

2023

Summer Holiday Information Pack



acorns

Family Support
Acorns Project

Summer Holiday information 2023-index

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In this booklet you will find information about what is going on in the local area at a low cost or free of charge. We hope you find it useful and don't forget to book onto Acorns Summer Activities Programme before spaces book out.

All places named in this booklet are accessible by either bus, car or train.

(All events mentioned in this booklet should be checked before either booking or attending as they may be subject to change.)

Children's Parks

Exhibition Park Newcastle

- ✚ Skate park
- ✚ Two croquet lawns
- ✚ Tennis courts that are free to play.
- ✚ Free Park Run every Saturday at 9am
- ✚ Children's Playground
- ✚ Urban Green Cafe
- ✚ Public toilets free to use at the Urban Green Café

<https://newcastlegateshead.com/business-directory/things-to-do/exhibition-park>

Richardson Dees Park, Wallsend

- ✚ multi-age play area
- ✚ Verandah Café
- ✚ bandstand
- ✚ bowling greens
- ✚ outdoor gym
- ✚ tennis and basketball courts
- ✚ skate park
- ✚ multi-use games area
- ✚ lakeside and woodland walks
- ✚ sculpture story trail
- ✚ plant hunter trail
- ✚ public toilets

<https://my.northtyneside.gov.uk/category/384/wallsend-parks>

Rising sun country park, Benton

- ✚ extensive footpaths, bridleways and cycleways to explore
- ✚ selected routes are wheelchair-accessible
- ✚ bird hides
- ✚ cafe with terrace and park views
- ✚ free parking with picnic and barbecue area
- ✚ children's play area and water play feature
- ✚ toilet facilities

<https://my.northtyneside.gov.uk/category/385/rising-sun-country-park>

Northumberland Park, North Shields

- ✚ Medieval herb garden
- ✚ Victorian-style bandstand
- ✚ Woodland and lakeside walks
- ✚ Butterfly meadow
- ✚ Multi-age play area
- ✚ Sculpture trail
- ✚ BMX pump track
- ✚ Himalayan Dene and water cascades
- ✚ Visitor Centre and tea room
- ✚ Public toilets

<https://my.northtyneside.gov.uk/category/396/northumberland-park>

Whitley Bay Water Park

- ✚ Splash and spray features
- ✚ Water rill, channel and damn leading to pooled area
- ✚ Multi-use sports area
- ✚ Cafe

<https://www.visitnorthtyneside.com/activities/activity/whitley-bay-water-park/>

Killingworth Lakeside Park

- ✚ open grassed spaces for leisure uses
- ✚ woodlands and lake provide a fantastic refuge for birds and wildlife
- ✚ a great place for you to explore
- ✚ play area

<https://my.northtyneside.gov.uk/category/394/killingworth-lakeside-park>

Ridley Park & Splash park, Blyth

- ✚ Café
- ✚ Woodland walks and wildflowers
- ✚ Water play area
- ✚ Play areas suitable for all ages

<https://www.northumberland.gov.uk/Local/Ridley-Park-Blyth.aspx>

Carlisle Park & splash park, Morpeth

- ✚ Play area
- ✚ Paddling pool
- ✚ Sports courts
- ✚ Woodlands and Herb Knot garden
- ✚ Morpeth Castle

<https://www.northumberland.gov.uk/Local/Carlisle-Park-Morpeth.aspx>

North Marine Park, South Shields

- ✚ Play area
- ✚ Fitness trail
- ✚ Pavilion
- ✚ Artwork
- ✚ Bandstand
- ✚ Community garden

<https://www.southtyneside.gov.uk/article/11252/North-Marine-Park>

South Marine Park, South Shields

- ✚ Art trail
- ✚ Boating lake
- ✚ Cafe
- ✚ Miniature steam railway
- ✚ Open space
- ✚ Picnic tables
- ✚ Play areas
- ✚ Toilets

<https://www.southtyneside.gov.uk/article/11254/South-Marine-Park>

Beaches

+ Tynemouth, Longsands Beach

<https://newcastlegateshead.com/business-directory/things-to-do/tynemouth-longsands>

