

# EXPLORE MANCHESTER

## SUMMER EDITION 2022



Hello, and welcome. This newsletter contains information and ideas of things to do in Summer 2022.

### Ideas—places to visit

Free visits to the Donkey Sanctuary in Manchester on Saturdays and Sundays and some Fridays in the summer holidays—you must book in advance:

<https://www.thedonkeysanctuary.org.uk/visit-us/manchester>

### Manchester Play Day 2022—Free to attend

Family fun day to celebrate National Play Day 2022 and Our Year! Play Day Theme: All to Play for - Building play opportunities for children

Whitworth Park, Oxford Road, Manchester on Wednesday 3rd August 2022 11am to 3pm

**Lots of great arts and culture activities and places to visit** <https://www.visitmanchester.com/ideas-and-inspiration/arts-and-culture>

The fantastic National Football Museum is free to enter for Manchester residents, and it has some great resources to improve accessibility:

[www.nationalfootballmuseum.com/explore-the-museum/](http://www.nationalfootballmuseum.com/explore-the-museum/)

If you have any feedback or want to share photos: You can text or WhatsApp us photos of activities or artwork to 07874 802540 and we will post these on our Facebook page @mpcinfo and share them with the Short Breaks and Local Offer Teams. Or you can post them to our Instagram page @manchesterparentcarerforum



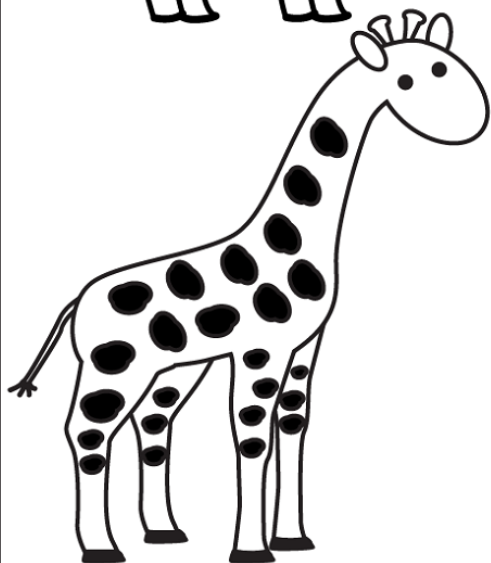
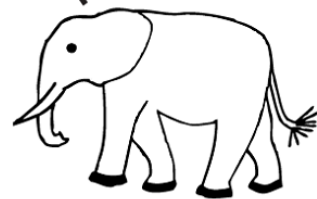
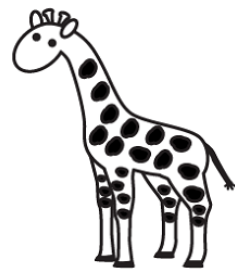
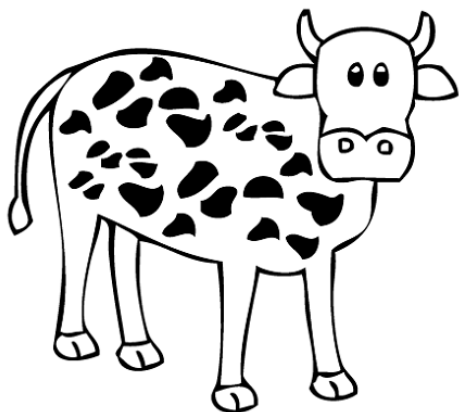
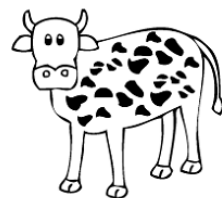
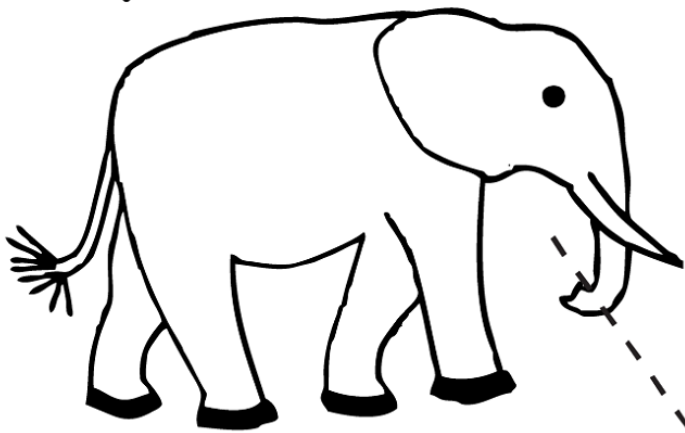
This edition of the Explore Manchester newsletter has been funded through the Holiday Activity Fund programme.



