

## **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:**

x2 ParkLives 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 – 19<sup>th</sup> June

UK Active National Fitness Day: 9<sup>th</sup> September

International Older Persons Day: 1<sup>st</sup> October

World Mental Health Day: 10<sup>th</sup> October

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

Easter Holidays: 2<sup>nd</sup> – 17<sup>th</sup> April

May half-term: 30<sup>th</sup> May – 5<sup>th</sup> June

Love Parks week: 15<sup>th</sup> – 24<sup>th</sup> July

October half-term: 17<sup>th</sup> – 28<sup>th</sup> 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 6<sup>th</sup> – July 22<sup>nd</sup> (7 weeks spring-summer)

July 27<sup>th</sup> – August 31<sup>st</sup> (5 week family focussed summer holidays)

Monday 5<sup>th</sup> September – Friday 14<sup>th</sup> 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:

<b>Family Fun</b>	<b>Fitness</b>	<b>Low-impact exercise</b>	<b>Conservation &amp; Nature</b>	<b>Adventure – try something new</b>
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