



WITH



Hull
City Council

Hull Daily
MAIL



SUMMER OF FUN



HOLIDAY HIGHLIGHTS



MARVELLOUS MUSEUMS

Helping you with the cost of living crisis

PLUS
GET A
PIZZA FOR
JUST £1

MAKE IT A SUMMER OF FREE FUN FULL LIST OF EVENTS AND THINGS TO DO

HELPING YOU WITH THE COST OF LIVING CRISIS



Back again, to help you through it

MAIL COMMENT

THEY say time flies when you're having fun.

And it certainly has flown since I wrote to you last summer - but we're still not having much fun are we?

We are all still in that same boat, riding the choppy waves of the cost of living crisis. And while a light sometimes seems to be shining at the end of the tunnel, we are still a long way from coming out the other side.

Food continues to get more and more expensive, our kids are still growing and need new clothes and shoes regularly, and of course many will also be needing brand new school uniforms in the next few weeks too as they move into new settings.

While the latest inflation figures and lower cost of energy were welcome, it is still a day to day struggle for so many families here in Hull and East Riding. No matter where you live, your circumstances, or how old you are, you will have been affected in one way or another.

So here we are, back again, to help you through it.

In this special supplement, which we have teamed up with Hull City Council to produce, you'll find tips, advice and guidance which will hopefully help you through.

Sometimes even the simplest of changes can make a big difference - either to our wallets or our mental health, which is also extremely important when times are tough.

You can also help out by giving us your own tips and advice on how to save on our dedicated Hull Live Facebook group. Just search 'Hull Money Savers' on Facebook to join in.

We hope you find it useful.

Hannah Corken
Head of News, Humber

So many great events for everyone to enjoy

SUMMER is finally here, and I hope you have a fabulous time this year. Helpfully, there are many events to go to and activities to get involved with right here in Hull, many of them free, which will be great news for families looking for something to do in the weeks ahead.

As you read this publication, you will be able to start planning some of the things to do this summer and perhaps be inspired with ideas of where you could possibly go.

You will see more on the many fantastic places on offer from the council, such as the parks,

COUNCIL COMMENT

museums and galleries, as well as the leisure centres available for all.

This support for families is just part of the help on offer to residents across the city, many of whom are facing increasing struggles with the cost of living.

There is advice and support available if you get in touch with the council on 01482 300 303. The offer of help is there for anyone who feels the need to get in touch. If this is you, then give the number a call today.

Meanwhile there is more advice in these pages on things like the Healthy Holiday scheme. Also, there is also handy advice from the Citizens Advice team and much more.

Whatever your plans for the weeks ahead, I hope you have a great time with family and friends, enjoying all that Hull has to offer.

There are so many great events for everyone to enjoy - and they are made even better when the community of Hull comes together to enjoy them.

Councillor Mike Ross
Leader of Hull City Council



FREE CONFIDENTIAL
AND IMPARTIAL
ADVICE FROM
CITIZENS
ADVICE

Here to help whoever you are, whatever the problem

WE are an independent charity providing free, confidential and impartial advice across Hull and the East Riding.

We have offices in Hull, Beverley, Bridlington and Goole but also offer face to face appointments at a range of outreach locations or can be contacted for telephone advice on 0800 144 8 848.

If you need advice or help with issues such as Benefits, Housing, Issues at Work, Debt, Relationships and Family, Consumer Issues, Immigration, Utilities or the Cost of Living we have a range of ways for you to get in touch for help to find a way forward. Our advice is available to everyone regardless of race, gender, disability, sexual orientation, religion, age or nationality.

We are here to help whoever you are, whatever the problem.

We have drop-in sessions at our Hull, Beverley, Bridlington, and Goole offices. For Hull residents or those registered with a Hull GP



Hull & East Riding

we can book appointments at several outreach locations and offer appointments in Pocklington and Brough for East Riding residents.

Our approachable and non-judgemental advisers can assist you in confidence, and if needed, we can help put you in touch with specialist support or help you identify the next possible steps.

Currently we are seeing unprecedented demand for advice services with the cost of living crisis driving much of this. During this difficult time we can help identify if there are any benefits you might be entitled to or check if

you are receiving everything you might be able to claim, identify opportunities to cut costs with your utility bills and we also have a specialist debt team that can assist you to become debt free or to make your debt manageable.

More contact and opening times details are available on our website <https://www.hullandeastridingcab.org.uk/contact-us>

You can also make an online referral for yourself or someone else who needs help and we will contact you to arrange either a call back or to book an appointment.

Our Adviceline is open for telephone advice Monday to Friday 9am until 4.30pm on 0808 278 7981 and is free to call.

Citizens Advice Hull and East Riding also welcomes applications from local people to come and volunteer with us.

We have a range of roles available and if you are interested in volunteering, please contact us on 01482 324 655 or email Volunteering@hull-eastridingcab.org.uk

HELPING YOU WITH THE COST OF LIVING CRISIS

Hull's huge summer of free fun and food is back!