+ Cullercoats Bay

<https://www.visitnorthtyneside.com/activities/activity/cullercoats-bay/>

+ Whitley Bay Beach

<https://www.visitnorthtyneside.com/activities/activity/whitley-bay-beach/>

+ Blyth Beach with play park

<https://www.blythtown.net/blyth-beach>

+ Seaton Sluice Beach with play park

<https://northumberland-beaches.co.uk/seaton-sluice.htm>

+ Newbiggin Beach

<https://www.thebeachguide.co.uk/north-east-england/northumberland/newbiggin-north.htm>

+ Druridge Bay Country Park (best accessed by car) (playground next to beach)

<https://www.northumberland.gov.uk/Local/Country-parks-visitor-centres-coastal-sitesPub/Druridge-Bay-Country-Park-visitor-centre.aspx>

+ Sandhaven Beach, South Shields

(events often arranged on beach)

<https://www.visitsouthtyneside.co.uk/article/11257/Sandhaven-Beach>

Local Events

Woodhorn Museum

Wild Wednesday's

Every Wednesday during the school holidays 11am-2:15pm

Go on a bug and bloom safari around Woodhorn and see what wildlife you can find. A Learning team will help identify your discoveries.

Drop In – no need to pre-book!

11am – 11.45am: Bug and Bloom Hunt

12noon – 12.45pm: Bug Mask Making

1.30pm – 2.15pm: Bug & Bloom Hunt

'Wild Wednesdays' are free as part of your Annual Pass where adults pay once, and kids go free.

Annual passes are £7 adults, £6.50 each for adults purchasing multiple tickets in the same transaction.

<https://museumsnorthumberland.org.uk/woodhorn-museum/event/wild-wednesdays>

Banner and Branches

Sat 22nd July – Sun 3rd September, Woodhorn Museum 12noon - 3pm

Get creative in these free and family friendly craft sessions inspired by the iconic Miners' Banners on display at Woodhorn Museum. Help create a giant 'deconstructed' paper banner inspired by nature.

This is a free activity is included in your Annual Pass admission where kids go free

<https://museumsnorthumberland.org.uk/woodhorn-museum/event/banner-and-branches>

Family Fun Fridays 10am-3pm

- 28th July, Richardson Dees Park
- 4th August, Howdon Park
- 11th August, Richardson Dees Park
- 18th August, Richardson Dees Park

Blue Flames Toy Poodle Café 22nd July 10am-11am

Aged 8+ £4 each

Dog lovers can come along, purchase and enjoy refreshments whilst having playtime and cuddles with adorable toy poodles

Blue Flames often run events, some are currently available to book before and after the summer holidays.

<https://blueflames.co.uk/events/>

Free packed lunch for first 100 booked

<https://www.eventbrite.co.uk/cc/family-fun-fridays-2023-2330339>

Northumberlandia, Cramlington

Make sure to wear clothing and footwear suitable for an outdoor setting with all events. This activity involves walking around a woodland area and is suitable for ages 4+.

Children must be accompanied by an adult. Please purchase a ticket for each child attending, accompanying adults do not need to pay but please book places. Meeting point is outside Café, 5 minutes before event start.

Family Den Building 1:30pm-3pm, £4 each child

Tuesday 25th July

<https://www.nwt.org.uk/events/2023-07-25-family-den-building-0>

Family Nature crafts and stories 1:30pm-3pm, £4 each child

- **Tuesday 1st August**
- **Tuesday 15th August**

<https://www.eventbrite.co.uk/e/family-nature-crafts-and-stories-registration-597774117477>

Family Minibeast hunt 1:30-3pm, £4 each

Thursday 24th August

Dog's not welcome on this event

<https://www.nwt.org.uk/events/2023-08-24-family-minibeast-hunt-0>

Kids Fun Fest, South Shields Free Entry

Every Tuesday and Thursday afternoon between 1st and 24th August, from 2-4pm.

