





Scan the QR code
to find out more:



What is ease INTO?

Children and young people across North Tyneside can take advantage of a free programme of activities, created to help them be healthy and active while off school. The programme runs in the Easter, Summer and Christmas holidays. Activities are free for children and young people who are eligible for income-related free school meals, but all children and young people can attend activities where paid for places are available.

Why should I sign up?

ease INTO is the perfect opportunity for children and young people to try new activities, find new hobbies and interests and eat healthily over the holidays!

How do I take part?

Activities are usually available to book around a month before each holiday period, with all the information available online. Sign up to our newsletter by emailing your postcode to easeinto@northtyneside.gov.uk