ACTIVITIES, SESSIONS, DAYS OUT AND MORE

THE weather is finally improving, and the summer holidays are just around the corner.

Fortunately for thousands of children and young people – as well as their parents and carers, Hull once again has a packed schedule of totally free activities, sessions, days out and more.

The Healthy Holidays Hull programme funded by the Department for Education has become a staple when school is out, offering completely free entertainment, with nutritious food included.

In 2023, a total of 10,728 children and young people attended sessions, including ball sports, swimming, rock climbing, arts and creative classes, day trips, family events and so much more.

The free nutritious food is an important part of the offer and is designed to help support parents and carers outside of term time.

With the continued cost of living crisis putting holidays and outings out of reach for many, Healthy Holidays ensures every child and young person can have a summer to look forward to, without the adults in their lives having to worry about costs.

Cllr Linda Tock, Portfolio Holder for Children, Young People, Families and Learning, said: "Now more than ever, families across the city count on Healthy Holidays throughout the school holidays. The



scope of activities available really is fantastic – whether they're into team sports, dance, music, creative pursuits, drama, swimming, or days out and family activities, Healthy Holidays has it.

"While Healthy Holidays is about providing fun and excitement for its participants, it also addresses serious systemic issues with inequality, food poverty and inactivity, which have only deepened over the past few years.

"A huge amount of work goes into making sure Healthy Holidays is something people want to use, and really enjoy. We know from the huge attendance figures, that this work pays off. The programme has also adapted to meet developing needs in the city, as we saw over the Christmas break with the provision of an increased family offering including hot meals and warm zones."



Key sessions and activities for this summer include:

- Multi Sport Sessions
- Football
- Rugby
- Dance
- Performing Arts
- Musical Theatre
- Arts and Crafts
- Go Karting
- Wellbeing Activities
- Music sessions
- Tennis
- Netball
- Outdoor Education
- Swimming
- Outdoor Education activities
- Family Fun Days and events

Young people ages 11 to 16 can also look forward to a festival-style summer event. ZEBFEST will be a fun afternoon in the sun, including live bands, street art, TikTok video set and filming, a clothes swap, silent disco, photo booth, smoothie bike, glitter bar and pizza making. The event will take place in **Zebedee's Yard on Wednesday 24 July from 2.30pm-6.30pm. No**



need to book, free to attend.

Play Days will also form part of the Summer Programme with two taking place over the summer.

■ **Wednesday August 7, 11am-3pm at Alderman Kneeshaw Playing Fields**

■ **Wednesday August 21, 11am-3pm Pickering Park**

Visit healthyholidayshull.org to find activities – the site has hundreds of activities listed to get involved in. Follow @HealthyHollshull and @HullccNews on Twitter, @LoveHullHQ and @healthyholidayshull on Instagram and follow Hull City Council News and HealthyHolidaysHull on Facebook for information, and updates throughout the summer.



Go by bus to save this summer!

WITH so much to see and do in Hull this summer, getting there by bus is easy, convenient and could save you money.

With funding from the Department for Transport, Hull City Council, Stagecoach and East Yorkshire Buses – through the Hull Bus Alliance – will be offering various discount fare options across the summer holidays.

Discounted tickets include '6 people for £6', a group travel ticket that is perfect for families and groups of friends and excellent value for days out or for attending events.

For young people, the Hull KAT Card will also be discounted from its current weekly price of £13.50 to £10, offering the freedom of unlimited travel around the city, and other areas, including: Wawne, Cottingham, Willerby, Kirk Ella, Anlaby and Hessle, with both operators for those under 20.

These ticket options are available from Monday, July 22, until Sunday, September 1, and can be purchased on the bus with cash or card.

The discounted fares form part of the bus service improvement plan (BSIP) to improve and enhance bus services within the city.

■ **To find out more about travelling Hull by bus, visit www.travelhull.co.uk/bus**

#HullTogether

We'll support you with the **cost of living crisis**



Visit: www.hull.gov.uk/costofliving
 Email: costofliving@hullcc.gov.uk
 Call: 01482 300 303



Hull
City Council
working in partnership

Hull Daily
MAIL
HullLive

HELPING YOU WITH THE COST OF LIVING CRISIS

EVENTS LISTINGS

Events are subject to change, bookings may be required and subject to age restrictions. Please check in advance to avoid disappointment.

