

## Fun & Food – Holiday Activities with Healthy Food (transcript)

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

[Image: Fun and Food graphic blue background, Christmas wreath border with baubles and stars, snowflakes falling across the screen, Durham County Council Logo]

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

[image: Christmas parties poster scrolls up the screen]

[image: the poster reads 'We are back with more fun activities for the school holidays. We'll have discos, inflatables, crafts and other fun activities, and Santa himself will be making an appearance! The parties are for school-aged children and are free to attend. Each child will receive a free packed lunch.' Dates, times and venues for the Christmas parties that occurred between 20<sup>th</sup> December 2021 – 23<sup>rd</sup> December follow]

[video: Setting is inside a leisure centre main hall. Scene with Santa's grotto. Santa is waving from the doorway. Another member of staff dressed as an elf is waving at the entrance to the grotto. There are signs that say 'entrance', 'welcome', 'Santa's workshop', 'letters to Santa'.]

[video: close up of Santa in the grotto. Santa is waving and is wearing a mask. There are lots of red gift bags on the floor and an inflatable fire in the background]

[video: two girls wearing tartan red dresses are peering into Santa's grotto. Santa can be seen inside the grotto with a boy who is having his photo taken by a parent]

[video: a parent and two children (approximately 6 and 10 years of age) wearing red Christmas jumpers are leaving Santa's grotto. The children have red gift bags in their hands, the parent is holding a phone]. The younger child is looking inside his gift bag.]

[Text: "What a fabulous thing to do over the Christmas break, the kids loved it"]

[Video: Two young children (approximately aged four years old) are wearing red Santa style dresses with red and white stripey tights. They are inside Santa's grotto. Santa is talking to the children and giving the two children gift bags. The two children leave Santa's grotto looking happy.]

[video: Children are dancing, waving their arms and legs. A DJ is at his kiosk at the front talking on his microphone. There are flashing lights on the floor coming from the DJ's kiosk. Parents look on in the background.]

[text: "Amazing, the kids had such fun"]

[video: a close up of an inflatable globe with an inflatable Christmas tree and snowman inside. Three children are jumping and running around in circles inside the globe]

[video: zooming in to a large freestanding poster with the words 'STEAM Ahead: "Outstanding. I can't thank you enough", "The kids loved it! Who doesn't want to build and smash their own bridge".]

[video: Children are working around 'n' shaped arranged desks. There are clear plastic bowls on the tables with a white flour like substance in them. One of the bowls is filled with uninflated balloons. In the middle of the desks, an instructor is helping the children to put the white mixture inside one of the balloons]

[text: "We loved the experiments, great to try something new and educational"]

[video: camera pans from a desk with lots of coloured face paints and brushes to a boy having his face painted by a professional face painter. The boy has his eyes closed and has a large white circle painted around his eye.]

[video: close up of a girl who has just finished having her face painted with a pattern around her eye in pink and purple. The girl opens her eyes as the face painter shows the girl her face in the mirror. The girl nods enthusiastically and smiles. There is a queue of other children waiting to have their faces painted.]

[video: Children are bouncing on a red Christmas themed bouncy castle, at the front, a parent is standing on the solid floor holding her toddler under the arms and bouncing him up and down on the front of the bouncy castle. The parent is smiling and laughing each time she bounces her toddler up and down. Other children scramble onto the bouncy castle.]

[text: "Great fun and family time together, we loved it and it's free too!"]

[video: a close up of a small slide on the side of the bouncy castle. A boy aged approximately two years old, bum shuffles from the top of the slide to the bottom holding a red gift bag. When he reaches the bottom he smiles.]

[video: view from behind: children are swinging on a rope towards a soft brick pit at RoF 59 trampoline indoor park]

[video: side view of children swinging on rope and landing in the soft brick pit at RoF 59 trampoline indoor park]

[video: children are bouncing up and down in multi-trampoline area. One girl jumps high and makes a v shape with her legs}

[video: two primary aged children (a boy and girl) are trying to keep their balance on a long thin padded strip. There is a soft foam brick pit underneath them. They are both holding large, long padded cushions and are trying to hit each other so that one will fall into the soft foam pit. They hit each other, the boy falls first into the pit, the girl follows.]

[text: "The kids loved RoF 59 and got lots of exercise... an added bonus!"]

[video: a boy approaches the trampoline that leads to a soft brick foam pit. The boy performs a single somersault into the soft brick foam pit. Other children are waiting their turn.]