This summer come along to South Shields' Seafront Amphitheatre and enjoy afternoons of free fun, games and activities with a host of amazing performers and entertainers. It's a great way to keep the kids entertained during the school summer holidays!

<https://www.southtyneside.gov.uk/article/17766/Kids-Fun-Fest>

Dinosaurs Invasion Family Funday Weekend 5th-6th August, 1pm-6pm

The Barking Dog Club, Wallsend

Free Entry

Funfair rides, live dinosaurs & catering (may be extra cost for rides)

<https://www.facebook.com/events/741133084434313/?ref=newsfeed>

Whitley Bay Sandcastle competition 6th August 2023 10am-1pm

Dukes Walk, Northern Promenade, Whitley Bay, NE26 1TP

Free event

Hundreds of people gather to test their sandcastle building abilities in return for prizes and bragging rights! The event starts at 10am with judging early afternoon. It all takes place on Whitley Bay beach in front of the Rendezvous Cafe. Bring your bucket, spade and grand designs

<https://www.visitnorthtyneside.com/events/event/whitley-bay-sandcastle-competition/>

Cullercoats Harbour Day Saturday 12th August from 11am

Free family fun day

There will be lifeboat demonstrations, an opportunity to meet the lifeboat crew, live music, traditional fairground games, stalls and refreshments

<https://www.visitnorthtyneside.com/events/event/cullercoats-harbour-day/>

Family Fun Festival, Rising Sun Country Park

Wednesday 16th August 11am-3pm, £6.50 each, under 2s free

Join the Summer Vibes with Nova Radio, Bell & Bullock Street Entertainers, Tanya Circus Skills & Sunsett Balloon Modelling. Facepainting, Fairground rides, Trampolines & Stalls. Hartbeeps will also be joining the event in The Happy Sunshine Garden.

The Rising Sun Country Park will be hosting a Fun Scarecrow trail.

<https://www.eventbrite.co.uk/e/the-rising-sun-family-summer-festival-tickets-615684407637>

Freight Demonstration Day, Stephenson Steam Railway

Sunday 20th August 9:30am-4pm, Free entry

A mixed timetable of freight demonstrations, gravity shunting and passenger services with both steam and diesel locomotive

<https://stephensonsteamrailway.org.uk/whats-on/freight-demonstration-day>

Spanish City Funfair, 24th-28th August

Watts Slope, Whitley Bay

Newcastle Mela, Exhibition Park, Newcastle Free Entry

Sat 26 Aug 2023 12:00 pm - Mon 28 Aug 2023 11:30 pm

A three-day celebration of Pakistani, Bengali, Indian, and South Asian cultures.

The festival kicks off on August 26 with a vibrant Mela in the City, featuring all-day performances and activities around Grey's Monument, followed by the grand Bank Holiday event in Exhibition Park on August 27-28.

Captivating music, dance, drumming, circus acts, and activities, providing you with the chance to experience the music, food, and entertainment associated with these cultures.

Newcastle Mela welcomes all, regardless of age or background. Enjoy fairground attractions, henna hand tattoos, and a wide range of food options, including vegetarian and meat curries, biryanis, samosas, grills, kulfi ice cream, and panipuri. (activities will be at extra cost)

<https://newcastlemela.co.uk/>

Acorns Family Fun Day at Alma Place

Thurs 31st August 2023 11am-3pm

We're overjoyed that we can run our Acorns Summer Family Fun Day this year! The whole family is welcome to join us at 7 Alma Place, North Shields, NE29 0LZ.

There will be loads to do - whether you fancy having your face painted, making some music, getting involved in some craft activities and making something to take home, or just come for the hot dogs and the ice cream. You can drop in any time, and stay for as long as you like. Book your tickets now! (Open to Acorns Service Users past, present and waiting)

Other events available throughout the summer can be booked on our website.