To book library events and for further information, please visit <https://hulllibraries.eventbrite.com>

20/7/2024

■ Lego Club

Join us for some Lego building fun at Ings Library, 10:30am - 11:30am

■ Lego Club

Every Saturday from 20 July to 31 August. Join us for some Lego building fun at Hull Central Library, 2pm - 3pm

22/7/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Greenwood Avenue Library, 10:30am - 11:30am

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, East Park Library, 11am - noon

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes & glitter bath bombs to take home with you, Gipsyville Library, 2:30pm - 4:30pm

■ Street Dance

Every Monday from 22 July to 26 August. Bust a move and join in with some sensational street dance sessions at a library near you, Bransholme Library, 3:30pm - 4:15pm

■ Musical Theatre

Every Monday from 22 July to 26

AVAILABLE EVERY WEEK THROUGHOUT THE SUMMER HOLIDAYS

■ Free Junior Swimming

Free swimming sessions from 22 July to 30 August, Woodford Leisure Centre: Tuesdays 11am to noon, Thursdays 4pm to 5pm. Ennerdale Leisure Centre: Tuesdays 11am to noon, Thursdays 11am to noon. Beverley Road Baths: Tuesdays 10.30am to 11.30am, Fridays 2.30pm to 3.30pm. Albert Avenue Pools and Fitness: Fridays 9.30am to 11am (in the Lido)

■ Tennis For Free

Just turn up and play. Every Saturday during the summer holidays, Costello Stadium Tennis Courts, 10am - 11am

■ Love Exploring App

Interactive Walking Trail App. Various locations

■ Play Areas

We have over 90 play areas across Hull perfect for getting children active across the Summer. Various locations, see park opening hours

■ Skate Parks

We have 10 public Skateparks across our parks which are free to access! Perfect for skateboarding, roller skating, or riding your scooter and BMX. Various



locations, see park opening hours

■ Animal Education Centre and Pickering Park Aviary

This summer visit East Park Animal Education Centre or Pickering Aviary for our fun filled craft events, keeper talks and more. East Park and Pickering Park. See park opening hours

■ Active through football sessions

Every Monday throughout the summer holidays, West Park Multisport, noon to 1.30pm & Sirius West, Football 7pm to 8pm

■ Active through football sessions

Every Tuesday throughout the summer holidays. Shelley Avenue Football, 1pm to 3pm & Hull University Football (Age 14+), 1.30pm to 3pm & Goodwin Astro turf (Football), 5.30pm to 6.30pm

■ Active through football sessions

Every Wednesday throughout the summer holidays, Henry Cooper Park Football, 1pm to 3pm & Andrew Marvel Football, 7pm to 8pm

■ Active through football sessions

Every Thursday throughout the summer holidays, East Park Football, noon to 1.30pm & Johnny Whiteley Park, Football, 1pm to 3pm

■ Active through football sessions

Every Friday throughout the summer holidays, Bude Park MUGA Multisport, noon to 2pm & Hull University Football, 8pm to 9pm

■ Water Play and Paddling Pools

There are seasonal paddling pools and water play areas for families and children located at parks and playing fields across Hull. Alderman Kneeshaw playing fields, Ings Park, Oak Road Park and West Park

■ Maritime History Guided Walk

Explore Hull's maritime history with a guided walk of the city centre. Learn more about the city's maritime past and future with a maritime walk. Meet at Hull and East Riding Museum, Museums Quarter, every Thursday and Saturday at 10.30am, Sunday at 11.30am and 1.30pm

August. Join Inner Vibe Dance Studio for fun-filled drama activities, acting games, singing and dancing along to your favourite musical movies, Bransholme Library, 2:45pm - 3:30pm

23/7/2024

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion

Learners, Bransholme Library, 9:45am - 10:45am & 11.15am - 12.15pm

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners!, Ings Library, 2:30pm - 3:30pm & 4pm - 5pm

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and

become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes & glitter bath bombs to take home with you, Avenues Library, 2:30pm - 4:30pm

■ Street Dance

Every Tuesday from 23 July to 27 August. Bust a move and join in with some sensational street dance sessions at a library near you, Ings Library, 4pm - 4:45pm

■ Musical Theatre

Every Tuesday from 23 July to 27

August. Join Inner Vibe Dance Studio for fun filled drama activities, acting games, singing and dancing along to your favourite musical movies, Ings Library, 4:45pm - 5:30pm

24/7/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Ings Library, 10am - 11:00am

FREE

Doner Spring Rolls

for the first 200 texters

Text **GDKHULL** to **81400** 

T&Cs apply. Once you get the code, use it on the GDK app to redeem by 31st July at GDK Hull only. Valid 11am-4pm, for the first 200 texts received, one per person. Dine In or Click & Collect only. SMS standard rate apply.