[video: two girls approach the same trampoline and simultaneously somersault into the soft ball pit]

[Image: and image of a group of children and young people outside the entrance to the Centre of Life at Newcastle. Some of the children and adults have their arms in the air with their thumbs up and are smiling. There are approximately 40 children and adults in total]

[video: a parent and young child (approximately 6 years old) are ice skating towards the camera. The young girl is holding onto a plastic penguin for support her mum is holding on behind the girl. Other skaters are around the group. A polaroid type image drops from the top of the screen with an image of a parent smiling with her child holding onto one of the plastic penguins. As this image disappears, another image drops down in a polaroid style frame with a young boy (approximately 13 years of age, smiling and holding onto a rail, there are Christmas lights in the background).]

[video: a teenage girl holds her arms out to the sides and is being pushed by her father from behind across the ice. The girl is smiling and laughing. A polaroid style image drops from the top of the screen to the middle with an image of a young girl (approximately 8 years old) smiling and holding a plastic penguin. Another polaroid style picture drops from the top of the screen with an image of a parent and a young boy (approximately 8 years old) side by side with a plastic penguin in the middle. They are both holding onto the penguin, the boy has one hand up with his thumb up in the air. They are both smiling.]

[video: two teenage girls with an adult are skating across the ice towards the camera. They are supporting each other and are trying not to fall over. They are laughing and smiling. A polaroid style picture drops down from the top of the screen to the middle with an image of a girl holding her fingers up V for victory style, a young boy is in the middle smiling and an adult is holding onto the boy smiling. Another polaroid style photo drops to the middle of the screen with a parent and young child, they are looking at the camera and smiling]

[video: A father and his children are being served at the indoor café. The lady behind the counter is wearing a mask and is handing over brown food boxes with hot meals inside. Other families are waiting in the queue to be served.]

[text: "It was wonderful to be able to participate in something out of the ordinary with our families so close to Christmas"]

[video: two children are receiving hot meals in brown food boxes from the canteen. The lady behind the food counter is passing the food boxes over to the two children. The children take the boxes.]

[video: a close up of a family eating and drinking the food and drinks in the brown food boxes. They are sitting in the canteen. There is a large white bread bun and some chips with cups of hot chocolate on trays on the table.]

[text: "We will definitely come ice skating again and the food was delicious"]

[video: a qualified high ropes instructor pulls on a rope in the foreground and a young boy, climbs a post with metal peg steps. They are outdoors in an area surrounded by trees. The boy is attached to the rope. The instructor and boy are wearing safety clothing and helmets. Other children watch the boy, waiting for their turn.]

[video: a teenage girl is up a-height, she is balancing on two metal string cords. Her feet are on the bottom cord and her hands hold the upper cord. The girl moves across the two metal cord lines slowly. The girl smiles at the camera]

[text: "The activities were exhilarating, brilliant instructors, we had a great day"]

[video: an upward view of a teenage girl balancing on a tall wooden post high above the ground. The girl is getting ready to jump to a triangular metal bar shape in front of her. The girl jumps towards the triangular shape, holds on for a second, then lets go. The girl is supported by a safety line and starts to descend towards the ground.]

[video: several children wearing safety helmets are stacking up black crates working as a team. The crates are now quite high (approximately 11 crates high). One child is holding onto the crates to stop them toppling over. Another child is balanced on the top of the crates wearing a safety harness. The other children continue to pass up crates to attempt to make the crates as high as possible]

[text: "We made some new friends, we'd love to do it again"]

[image: two boys in a woodland area are holding up two twigs they have decorated with craft materials to make them into characters. The boys are smiling]

[image: four girls, a boy are sitting around a campfire toasting marshmallows in a woodland area. The children are wearing warm clothing and wellington boots]

[text: "The girls loved the story telling and marshmallows"]

[image: three boys (primary age) are holding up star shapes made from twigs. Two of the boys are wearing Christmas hats, they are kneeling down on the floor on the grass.]