Department  
for Education



Draw a line to match the parents to their babies.



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# SUMMER!

ETMSGM B F J M T O G T Y  
 F I F R R I L E L C I S P O P  
 Q P A E E O Q Q W U F A K O I  
 Y S N S E L O D S K O Y R V C  
 S D R S A B K D I A U J A Z N  
 V L N U N N S N T V C N P Q I  
 N S U N T O D I I U I H V C C  
 H H S S G D L A R R O N O A A  
 T O J C N H F E L F P K G M O  
 C R T R I Q Y L M S V S Y P H  
 O T L E M T A J O R U U Y I I  
 N S T E M L L D H W E M N N P  
 O A D N I N P Q G Y E T M G K  
 N S B B W B F I Q L G R A E E  
 Y T I U S M I W S U Z U S W R



- |  |          |           |            |
|--|----------|-----------|------------|
|  | CAMPING  | DIVING    | FLOWERS    |
|  | FRISBEE  | GRASS     | HOT        |
|  | OUTDOORS | PARK      | PICNIC     |
|  | PLAY     | POPSICLE  | SANDALS    |
|  | SHORTS   | SPRINKLER | SUMMER     |
|  | SUN      | SUNSCREEN | SWIMMING   |
|  | SWIMSUIT | TAN       | WATERMELON |

## OTHER USEFUL INFORMATION

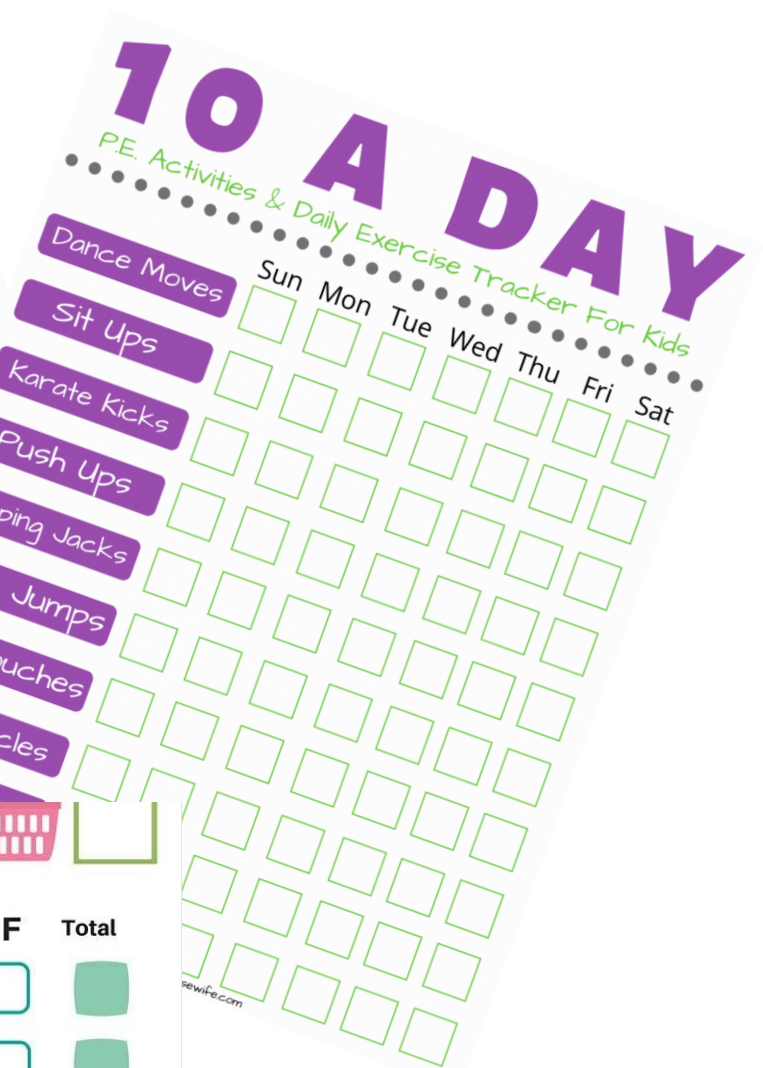
The latest Local Offer newsletter is now available online—search for **local offer newsletter** on [www.manchester.gov.uk](http://www.manchester.gov.uk)

Sign up for a **GO ACTIVE** account with Manchester Active to receive information and offers on activities: [www.mcactive.com/registration-form](http://www.mcactive.com/registration-form)

There are lots of activities taking place across the city please look at the new website [Loads to do near you in Manchester](http://www.loadstodo.co.uk) [www.loadstodo.co.uk](http://www.loadstodo.co.uk) for ideas, activities and places to visit.

