance spinning plates on a stick]

[Video clip: Families watch a Pirate themed pantomime performance. There are children on stage taking part]

[Video clip: A group of children gather around an adult to pop bubbles coming from a bubble machine that the adult is holding]

[Video clip: A mum with a child on her lap slides down a traditional helter skelter slide]

[Image: A group of children and adults stand together in front of a 'Go the Distance' banner with boxes of donated food]

[Image: Close up of a group of children looking into a plastic tray with sea life they have found on the beach]

[Image: Two boys are sitting at an outdoor table eating healthy food. They are smiling at the camera]

[Video clip: Text: For more information at the Fun & Food programme visit

[www.durham.gov.uk/funandfood](http://www.durham.gov.uk/funandfood)]

[Fun & Food Programme logo]

[Video clip: Text: or join our Facebook group at

[www.facebook.com/groups/funandfoodcountydurham](https://www.facebook.com/groups/funandfoodcountydurham)

[Fun & Food Programme logo]