[text: "The craft making was really fun, thank you for a great day"]

[image: Two primary aged boys wearing black are pulling back safety arrows in their bows and aiming for a round target in front of them. A polaroid style image drops to the centre of the screen with a picture of a boy with a cheeky smile and thumb up. He is kneeling down with the target behind him, a safety arrow has hit the centre of the target. Another polaroid style image drops to the centre of the screen. The image shows two girls wearing red boxing gloves, in a fighting pose. An instructor stands to the side looking like he is giving instructions. There are other girls in the background in boxing stances]

[image: an image of a craft table with empty plastic bottles, egg cartons, glue and other craft materials. There is a large blue sign with yellow writing which reads, 'space junk modelling, did you know there are over 23000 pieces of junk larger than a softball orbiting the Earth?... A polaroid style image drops to the centre of the screen showing a lady sitting at a table holding a book facing forwards open in a middle double spread. A child is holding a book titled 'Look up!', another child is sitting at the table looking at the book being helped by the lady. In the background is a Christmas tree, a large lit up sign saying 'Look Up' and other children doing craft activities. Another polaroid

style image falls to the centre of the screen with a girl wearing a red Christmas jumper holding a handmade paper Christmas tree. The girl is smiling.]

[Image: to the left of the screen is a boy three boys outside on a football pitch. One boy is facing the camera with his hand up which another boy is tackling the boy'. A boy in the background waits in the football goal. Another image to the right of the screen shows a boy taking a run up to a football placed on a cone. The boy is about to kick the ball, in the background another boy is in position in the goal to try and stop the ball. A polaroid type image falls down to the centre of the two pictures. The image shows a boy with his thumb up, sitting at a table indoors eating a hot meal from a white polystyrene box]

[text: "We had over 50 children attending multi sports each day, great feedback and the food went down a treat"]

[image: A poster for the gala event Robin Hood. The poster has a green background made up of green fir trees. On top of the background golden text saying 'the adventures of' and in very large writing 'Robin Hood' with an arrow aiming to the first 'o' in Robin Hood.]

[video: View of the stage at the Gala Theatre, Durham. Actors are dressed in medieval costumes singing and dancing. It is dark with spotlights highlighting the actors on stage.]

[text: "We'd never been to a pantomime before, thank you for making this happen"]

[video: close up of the actors on stage dancing and singing. The main characters, Robin Hood and Maid Marion are in the centre of the actors.]

[video: close up of a Robin Hood actor dressed in a medieval outfit clapping his hands and singing to the audience]

[video: two adults dressed as Robins (Rockin Robins) are singing and dancing in front of a stage.]

[video: A side view of the two adults dressed as Robins. They are asking the audience a question; a grandma and her granddaughter hold up their hands enthusiastically to answer]

[image: an image of a classic book, 'the Elves and the Shoemaker, a brass teapot and a cup and saucer sitting on a green woven chair]

[video: Camera pans around the Christmas pantomime set up before it starts. There are a pair of unusual ballet style brown shoes with laces and some shoe making materials sitting on a wooden stool in the foreground. The camera pans upwards revealing a comfortable chair by the fire with Christmas stockings hanging above. A stool with a teapot, cup and saucer with a book are next to the chair. A Christmas tree with lights and baubles is by the fire. There is a cat sitting on a blanket under the Christmas tree. The room has been decorated in a homely style and is lit with spotlights.

[text: "Thank you so much for a fantastic performance, wonderful"]

[video: Santa is at the centre of the Elves and the Shoemaker room waving his hands. There are actors dressed as Elves waving their hands at the audience too. The audience (parents and children) are waving back at the actors. The room is dark with spotlights on the performance.]

[text: "We loved every second, our little boy was mesmerised"]

[Video: two young boys (approximately aged 3 to 4 years) approach Santa. Elves beside Santa have a large red Santa sack filled with presents, they motion for the boys to sit on the floor]

[text: "Brilliant, well done for making lifelong memories for so many families"]

[video: Santa, the elves and some young children pose for a picture to be taken by the audience. Members of the audience hold up their mobile phones to take pictures. One of the elves raises her right leg and leans sideways for the photo]

[video: two children wearing hats and coats are being given a bag of goodies by an actor dressed in a black and white Chef's outfit. There is an actor dressed in a Winnie the Pooh costume in the background behind a table covered with cakes and Christmas treats]

[text: "Fantastic show and gifts, we had a fab time, Merry Christmas to you all"]

[video: Two children are leaving the Elves and the Shoemaker performance with their hands full of bags filled with Christmas goodies. An elf actress is talking to them. An actor dressed in a large Minnie Mouse costume is greeting the children too]

[Image: a blue background image with a Christmas wreath border with stars and baubles appears.]

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