2x DONER SPRING ROLLS

CHICKEN	BEEF	MIX
140 kcal	152 kcal	146 kcal



To book and for further information, please visit <https://hulllibraries.eventbrite.com>

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners, Gipsyville Library, 10:15am - 11:15am & 11.45am - 12.45pm

■ Super Slime Storytime - Sally and her Super Snot

Join award winning author Salma Zaman for a storytelling of her book Sally and her Super Snot, featuring slime making and Egyptian dance, Greenwood Avenue Library, 10:30am - noon

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Central Library, 2pm - 3:00pm

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners, Fred Moore Library, 2:15pm - 3:15pm & 3.45pm - 4.45pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Freedom Centre Library, 2:30pm - 3:30pm

■ Super Slime Storytime - Sally and her Super Snot

Join award winning author Salma Zaman for a storytelling of her book Sally and her Super Snot, featuring slime making and Egyptian dance, East Park Library, 2:30pm - 4:00pm

■ Street Dance

Every Wednesday 24 July to 28 August, Bust a move and join in with some sensational street dance sessions at a library near you, Gipsyville Library, 4pm - 4:45pm

■ Musical Theatre

Every Wednesday 24 July to 28 August, Join Inner Vibe Dance Studio for fun filled drama activities, acting games, singing and dancing along to your favourite musical movies, Gipsyville Library, 4:45pm - 5:30pm

■ Lego Club

Every Wednesday from 24 July to 28 August, Join us for some Lego building fun at Hull Central Library, 6pm - 7:00pm

■ Zebfest

Afternoon of teenage themed activities with youth providers from across the city, Zebedees yard, 2.30pm to 6.30pm

25/7/2024

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird & wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Bransholme Library, 9:45am - 10:45am & 11.15am - 12.45pm



3/8/2024

■ Humber Street Sesh

The award-winning Humber Street Sesh returns to Hull Marina in 2024, headlined by acclaimed Shoegaze 4-piece bdrmm. The music festival showcases over 100 acts and provides a platform for regional emerging artists and musicians and critically acclaimed breaking bands from further afield, Hull Marina, noon - 11pm

■ Bollywood Dance

Join award winning dance teacher Salma Zaman for an interactive & fun dance sessions for families with costumes and instruments. Why not join us and dress up and shimmy and shake like a Bollywood star, Central Library, 10:30am - 11:30am

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Bransholme Library, 2pm - 3:00pm

■ Bollywood Dance

Join award-winning dance teacher Salma Zaman for an interactive & fun dance sessions for families with costumes and instruments. Why not join us and dress up and shimmy and shake like a Bollywood star, Western Library, 2:30pm - 3:30pm

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Ings Library, 2:30pm - 3:30pm & 4pm - 5pm

■ Musical Theatre

Every Thursday 25 July to 29 August. Join Inner Vibe Dance Studio for fun filled drama activities, acting games, singing and dancing along to your favourite musical movies, Freedom Centre Library, 3:15pm - 4:00pm

■ Street Dance

Every Thursday 25 July to 29 August. Bust a move and join in with some sensational street dance sessions at a library near you, Freedom Centre Library, 4pm - 4:45pm

■ Make & Take

Every Thursday 25 July to 29 August. Join us for our regular kid's craft session at Hull Central Library, 6pm - 7:00pm

26/7/2024

■ Super Slime Storytime - Sally and her Super Snot

Join award winning author Salma Zaman for a storytelling of her book

Sally and her Super Snot, featuring slime making and Egyptian dance, Avenues Library, 10:30am - noon

■ Super Slime Storytime - Sally and her Super Snot

Join award winning author Salma Zaman for a storytelling of her book Sally and her Super Snot, featuring slime making and Egyptian dance, Gipsyville Library, 2:30pm - 4:00pm

27/7/2024

■ Street Dance

Every Saturday from 27 July to 31 August. Bust a move and join in with some sensational street dance sessions at a library near you, Western Library, 10:15am - 11am

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, Ings Library, 10am - noon

■ Bransholme Community Children's Art Club

Every Saturday from 27 July to 31 August. Join us for painting, drawing and more, Bransholme Library, 10:30am - noon

■ Picnic, Plant & Play Day

Every Saturday from 27 July to 17 August. Come and join us at Western Library in our lovely secure garden for this Picnic, Plant and Play session. Family and community drop in session, making healthy family food and fun traditional play, Western Library, 11am - 3:00pm

■ Musical Theatre

Every Saturday from 27 July to 31 August. Join Inner Vibe Dance Studio for fun-filled drama activities, acting games, singing and dancing along to your favourite musical movies, Western Library, 11am - 11:45am

■ Medieval Mayhem

A weekend of medieval merriment for all the family, as the Museums Quarter is transformed into a medieval encampment, Museums Quarter, 11am - 4pm

28/7/2024

■ Medieval Mayhem

A weekend of medieval merriment for all the family, as the Museums Quarter is transformed into a medieval encampment, Museums Quarter, 11am - 4pm

29/7/2024

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners, Waudby Library, 10:15am - 11:15am & 11.45am - 12.45pm

■ Music & Mayhem

Join Hull Libraries for a session jam packed with songs, rhymes and movement to music for families, Greenwood Avenue Library, 10:30am - 11:30am

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners, East Park Library, 2:15am - 3:15pm & 3.45pm - 4.45pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Fred Moore Library, 2:30am - 3:30pm