Make yourself a daily checklist for summer ... Here are some examples

WHAT WILL YOU PUT ON YOUR LIST?



	M	T	W	Th	F	Total
Sweep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put clothes away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play with Pets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick Up Toys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vacuum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick out clothes for tomorrow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Make time for:**
- Eating well
  - Exercise
  - Having fun
  - Helping others
  - Relaxing
  - Hobbies
  - Spending time with friends and family
  - What else is important to you?

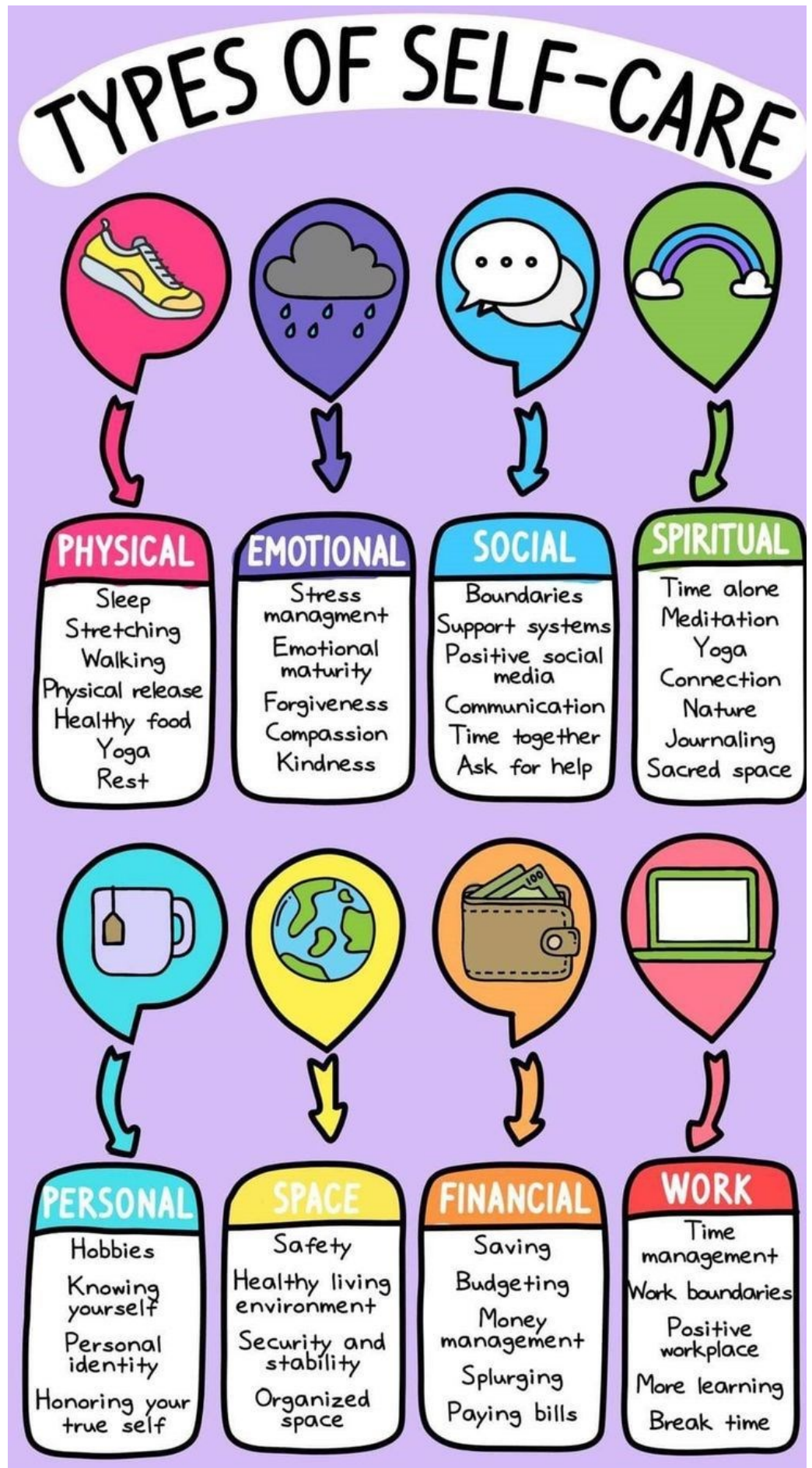


## Help and Support

School holidays can be a difficult time when routines change and the pressure to find things to do can be difficult—if you need some inspiration for help and support this page might help—remember to take care of yourself and others.