<https://www.acornsproject.org.uk/events/summer/>

Free Days out near a Metro Station

South Shields, Various places

Metro Station: South Shields

🚦 **Arbeia Roman Fort, South Shields** (ideal for sunny day)
See real Roman Artefacts which were discovered on the site, explore the ruins and visit the reconstructed Roman Barracks.

🚦 **South Shields Museum & Gallery** (includes small reptile house)
Often runs free or low-cost events during the school holidays

🚦 **North & South Marine Park** (ideal for picnic and play)

Discovery Museum & The Common Room (ideal for a rainy day)

Metro station: Central Station + 10 minute walk

Usually run free events during the school holidays, information will be on their website. The common room hosts a range of STEM workshops and activities (usually free but requires a ticket)

Jesmond Dene and Pets Corner (ideal for a sunny day)

Metro station: West Jesmond + 25 minute walk

Beautiful walks, perfect for a picnic with lots of grass areas to run around, waterfall and free pets' corner.

Great North Museum & Exhibition Park (ideal for a day of mixed weather)

Metro: Haymarket + 14 minute walk

The museum is always a favourite with the kids, they can see dinosaurs, a range of animals, learn about Hadrian's Wall and ancient Mummies.

Near by is exhibition park where there are often free events running during the summer

Richardson Dees Park (ideal for a sunny day)

Metro: Wallsend + 10 minute walk

Great park where you can make a day of it with the playground, skatepark, sports pitches, duck pond, sand and water play, gardens and great walks.

North Tyneside Coast (ideal for sunny day)

Metro: Cullercoats, Tynemouth, Whitley Bay

Beautiful beaches with playgrounds overlooking the sea. You can visit St Mary's Lighthouse and it is ideal for rock pooling and seal spotting.

Rising Sun Country Park (ideal for sunny day)

Metro: Palmersville + 17 minute walk

Playground, visitor centre, woodland walks and trails, ponds and free community farm

Shiremoor Adventure Playground (ideal for a sunny day)

Metro: Shiremoor + 9 minute walk

Not your usual playground which is only open at set times (times often change) Some sessions are dedicated to families with additional needs so it is important to check opening times via their Facebook Page.

Ouseburn Farm & Seven Stories (ideal for day of mixed weather)

Metro Station: Manors +12 minute walk

Say hello to the Sheep, pigs, chickens and other small animals at the farm. Seven Stories has multiple floors of exhibitions all based around children's stories and books

Sunderland Winter Gardens & Museum (ideal for rainy day)

Metro (Park Lane +9 minute walk)

Often run free or low-cost events during the summer holidays. There are interesting exhibits and some cool dinosaurs in the Winter Gardens.

Other Museums

Woodhorn Museum, Ashington

Adults pay £7 (multiple adults purchasing at same time £6.50) for an annual pass, under 16s go free

They have a pit yard play ground for children to enjoy.

Located in what was once the largest pit village in the world, the former colliery is now home to a popular visitor attraction

Activities run throughout the school holidays, see the local activities section of this booklet for more information about what will be running

<https://museumsnorthumberland.org.uk/woodhorn-museum/>

Durham Cathedral, Free entry

Various locations across the cathedral were used in Harry Potter and the Philosopher's Stone, Harry Potter and the Chamber of Secrets, and Avengers: Endgame.

As an extra, Kids under 18 can climb the 325 spiral steps to the top of the tower for free with a paying adult (adult £7.50) Children must be accompanied by an adult.

<https://www.durhamcathedral.co.uk/>

Sgedunum Roman Forth, Wallsend

Adults pay £6.95, under 16s go free

Monday 24 July - Explore Archaeology

Find out what archaeologists do with an object once it has been removed from the ground. Have a go at finding, sorting and cleaning Roman artefacts.

Monday 31 July - Wild Animal Mask Making

Before gladiator fights, there were often wild animal shows which involved animals fighting against men or other animals. Try creating your own wild animal mask.

Monday 7 August - Clay Lamp Making

Visit our exhibition To the Roar of the Crowd and explore the different oil lamps on display. Make and add patterns to your own clay lamp.