■ Hull Pride

Celebration of the LGBTQ+ communities in Hull, Hull City Centre, 10am to 6pm



30/7/2024

■ Bollywood Dance

Join award winning dance teacher Salma Zaman for an interactive and fun dance sessions for families with costumes and instruments. Why not join us and dress up and shimmy and shake like a Bollywood star, Bransholme Library, 10:30 - 11:30am

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Western Library, 11am - noon

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Waudby Library, 2pm - 3:00pm

■ Bollywood Dance

Join award winning dance teacher Salma Zaman for an interactive and fun dance sessions for families with costumes and instruments. Why not join us and dress up and shimmy and shake like a Bollywood star, Ings Library, 2:15pm - 3:15pm

healthy holidays summer

with free food included

free activities for school aged children and young people living in Hull

Starting Monday 22 July throughout the school holidays

#healthyholidayshull
#haf2024

www.healthyholidayshull.org

Funded by
Department for Education

Hull City Council

healthy holidays
hull

HELPING YOU WITH THE COST OF LIVING CRISIS

31/7/2024

■ Microbit Mayhem - Fun Coding

Join the Makerspace team at your local library to try your hand at some fun and easy coding challenges, featuring light, music, robots and more, Ings Library, 10am - noon

■ Get Moving with Kev Payne

Get ready to 'Get Moving' and get creative with children's author Kev Payne. Expect a high-energy session full of movement, imagination, puppets, poetry and more, Fred Moore Library, 10:30am - noon

■ Get Moving with Kev Payne

Get ready to 'Get Moving' and get creative with children's author Kev Payne. Expect a high-energy session full of movement, imagination, puppets, poetry and more, Central Library, 2pm - 3:30pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, East Park Library, 2:30pm - 3:30pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Freedom Centre Library, 2:30pm - 3:30pm

■ Puppet Fun

Family craft activity, Streetlife Museum, 1pm - 3pm

1/8/2024

■ Microbit Mayhem - Fun Coding

Join the Makerspace team at your local library & try your hand at some fun and easy coding challenges, featuring light, music, robots and more, Bransholme Library, 10am - noon

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries to design some colourful creations, Avenues Library, 3pm - 4pm

■ By the Seaside

Artist-led family printing activity, Ferens Art Gallery, 1pm - 3pm

2/8/2024

■ Jamming in the Jungle

Join author Jane Keightley as she

7/8/2024

■ Play Day - Alderman Kneeshaw

Activity day for children and young people, Alderman Kneeshaw playing fields, 11am - 3pm

21/8/2024

■ Play Day - Pickering Park

Activity day for children and young people, Pickering park, 11am - 3pm



reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners, Avenues Library, 10:15am - 11:15am & 11.45am - 12.45pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Gipsyville Library, 2pm - 3:00pm

■ Jamming in the Jungle

Join author Jane Keightley as she reads her fantastic children's book 'Jamming in the Jungle' followed by meeting some of the special animal friends from the book with Lion Learners, Greenwood Avenue Library, 2:15pm - 3:15pm & 3.45pm - 4.45pm

5/8/2024

■ Music & Mayhem

Join Hull Libraries for a session jam packed with songs, rhymes and movement to music for families, Central Library, 10am - 11:00am

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, East Park Library, 11am - noon

■ Music & Mayhem

Join Hull Libraries for a session jam packed with songs, rhymes and movement to music for families, Gipsyville Library, 1pm - 2:00pm

■ Maritime Coding

Sphero's remarkable programmable

BOLTS are robotic balls designed for exploration and experimentation.

The Sphero BOLT combines programmable sensors and a colourful LED light matrix to facilitate STEM learning in a way which is interactive, accessible, creative and fun. In this workshop participants will be challenged to programme a Sphero BOLT to navigate across the high seas, avoiding obstacles such as dangerous rocks and sea by using Sphero's innovative draw and block programming, Streetlife Museum, 1pm - 2pm & 2.30pm - 3.30pm, booking is essential

6/8/2024

■ Music & Mayhem

Join Hull Libraries for a session jam packed with songs, rhymes and movement to music for families, Freedom Centre Library, 10am - 11:00am

■ Rewilding Youth

Be at one with nature and join Rewilding youth for an immersive wild experience! Activities include bush craft, nature art and green woodwork, Western Library, 10:30am - 12:30pm

■ Music & Mayhem

Join Hull Libraries for a session jam packed with songs, rhymes and movement to music for families, Bransholme Library, 1:30pm - 2:30pm

■ Rewilding Youth

Be at one with nature and join Rewilding youth for an immersive wild experience! Activities include bush craft, nature art and green woodwork, Waudby Library, 2pm - 4:00pm

■ Mini Masterpieces

Under-5s art activities, Ferens Art Gallery, 10am - noon

7/8/2024

■ Microbit Mayhem - Fun Coding

Join the Makerspace team at your local library and try your hand at some fun and easy coding challenges, featuring light, music, robots and more, Fred Moore Library, 10am - noon