Being a parent is the hardest job in the world. But we've found information available online is often confusing, misleading, or just downright wrong. My Family Coach may be able to assist—they offer free online webinars, check out their website:

<https://www.myfamilycoach.com/who-we-are/>





**Puzzle Page**

**1**

**3**

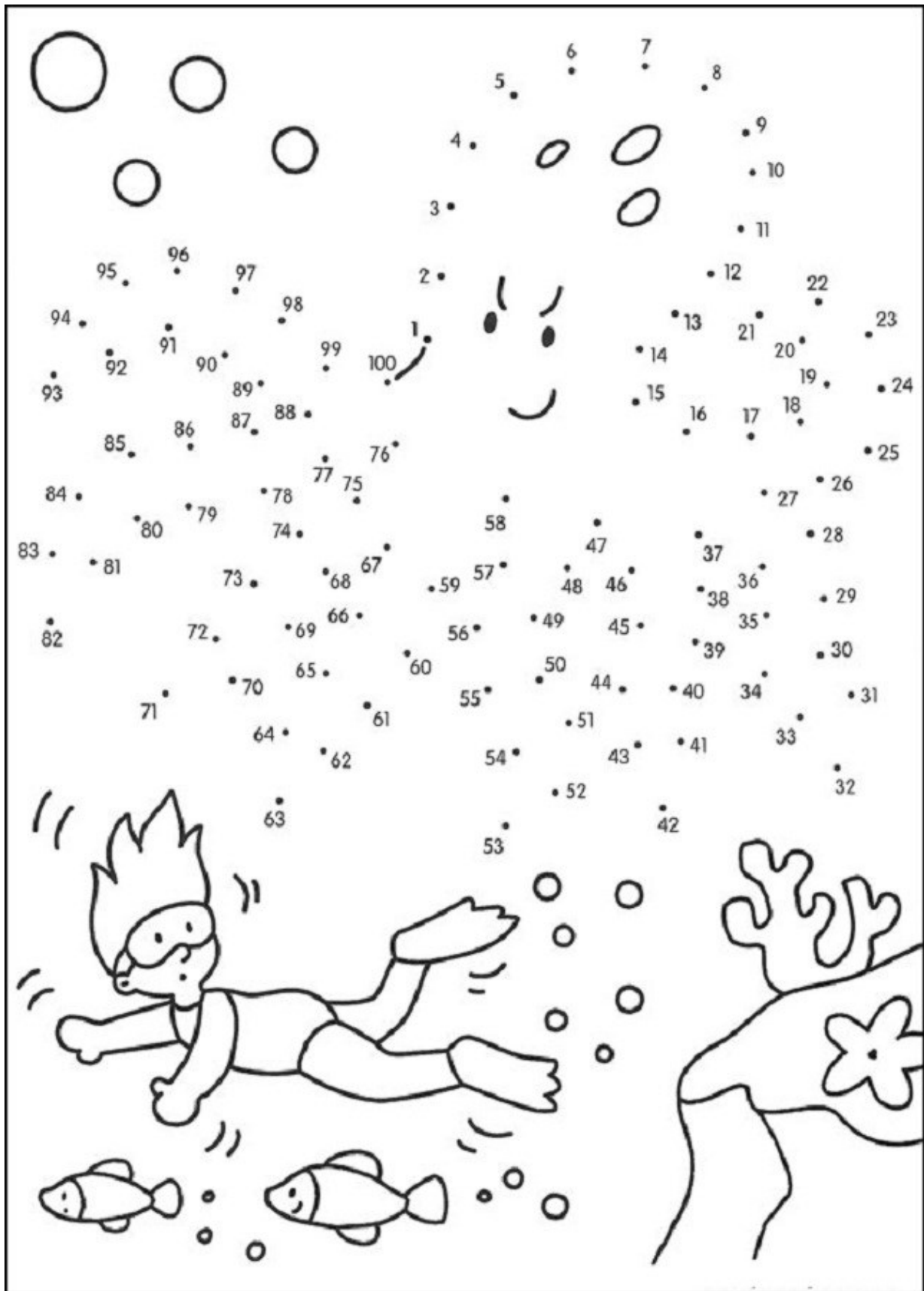
**2**

**4**

**5**

**Solution**

Dot to Dot—can you guess what it is under the water?





MANCHESTER  
CITY COUNCIL



Don't forget—There are lots of activities taking place across the city please look at the new website [Loads to do near you in Manchester](http://www.loadstodo.co.uk) [www.loadstodo.co.uk](http://www.loadstodo.co.uk) for ideas, activities and places to visit. This includes parks, museums, sports activities—lots are free and have special activities this summer.