Monday 14 August - Roman Bath Bags

The Romans liked to smell nice and would often visit bathhouses to keep themselves clean. Have a go at mixing different scented herbs together to make your own 'Roman bath bag'.

Monday 21 August - Make a Flower Garland

During Roman times, wreaths and garlands of flowers and greenery were worn by men and women for festive occasions. Try designing and making your own flower garland.

Monday 28 August - Roman Amphitheatre

Gladiators fought in amphitheatres. Create and design your own mini amphitheatre to take home with you.

<https://segedunumromanfort.org.uk/>

Cinema Deals

Odeon

Keep an eye out for kid's screenings available on Saturday and Sundays and everyday throughout the school holidays.

Parents pay kids prices!

Vue

Mini mornings run from 10am every Saturday and Sunday and everyday throughout the school holidays.

Parents and children pay £2.49 each

Activities In The Area

Ease into

This is a free activities programme, it is a perfect opportunity for children to try new activities and find new hobbies and interests. All Activities include a lunch for the child.

Any families which qualify for free school meals will automatically be eligible for this service. Acorns families are also being given the opportunity to use this service throughout the holiday period.

If you are entitled to free school meals then register on the link below

<https://my.northtyneside.gov.uk/category/1541/what-ease-programme>

If you are not entitled to free school meals but would still like to access Ease Into as an Acorns Family, then please contact Stacey, Nicola or the main office.

Howdon Hub

Howdon Hub offer low price activities for children. They have a calendar on their website of upcoming dates

<http://howdoncommunityhub.co.uk/activities-and-facilities/>

Well Bee-ing Hub & Café

Well Bee-ing Hub & Cafe in Wallsend provides a range of groups, activities, and support, including help with food parcels, and low-cost meals.

The hub is a warm friendly place that is open to all. Their opening hours are currently 9 am to 5pm, Tuesday to Saturday, and 12-4 pm on Sunday.

Family Hub

If you live in the Northumberland area

Family Hub have some useful information and activities running throughout the year

<https://www.familyhubsnorthumberland.co.uk/free-activities>

YMCA

YMCA North Shields Warm Welcome Wednesdays 4pm-5.30pm in Cafe 1879!

Come along and enjoy FREE hot drinks and snacks, a friendly face and good conversation

☺ There'll even be activities for the kids to keep them occupied too

Travel

Nexus

Up to three kids aged 11 and under can travel for free on Metro and the Shields Ferry, all day, every day when accompanied by a fare-paying adult.

Arriva

Offer for Summer holidays will be kids travel free with paying adult, more information about this will be available on their website and social media pages soon.

Clubs

East End Youth and community Centre Youth Club

6-10 years old

Monday, Wednesday, Thursday 4:30-6:30pm

Aged 10+

Monday, Wednesday, 6:30-8pm

If you would like to join pop along to one of the clubs and speak to one of the youth workers.

East End Youth Community Centre have other activities available to children throughout the year, for more info visit their website.

<http://www.eeycc.org.uk/>

Mindstars, North Shields

Mindstars support the mental health and wellbeing of children and young people, together with their parents and guardians, delivering a full family approach.

You can sign up to Mindstars' newsletter via their website for news and info about any upcoming clubs or events. The website also has some handy resources for parents and children.

<https://www.mindstars.co.uk/kids-clubs-events>

Places to Eat

Morrisons

Only one free meal from the kid's menu with any one adult meal with a value of £4.49 or over.

ASDA café

Kids eat for £1 all day, every day. No adult spend required.

Hungry Horse

Every Monday Hungry Horse have selected Kid's meals for just £1 and larger meals for £1.50. Up to 2 kids get a free breakfast with 1 adult breakfast.

Tesco

Kids eat free with a purchase of 60p+ from 24th July until 1st September

Sainsburys café

Kids eat for £1 with the purchase of an adult hot main, from 11:30am every day.

Beefeater & Brewers Fayre

2 children under 16 can get a free breakfast everyday with 1 paying adult.

Sizzling Pubs

Every Monday to Friday, 3-7pm kids' mains are £1 with every adult meal.

