

Appendix 1 – Plans for ParkLives 2016

The 2016 ParkLives Programme will focus on delivering 3 areas of activity as follows:-

- 1- Major ParkLives Events& One-off activity days:**
- 2- Family Activity Weeks**
- 3- Continuous Blocks of Activity**

1. Major ParkLive Events& One-off activity days:

x2ParkLives mass-participation events – (date and venues tbc)

x5 supporting activity at community events including;

Southglade Live

Cycle Live

Clifton Picnic in the Park

Radford Family fun day

Radford curry in the park

Vernon Park family fun day

Father's Day – 19th June

UK Active National Fitness Day: 9th September

International Older Persons Day: 1st October

World Mental Health Day: 10th October

2. Family Activity weeks (this will include one-off taster activities and smaller events to attract families to):

Easter Holidays: 2nd – 17th April

May half-term: 30th May – 5th June

Love Parks week: 15th – 24th July

October half-term: 17th – 28th October

3. Continuous blocks of activity (this will include a set timetable where activities will be taking place at the same time of day, in the same park each week for the duration of the block):

June 6th – July 22nd (7 weeks spring-summer)

July 27th – August 31st (5 week family focussed summer holidays)

Monday 5th September – Friday 14th October (6 week autumn block)

Types of activities:

Activities will be split into different categories and marketed and promoted in different ways to suit each target audience. This will include as an example:

| Family Fun | Fitness | Low-impact exercise | Conservation & Nature | Adventure – try something new |
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| Family Yoga | Zumba | Health walks | Wild food walks | Canoeing |
| Family multi-games | Boot Camp | Yoga | Wildlife walks | Kayaking |
| Family bushcraft | Park Fitness | Tai Chi | Nature walks | Climbing |
| Xplorer | Beginners running | Bowls | Bushcraft | Slacklining |
| Family Archery | Reggaecise | Zumba Gold | Heritage Walks | Orienteering |
| Scavenger Hunts | Back to Netball | Walking Netball | Pond Dipping | Geocaching |
| Giant board games | Rebound Basketball | Walking Basketball | Park Ranger volunteering | Parkour |