

Fun and Food – Holiday activities with healthy food

[Soundtrack: inspiring music plays for the duration of the video]

[Image: Fun and Food graphic blue background with fruit and Durham County Council Logo]

[Text: Fun & Food, Holiday activities with healthy food, Summer Holidays 2021]

[Video: girl crossing swimming fun pirate theme inflatable at swimming baths, a queue of children waiting for their turn)

[Text: Fun and Food aims to give families access to a wide range of activities throughout the school holidays...]

[Video: girl slides down the inflatable slide and lands in the water (slow motion)]

[Video: A group of children of primary school age grouped around a table with teacher, a boy is cutting a clove of garlic. Three children hold up their hands to answer a question. The table has cooking instructions and materials to cook with.]

[Text: Providing a healthy lunch when school meals are not available...]

[Video: Teacher smells a herb plant and stretches out herb for children to smell]

[Video: Close up of a boy spray painting his name in blue ('Matty') onto a wooden board]

[Text: Giving the opportunity to learn new skills...]

[Video: Girl in red jumper spray painting her name onto a wooden board ('Libs'), another girl spray painting her name on board (back to the camera). Instructor watches in the background]

[Image: Large external container spray painted with the words 'Fram Youth Club, survived covid']

[Text: and make new friendships...]

[Image: Picture of boy facing camera with his graffiti artwork 'Matty' displayed behind him]

[Video: North East Dance Teacher switches on Hifi to play music, camera pans from Hifi to group of children learning to street dance in a community centre hall. Parents and other children are in the background.

[Text: Giving children and young people positive places to go during the school holidays...]

[Video: close up of three boys (one wearing a hearing aid) street dancing with instructor, baby walking in background, parents seated behind watching performance, camera pans out to see instructor with children dancing]

[Video: Camera pans from ceiling decorated with purple, green and gold swagged curtains and disco ball light, down to floor level. The room is decorated in a Charlie and the Chocolate Factory style with balloons, large sign on gold background with text 'Wonka's Golden Ticket'. The room is dark with spot lighting]

[Text: Creating wonderful memories for families to share...]

[Video: Two children walk towards 'Charlie and the Chocolate Factory' desk. There are giant pencils and pretend contracts to sign. Lady is sitting behind desk. Other Charlie and the Chocolate factory actors are watching in the background]

[Video: A man on stage dressed as a chef throws his hands up in the air in celebration. The camera pans to child who had been called to the stage by the man to receive a prize.]

[Text: Building positive relationships]

[Video: Charlie and the chocolate factory actors dancing with children, stomping their feet and waving their hands. Some children are sitting watching]

[Video: Children in a sports hall playing tennis with tennis nets, rackets and balls]

[Text: my children loved the range of activities and came home bouncing full of enthusiasm]

[Video: Camera pans from left to right, children doing press ups on the floor, tennis rackets are on the floor in front of the children.]

[Text: "My children loved the range of activities and came home bouncing full of enthusiasm"]

[Video: Wood work instructor, an adult and two teenagers with chisel and hammer, working on a long piece of wood around a table in an outside grassed area.]

[Text: "I really enjoyed the woodwork and trying something new, I can sometimes get bored over the summer holidays"]

[Video: Close up of the woodwork that the adults and teenagers have been working on. Carved shapes of birds, leaves and flowers with the words 'Be strong and Courageous']

[Video: Boy and adult sitting on the grass with a log in between them. They are chiselling into the piece of wood, banging on the chisels with a hammer. An adults stands in front watching and talking]

[Video: slow motion video of 4 young girls on grassy area, jumping forwards pretending to be riding horses]

[Text: "I liked making the flowers with my friends the best"]

[Video: Inside of an open fronted barn, families around wooden tables with flowers and paper plates in front of them. There are materials for pressing flowers into clay. Bunting on the roof and children's drawings on wall in background.]

[Video: close up of three children pressing flowers into clay with their hands and rolling pins. They are outside on a sunny day. The materials are on a wooden table outside of the barn. A parent is helping the children with the artwork.]

[Video: Close up of a two adult women and three young girls sitting outside in a grassy area at a wooden table. They are reading from a craft sheet. Two ladies approach with trays full of sandwiches}

[Text: "The food was excellent, especially after a lovely long walk"]

[Video: a large circle of children and adults (families) on a grassy area on a sunny day. Blue sky and white clouds in the background. The group jump together into the middle of the circle and raise their hands in the air]

[Image: close up of a boy in a wheat field. The boy is looking at the camera smiling and there is a girl behind him slightly out of focus]

[Text: "We had such a magical time, just enjoying and exploring nature in the fresh air"]

[Image: A close up image of a bee on a purple flower]

[Video: Landscape scene of wheat field with track to walk down. The sea can be seen in the distance. Children and adults stop to examine the plants. Blue sky and white clouds overhead]

[Text: "The people were so kind and lovely"]

[Video: Camera pans from the sea (up on the headland) across to the fields. A group of adults and children are examining flowers and talking. Children are running across the field. A parent is taking photographs. The sky is blue and white clouds, it is windy]

[Text: "Our walk to Beacon Hill was breathtaking, the kids loved it, we learned so much about our local wildlife"]

[Image: A close up of a leaflet with pictures and descriptions of flowers. There are some flowers that have been picked laying on top of the leaflet]

[Image: Four girls standing together smiling. The sea is behind them, they are up on a cliff. The wind is blowing one of the girl's hair out to the sides]

[Text: "We'd love to do it again, especially as it's all free"]

[Image: blue background]

[Text: To find out more about Fun and Food email Funand Food@durham.gov.uk]