Ikea

Kids get a meal from 95p daily from 11am

Whitebread Inns

2 kids under 16 eat for free with every adult breakfast purchased.

Pausa Café @ Dunelm

Kids get 1 mini main, 2 snacks & a drink Free with every £4 spend after 3pm.

Uniform Support

North Tyneside Council

Certain schools in the borough are running uniform support schemes to support families and reduce clothing wastage. Information on schools taking part can be found at the following link, if your school is not listed still speak to your school to see if there is any support they can offer.

<https://my.northtyneside.gov.uk/news/30531/north-tyneside-schools-form-uniform>

Uniformerly

This is a national uniform scheme, here you can check if there is anything for sale from your school. You can register then buy, sell or swap your items with other parents from your school.

<https://uniformerly.co.uk/how-it-works-2/>

Hope Centre Uniform & Baby Bank, Cramlington

<https://www.facebook.com/p/Hope-Centre-Uniform-Baby-Bank-100066645039666/>

Uniform for All Northumberland, Blyth

<https://www.facebook.com/uniformsfourall/>

Community Help Hub, Bedlington

Foodbanks, Diet & Nutrition

The Bay Foodbank, Meadow Well

Meadow Well Way, Waterville Road, North Shields, NE29 6BA 0191 257 3820, info@thebayfoodbank.org.uk. To request a voucher, call 0191 6432777 and press option 2 for Adult Welfare Assistance/Food and or Utilities.

The Bread and Butter Thing

The Bread and Butter thing offers £35 worth of food each week including fresh fruit and veg, chilled food and cupboard ingredients for just £7.50

<https://my.northtyneside.gov.uk/news/30620/bread-and-butter-thing-opens-three-new-food-hubs-north-tyneside>

The Trussell Trust

Trussell Trust support a nationwide network of food banks and together provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK. <https://www.trusselltrust.org/>

Snappy Shopper

Stores in Newcastle, North Shields and Northumberland are offering nine-item food bundles for 1p.

The snappy shopper 1p cupboard Filler Bundle will be available on the app from Wednesday 5th July, containing nine items for 1p.

Items will be available at following local stores:

Hyare News, North Shields

Vijay's Off License, Wallsend

Boradway Premier, Blyth

Wensleydale News, Blyth

Ashington Convenience Store

Useful Numbers

There is always someone to help, here are some useful numbers for during the holidays.

If you are in **immediate danger call 999**

For **non-emergency** situations you can call the police on **101** or report something via the **Northumbria Police website** under '**Tell us something**'

Acorns

0191 349 8366

07712 862 858

<https://www.acornsproject.org.uk/>

Harbour

03000 20 25 25 (24 hours)

info@myharbour.org.uk

National Domestic Violence

24hr service offering advice and support to anyone experiencing domestic violence and abuse

Tel: 0808 2000 247

Child To Parent Abuse

<https://www.pegssupport.co.uk/>

<https://www.newboldhope.org/> (for parents of disabled children / additional needs)

<https://capafirstresponse.org/>

Childline 0800 1111

Samaritans 116 123

Mind 0300 123 3393

Crimestoppers 0800 555111

Family Lives 0808 800 222

FLAWS (Finding Legal Options for Women Survivors)
0203 7457707
<https://www.flows.org.uk/support-for-women>

Men's Advice Line 0808 801 0327

Victims First Northumbria 0800 0113116

REACH sexual assault crisis intervention 0333 3448283

Honour network helpline 0800 5999 247

SHOUT 24-hour text service
If you're struggling to cope and you need immediate help. Text Shout to 85258

North Tyneside

Citizens Advice North Tyneside

Adviceline is open between 9am & 5pm, Monday to Friday: 0808 278 7822
<https://www.ntcab.org.uk/>