■ Weird & Wonderful Animals

Join Lion Learners at your local

library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Gipsyville Library, 10:30am - 11:30am & noon - 1pm

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, East Park Library, 2:30pm - 4:30pm

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Greenwood Avenue Library, 2:30pm - 3:30pm & 4pm - 5pm

8/8/2024

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Central Library, 10am - 11am & 11.30am - 12.30pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Western Library, 2pm - 3:00pm

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Fred Moore Library, 2:30pm - 3:30pm & 4pm - 5pm

■ Board Game Creations

Family craft activity, Hull and East Riding Museum of Archaeology, 1pm - 3pm

9/8/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Ings Library, 10am - 11am

■ Magical Map Making, James Nicol

Join acclaimed best selling author

James Nicol for his Magical Story Map Making Workshop! In this fully interactive workshop James will show you how he uses maps to help create the worlds where his stories take place and how those maps can also help to plot out the stories too, Avenues Library, 11am - 12pm

■ Magical Map Making, James Nicol

Join acclaimed best selling author James Nicol for his Magical Story Map Making Workshop! In this fully interactive workshop James will show you how he uses maps to help create the worlds where his stories take place and how those maps can also help to plot out the stories too, Greenwood Avenue Library, 2:30pm - 3:30pm

■ Dino Day

Come and see a range of dinosaurs take over the city centre, Queen Victoria Square, 10am - 4pm

10/8/2024

■ Ancient Egypt Craft Creations

Family craft activity, Hands on History Museum, 1pm - 3pm

12/8/2024

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Avenues Library, 10am - 11am & 11.30am - 12.30pm

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, Fred Moore Library, 10:15am - 12:15pm

■ Music & Mayhem

Join Hull Libraries for a session jam packed with songs, rhymes and movement to music for families, Waudby Library, 10:30am - 11:30am

■ Teddy Bears' Picnic

Join the Hull Library's team in East Park for a Teddy Bears' Picnic with fun rhymes, games and movement! Please bring along your own blanket and sandwich if you would like to. Light refreshments provided, East Park Library, 1pm - 2:00pm

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Western Library, 2:30pm - 3:30pm & 4pm - 5pm

■ Relaxed Wonderful Whales

This is a quiet craft session with limited numbers, designed for people who are disabled, neurodivergent or experience anxiety, who would find it difficult to attend Hull Maritime's summer drop-in family craft sessions. During the event, families can have a go at craft activities themed around whales, Ferens Art Gallery, 10am - noon. Pre booking is essential as places are limited



Mini Masterpieces at Ferens Art Gallery

To book and for further information, please visit <https://hulllibraries.eventbrite.com>

■ Wonderful Whales

Come and find out all about whales at our drop-in whale session. Find out how whales feed and see using practical hands-on experiments. Discover and design your own whale tooth scrimshaw and create your own whale to take home, Ferens Art Gallery, 1pm - 3pm

13/8/2024

■ Rewilding Youth

Be at one with nature and join Rewilding Youth for an immersive wild experience! Activities include bush craft, nature art and green woodwork at your local library, Western Library, 10:30am - 12:30pm

■ Rewilding Youth

Be at one with nature and join Rewilding Youth for an immersive wild experience! Activities include bush craft, nature art and green woodwork at your local library, Waudby Library, 2pm - 4:00pm

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Waudby Library, 2pm - 3pm & 3.30pm - 4.30pm

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, Bransholme Library, 2:30pm - 4:30pm

14/8/2024

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, Greenwood Avenue Library, 10:30am - 12:30pm

■ Rewilding Youth

Be at one with nature and join Rewilding Youth for an immersive wild experience! Activities include bush craft, nature art and green woodwork at your local library, Waudby Library, 10:30pm - 12:30pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Central Library, 2pm - 3pm

■ Rewilding Youth

Be at one with nature and join Rewilding Youth for an immersive wild experience! Activities include bush craft, nature art and green woodwork at your local library, East Park Library, 2pm - 4pm

■ Boat Building

Build and test your own toy boat to take home at this drop-in activity. How much weight will it hold before it sinks, Hull and East Riding Museum of Archaeology, 1pm - 3pm

