



Fit and Fed



Department
for Education



PLYMOUTH
CITY COUNCIL



PLYMOUTH ACTIVE

The aims of Fit and Fed

Funded via the Holiday Activity and Food Programme (HAF)

- to eat healthily over the school holidays
- to be active during the school holidays
- to take part in engaging and enriching activities which support their development
- to be safe and not socially isolated
- to have a greater knowledge of health and nutrition
- to be more engaged with school and other local services



Eligibility

The primary focus is children and young people aged 4 to 16 years (reception to year 11), who receive benefits related free school meals.

We have an allowance to allow other eligible children to attend, this includes:

- Looked After Children
- Children with Education, Health Care Plans
- Young Carers
- Home Educated Children (who would be eligible for benefits related FSM)
- Children from asylum seeking and recognised refugee families



Summer Programme

Running across the city from 21 July to 29 August

- 84 holiday clubs offering 16,542 spaces
- 8 SEND specific holiday clubs offering 832 spaces
- 4 community park events providing 3,000 healthy packed lunches
- 330 Teen Taster experiences for 12 to 16 year olds
- 346 Family Activity sessions
- 968 Get Active with PAL sessions

www.plymouth.gov.uk/fitandfed



Teen Taster Experiences

www.plymouth.gov.uk/fitandfed-Teens



Activity	Dates	Time	Venue
Trampolining & Indoor Assault Course	Voucher valid until 31 August	Any time subject to availability	Adrenalin Leisure The Ship, Brest Road, PL6 5XN
Paradise Island Adventure Golf	Voucher valid until 31 August	Any time subject to availability	The Barcode 11 Bretonside, Drake Circus, PL4 0FE
Go Karting & Laser Tag	Wednesdays 6, 13, 20, 27 August	11 to 1pm (arrive at 10.30am)	Plymouth Karting Ernesettle Industrial Estate, Ernesettle Lane, PL5 2SA
Retro Gaming	Entry codes valid until 31 August	Children can attend any day until 7pm	Continue Arcade, 4/6 Royal Parade, PL1 1DS
Inflatable Bounce Park	Online codes valid from 19 June to 5 August	Any time subject to availability	Overplay Central Park, Mayflower Drive, PL2 3DQ

Family Activities

www.plymouth.gov.uk/fitandfed-Family



Activity	Dates	Time	Venue
Footgolf/Frisbee Golf	Voucher valid until 30 September	Any time subject to availability	Central Park Golf, Central Park, PL2 3DG
Slide & Ride	Voucher valid until 30 September	Any time subject to availability	Plymouth Snowsports, Alpine Park, PL6 8LW
Family Golf	Voucher valid until 31 August	Any time subject to availability	American Golf Plymouth, 70 Haye Road, PL9 8AT
Ten Pin Bowling	Voucher valid until 30 September	Any time subject to availability	Ten Pin Bowling Barbican Leisure Park, Coxside, PL4 0LG



Activity	Dates	Time	Venue
SEND sessions at Super Tramp	Thursdays 7, 14, 21, 28 August	12 to 1pm	Super Tramp, 3 Breakwater Road, PL9 7HJ
Family Tennis	Fridays 1, 8, 15, 22 August	6 to 7pm 7 to 8pm	Central Park Community Sports Hub, Outland Road, PL2 3DG
Family Bike Ride	Sunday 31 August	10 to 11pm	Foulston Park Athletics Track, Madden Road, PL1 4NE
Family Bike Ride	Saturdays 2, 9, 16, 23 August	10.30 to 12pm	Coypool Park & Ride, Coypool Road, PL7 4TB

Plymouth Active Leisure's Get Active Sessions

www.plymouth.gov.uk/fitandfed-PAL



Activity	Age	Date	Time
Inflatable Swim Plympton Pool and Gym	8 to 12 years (U8s must be supervised by an adult)	Wednesdays 30 July 6, 13, 20 August	9.30 to 10.30am
Swim Safe Tinside Lido	8 to 16 years (Must be able to swim 25m)	Wednesday 23 July	10.30 to 11.30am 12 to 1pm
Family Swim Tinside Lido	2 adults/ 2 children max	Everyday until 14 September	Anytime during normal opening hours

Activity	Age	Date	Time
Family Bouldering	1 adult / 2 children maximum	Mondays 28 July 4, 11, 18 August	10.45 to 12pm
Supervised Junior Gym	11 to 15 years	Thursdays 31 July 7, 14, 21 August	12 to 12.45pm 1 to 1.45pm
SEND Bowls	Any	Thursdays 24 July 7, 28 August	4 to 4.45pm 5 to 5.45pm
Family Badminton	Any	Sunday 10 August Saturday 23 August	10 to 11am 11 to 12pm 12 to 1pm 1 to 2pm 2 to 3pm 3 to 4pm 4 to 5pm
Family Pickle Ball	Any	Saturday 9 August Sunday 24 August	10 to 11am 11 to 12pm 12 to 1pm 1 to 2pm 2 to 3pm 3 to 4pm 4 to 5pm
Safari Jungle Inflatable and Soft Play	4 to 11 years	Sundays 17, 31 August	10.30 to 11.30am 12 to 1pm 1.30 to 2.30pm 3 to 4pm

How to book

- All information is available at www.plymouth.gov.uk
- Primary School FSM Children have received invite letters with their codes
- Holiday Clubs need to be booked direct with the holiday club provider
- Teen Taster Experiences, Family Activities and PAL activities can be requested via the relevant form on the website
- Other eligible children will already have the unique codes
- New requests can be made to the Fit and Fed Team, who can also re-issue codes if lost or forgotten

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Feedback



Fit and Fed provided an amazing experience, seeing my daughter's confidence in the water improve and meeting new people, instructors were all friendly and helpful made my daughter's summer a little more adventurous doing things I was unable to do with her myself



Fit and Fed was a fantastic support for us during the extended holiday. As a foster caregiver to three children, it alleviated a significant amount of pressure on me. Knowing that each child was still receiving great opportunities in a safe environment truly brought me peace of mind.



“My children had an amazing time with the Bounty Project. They were very fortunate to see wild dolphins swimming alongside the boat. Memories they will never forget.”



“Fit and Fed allows our son to access some fantastic experiences over the school holidays, that are really beneficial for his wellbeing & development!”



“We love the Fit and Fed programme as it has allowed our children opportunities that they wouldn't otherwise have. Knowing both children have a good meal whilst at holiday club is a Godsend.”



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www.plymouth.gov.uk/fitandfed

getactive@plymouthactive.co.uk