NT LIFE Recovery College North Tyneside

<https://voda.org.uk/ntlife/>

North Tyneside Mental Health Crisis Team 0303 123 1146

Northumberland

NDAS (Northumberland Domestic Abuse Service) 01434 608030

GRACE 0800 035 2794 (Rape Crisis Northumberland) aged 13 +

CYGNUS 01670 853977

Mental Health Crisis Team

Adults 0800 652 2861
Children 0800 652 2862

Citizens Advice Bureaux 0808 278 794

<https://www.citizensadvicenorthumberland.org.uk/>

General debt helpline 01670 339 960
Energy related helpline is 01670 339749

Escape Family Support – support families impacted by drug and alcohol 07702833944

Northumberland Recovery College

<https://northumberlandrecoverycollege.co.uk/>

Holding Hearts Blyth bereavement support for 9-13

01670 542867
holdingheartsinfo@gmail.com

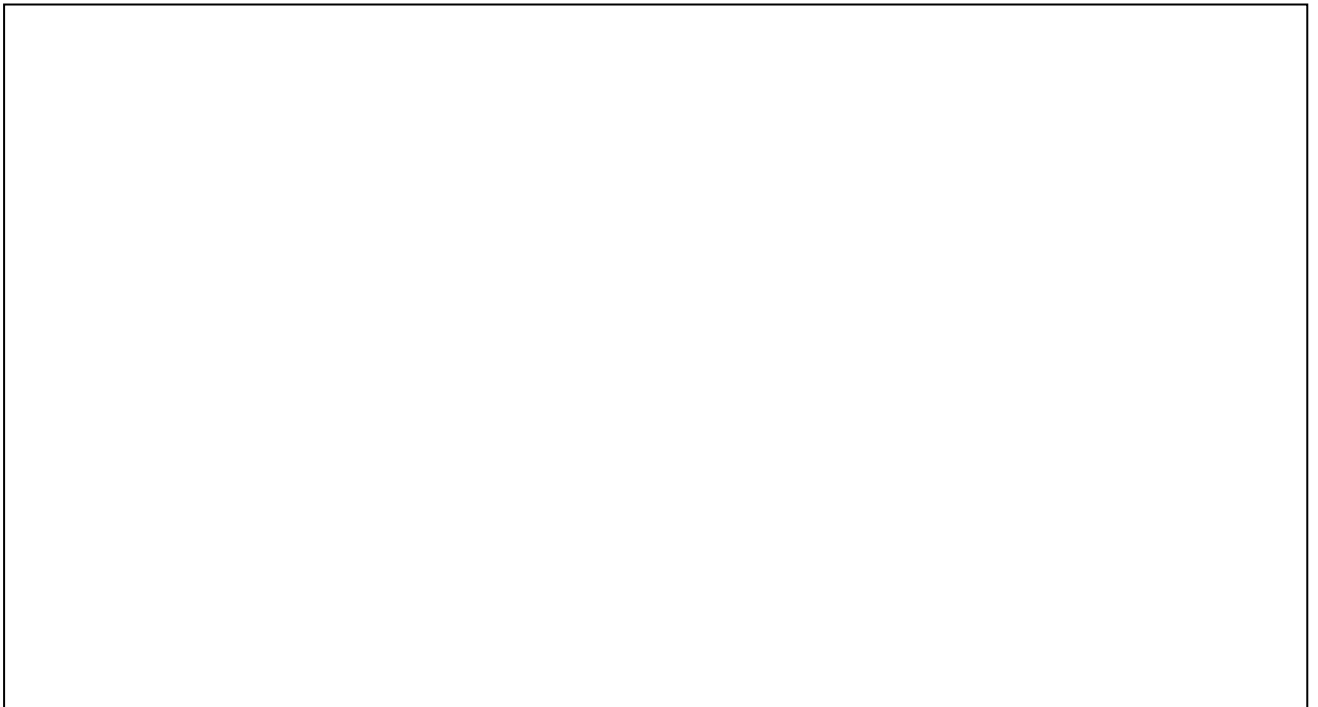
My Notes

What The Kids Have To Say

Draw your favourite summer activity at Acorns



Draw what activity you would like to try next time



Thank you, please give this feedback to an Acorns staff member .