15/8/2024

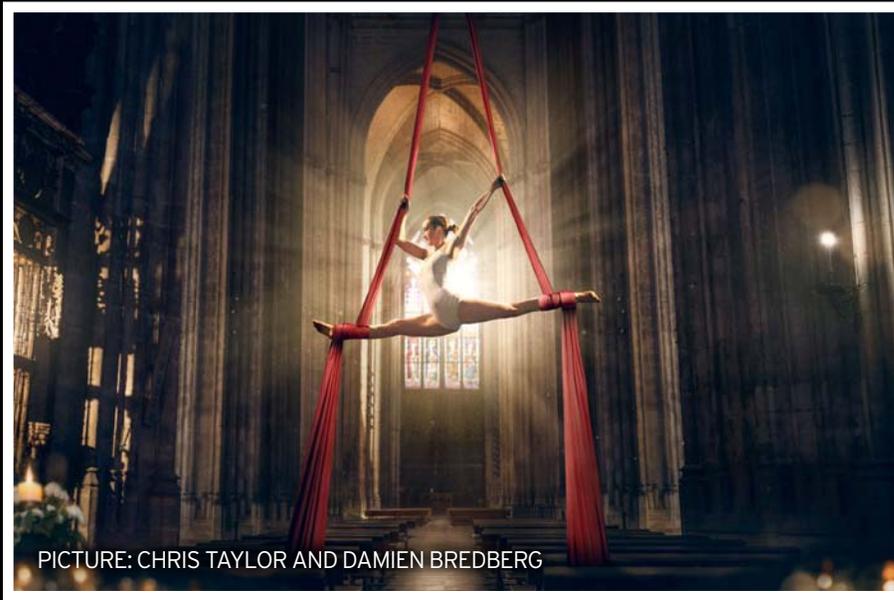
■ Microbit Mayhem - Fun Coding

Join the Makerspace team at your

28/8 to 01/09/2024

■ Freedom Festival 2024

Freedom Festival is Hull's award-winning international arts festival. From epic spectacles unfolding in the city centre to intimate moments where audiences and artists meet, we present thought provoking, playful, and powerful performances in public spaces that address the world we live in.



PICTURE: CHRIS TAYLOR AND DAMIEN BREDBERG

local library and try your hand at some fun and easy coding challenges, featuring light, music, robots and more, Western Library, 1:30pm - 3:30pm

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, Waudby Library, 2:30pm - 4:30pm

■ Playful pictures

Artist-led family activity, Ferens Art Gallery, 1pm - 3pm

16/8/2024

■ Magical Map Making, James Nicol

Join acclaimed best selling author James Nicol for his Magical Story Map Making Workshop! In this fully interactive workshop James will show you how he uses maps to help create the worlds where his stories take place and how those maps can also help to plot out the stories too, Central Library, 11pm - noon

■ Magical Map Making, James Nicol

Join acclaimed best selling author James Nicol for his Magical Story Map Making Workshop! In this fully interactive workshop James will show you how he uses maps to help create the worlds where his stories take place and how those maps can also help to plot out the stories too, Gipsyville Library, 2:30pm - 3:30pm

■ Lego Club

Join us for some Lego building fun at Ings Library, 10:30am - 11:30am

19/8/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Greenwood Avenue Library, 10:30am - 11:30am

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant

bubbles, kaleidoscopes and glitter bath bombs to take home with you, Western Library, 2:30pm - 4:30pm

■ Maritime Construction Session

Come and be an engineer and find out how pulleys work using K'nex, Streetlife Museum, 1pm - 2pm & 2.30pm - 3.30pm. Pre booking is essential as places are limited

20/8/2024

■ Mini Masterpieces

Under 5s art activities, Ferens Art Gallery, 10am - noon

21/8/2024

■ Makerspace Makes

Let your creativity shine and learn how to make and customise your own light ornament with the Makerspace team, Central Library, 10pm - noon & 1.30pm - 3.30pm

■ Summer Spectac-u-lab

Join spectac-u-lab this summer and become a scientist for the day with some fun-filled experiments! Brilliant bubbles, kaleidoscopes and glitter bath bombs to take home with you, Central Library, 2:30pm - 4:30pm

22/8/2024

■ Children's Flower Crown Making

Join florist Bethany Barton at your local library and make a beautiful flower crown using fresh flowers and natural resources, Bransholme Library, 10:30pm - noon

■ Up, up, and away

Family craft activity, Streetlife Museum, 1pm - 3pm

23/8/2024

■ Weird & Wonderful Animals

Join Lion Learners at your local library to learn about weird and wonderful animals, meet and handle some real live animals and then get creative and concoct your own crazy creature, Freedom Centre Library, 9:15am - 10:15am & 10.45am - 11.45am

■ Children's Flower Crown Making

Join florist Bethany Barton at your

■ Children's Flower Crown Making

Join florist Bethany Barton at your local library and make a beautiful flower crown using fresh flowers and natural resources, Fred Moore Library, 10:30am - noon

27/8/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Waudby Library, 2pm - 3pm

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Avenues Library, 3pm - 4pm

■ Chariot Makers

Family craft activity, Hull and East Riding Museum, 1pm - 3pm

28/8/2024

■ Lionesses of Hull Family Launch Football Fun

Explore the rich history of women's football in Hull through the lives of Carol Thomas and Flo Bilton, Hull Museums Quarter, 11am - 3pm

29/8/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Bransholme Library, 10am - 11am

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Fred Moore Library, 2:30pm - 3:30pm

■ Can I kick it?

Football music celebration with Beats Bus Hull, Hull Museums Quarter, 1pm - 3pm

30/8/2024

■ Summer Crafts

Let your imagination run wild and join us at Hull Libraries this summer holidays to design some colourful creations, Gipsyville Library, 2pm - 3pm



Children enjoy Summer Spectac-u-lab

HELPING YOU WITH THE **COST OF LIVING CRISIS**

Enjoy a free day out at Hull's museums!

FANTASTIC FUN FOR ALL THE FAMILY THIS SUMMER

TAKE a journey through local history or discover world-class collections at Hull's free city-centre museums and gallery. Hull museums is the perfect place to spend a fun, free, entertaining day out.

Why not start your journey at the Museums Quarter on High Street in Hull's Old Town? Home to three fantastic, free museums where you can visit the birthplace of one of Hull's most famous sons, discover 235 million years of history and explore an amazing collection of vintage transport.

Travel back through 200 years of transport history at the Streetlife Museum. Enjoy the sights, sounds and smells of the past. Hop aboard a vintage tram. And step back in time to a world of bone-shaking bicycles and steam-powered cars!

The Hull & East Riding Museum



of Archaeology offers the opportunity to dig into over 235 million years of history. From majestic mammoths to marvellous Roman mosaics, step into a world where history comes alive. Find out about the Saxon invaders. Stroll through an Iron Age Village. Then get a glimpse inside a Roman bath house.

Hull's oldest museum is the third museum located in the Museums Quarter. Wilberforce House was the birthplace of William Wilberforce, Hull's famous anti-slavery campaigner. Now a historic museum, the galleries expose the realities of the transatlantic slave trade and its legacies.

Located in the city centre, Ferens Art Gallery is home to the city's stunning art collection. Step inside to discover 700 years of art and

imagination from all across the world. From late medieval painting to modern art, discover one of the UK's finest art collections here in the heart of Hull.

During the summer holidays the museums and gallery have an exciting programme of free family events taking place. From puppet making to football themed crafts, chariot making to relaxed craft sessions. There'll also be the chance to see combat displays by knights in armour as the Museums Quarter is transformed into a Medieval encampment for the Medieval Mayhem weekend.

Hull's museums and gallery are open 7-days-a-week, 10am - 4.30pm Monday - Saturday and 11am-4pm Sunday, entry is free. For more details visit www.HullMuseums.co.uk



Emotional wellbeing in the continued cost of living crisis

AS the cost of living crisis continues, maintaining mental health and wellbeing can be difficult.

Practising mental self-care can make a difference day-to-day, as well as aiding recovery from more significant issues. However, it's important to recognise if and when extra support is needed, and how to get it.

Cllr Linda Chambers, Portfolio Holder for Public Health, said: "A variation in mood and feeling lower levels of anxiety are a normal part of life and there are things we can all do to help manage these emotions. Self-care is fantastic for putting us in the best position to notice negative feelings and have coping strategies in place.

"It's equally important to recognise when we need more help. More than one in four of us will need support with mental health at some point. Help is available and it's important to seek it out if and when it's needed."

Local charity Hull and East Yorkshire (HEY) Mind provides help for adults and children including group and one-on-one support and private counselling. Call 01482 240 133, email info@hey.org.uk or search HEY Mind.

Let's Talk focuses on a range of psychological or talking therapies. People can self-refer for counselling, couples counselling, bereavement support, guided self-help, Cognitive Behavioural Therapy (CBT) and more. Call: 01482 247 111 or search Hull Let's Talk.

Specifically for children and young people, is Thrive, a collection of resources and

support, including who to ask for help and how. Visit www.howareyoufeeling.org.uk

Community Navigation Hull: Forum's Community Navigators work with individuals to improve their health, wellbeing and social networks. The team provides one-to-one, support and can link people with advice, mental health services, healthy lifestyle activities, volunteer opportunities and more. Call 01482 499 030 or visit www.northbankforum.org.uk/projects/community-navigation-hull

Contact your GP for clinical support.

These top five day-to-day tips are from mental health charity Mind:

- Look after your body – eating as well as possible, getting enough sleep, staying hydrated and finding ways to be active are all beneficial.
- Find ways to relax – this could be something small, like going for a walk, having a bath, or making time for things that give you pleasure.
- Take breaks if you need to – try to get away and have a change of scene, even for a few minutes.
- Try mindfulness – Mind has lots of resources (mind.org.uk) to help you learn how to practice mindfulness.
- Hull has a wealth of community groups and classes. Contact your local library, community centre or Family Hub to see what's on offer.

£1 GET A CHEEKY LITTLE PIZZA

TEXT CHEEKY TO 81400

ONLY ON OUR APP



Domino's

T&Cs apply. Collection only, between 19th and 31st July 11am - 4pm for Cheese or Pepperoni cheeky little pizzas. Only available at Hull and Beverley.

In line with our commitment to providing balanced menu options, all of our Cheeky Little Pizzas are under 600 calories. What that means is you can enjoy a lower calorie meal and not miss out on that great Domino's taste