

Fun, Fitness and Food Activity Pack

Activities and Recipes for you to Try Out with your
Family this Easter!

WOKINGHAM
BOROUGH COUNCIL

Welcome!

Welcome to the Wokingham Borough Council Holiday Activities and Food Programme!

In 2021 the government has provided funding to set up holiday activities with a meal during part of the Easter, Summer and Christmas holidays in 2021. These will be offered free-of-charge to children and young people in receipt of benefits-related free school meals, but will be made available more widely for others to pay to attend and enjoy.

Easter has unfortunately posed us some problems due to the ongoing Covid-19 restrictions. We had hoped to offer face-to-face activities, but we just haven't been able to due to the uncertainty. Instead we hope to be able to offer an extra week of activities in the Summer.

In the meantime, we've put together this pack of activities and recipes which we hope will give you a few ideas for things to do over the Easter break.

More information about what we're planning for the Summer will be made available as soon as possible. Watch this space!

Have a fantastic Easter break, please stay safe, we look forward to seeing you all soon!



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Get Active!

Keep active with fun exercises you can do at home on your own or with a family member.

Go online

There is a large resource of online content nationally we can access in our homes and stay active, here are a few suggestions:

- The Football Association's Free Superkicks App www.thefa.com/get-involved/the-fa-superkicks
Football challenges for you to try at home!
- Joe Wicks has kept us moving during the lockdown. You can catch-up with his workouts here: <https://www.youtube.com/user/thebodycoach1/videos>
Try and get everyone in your house involved - these workouts are not just for kids! (even if it's just to watch - they will thank you later!)
- Sport England: <https://www.sportengland.org/news/how-stay-active-while-youre-home>
Sport England have a dedicated page of activities suitable for all ages. Activities can be performed at home or outside.
- Also check out our Wokingham [Active Kids youtube page](#) for more ideas.

Other stuff

- Competition time!
A "Find the Book Title" competition for kids is planned to start on the Monday when the kids go back to school. Tell them to look on the MY JOURNEY website <https://www.myjourneywokingham.com/events/>
- Wokingham Rocks
<https://www.wokinghamrocks.co.uk/>
Wokingham Rocks is a website led by parents with loads of information on fun family activities in and around Wokingham. You'll find regularly updated round ups of what is on in Wokingham including the well-known, and the less well-known!

What's your name?

Have fun and keep active whilst spelling out your full name and do the activities for each letter – get creative and spell out your friends or family members names too!

A <u>Ten star jumps</u>	J Crawl like a crab for ten seconds	S <u>Tip-toe walk for ten seconds</u>
B Five squats	K Three sit ups	T 15 arm circles
C 20 arm circles	L Bend down and touch toes 15 times	U Three push ups
D Ten high knees	M Five lunges	V Jog for 15 seconds
E Five push ups	N <u>15 star jumps</u>	W Balance on left foot for ten seconds
F Five frog hops	O Five heel flicks	X Jump as high as you can five times
G Ten bunny hops	P Balance on right foot for 15 seconds	Y Walk sideways for 20 steps
H 20 second run on the spot	Q Ten high knees	Z Five sit ups
I Hop five times on one foot	R Ten frog hops	

Leisure Centres

Did you know there are an incredible 28 leisure centres in and around the Wokingham area?!

In line with current government guidance leisure centres are unfortunately closed until the 12th of April. However, Places Leisure have a fantastic website where you can find spaces nearest to you, and get updates on any virtual programmes being run. As things start to open places leisure are working with local authority partners to ensure Covid-safe sports and activities can take place for the whole family.

Follow [this link](#) for updates.



Scavenger Hunt

Get out and about this Easter come rain or shine (Covid-safely of course) and do some finding!

Spring Scavenger Hunt

- | | | | |
|--------------------------|----------------------------|--------------------------|--------------------------------|
| <input type="checkbox"/> | Something Round | <input type="checkbox"/> | Something that will get bigger |
| <input type="checkbox"/> | Something Yellow | <input type="checkbox"/> | Something smaller than a dime |
| <input type="checkbox"/> | Something Green | <input type="checkbox"/> | Something that sounds loud |
| <input type="checkbox"/> | Something that smells good | <input type="checkbox"/> | Something prickly |
| <input type="checkbox"/> | Something that smells bad | <input type="checkbox"/> | Something hard |
| <input type="checkbox"/> | Something rough | <input type="checkbox"/> | Something budding |
| <input type="checkbox"/> | Something smooth | <input type="checkbox"/> | Something pretty |
| <input type="checkbox"/> | Something Square | | |



What's On in Wokingham's Libraries this April?

Wokingham Libraries are offering virtual events in April available for schools and families to access.

- **Tuesday April 6** - Virtual Storytime at 11am. We will be sharing some silly stories and fun tales. Suitable for families with children aged 7 and under.
- **Thursday April 8** - Fun with Phonics Workshop, with Explore Learning for 4 to 6 year olds at 11am to 12noon. During today's workshop you will try to recognise and say a pair of words that rhyme! You will then be able to segment a word and learn to spell it with ease!
- **Saturday April 10** - Teen Writing Author visit with Simon James Green from 10.30am to 12noon.
- **Thursday April 15** - Become a Maths Wizard Workshop, with Explore Learning for 7 to 9 year olds at 11am to 12noon. During today's workshop you will demonstrate counting in 3s, 4s, 6s and 8s. Being able to solve pictorial multiplication problems and be on your way to becoming a grand wizard!
- **Friday April 16** at 11am - Is it a bird? Is it a plane? Messages from nature. Join artist Chris Holley in a poetry inspired art session and then create your own bird! For children aged 7 to 10 years old.
- **Tuesday April 27** - Virtual Storytime at 11am. We will be sharing some Pet themed stories. Suitable for families with children aged 7 and under.

To sign up just email libraries@wokingham.gov.uk with the session you would like to attend, your name and library card number and you will be sent details of how to join the day before.

To find out how to join your local Library, follow this link:

<https://www.wokingham.gov.uk/libraries/>

Get Creative!

Play Dough and Salt Dough

Who doesn't like play dough?!



Salt Dough Recipe

You will need:

- 3 cup plain (all-purpose) flour**
- 1 ½ Cups of salt**
- 2 table vegetable oil**
- 1 cup of cold water**
- Food colouring (optional)**
- Varnish or PVA glue for coating (optional)**

Mix all the ingredients together until you get a smooth dough (you may need to add a little more flour or water)
You can add food colouring to create different colours. Gloves are a good idea!
To harden, bake the dough in the oven for 2 hours. The thicker the dough, the longer it will need in the oven.

Please be aware, the levels of salt are very high and can be dangerous if digested.

Play Dough Recipe

You will need:

- 1 cup plain (all-purpose) flour**
- ½ Cup salt**
- 2 tablespoons cream of tartar**
- 2 table vegetable oil**
- 1 cup water with food colouring added**
- 1 teaspoon vanilla essence (optional)**

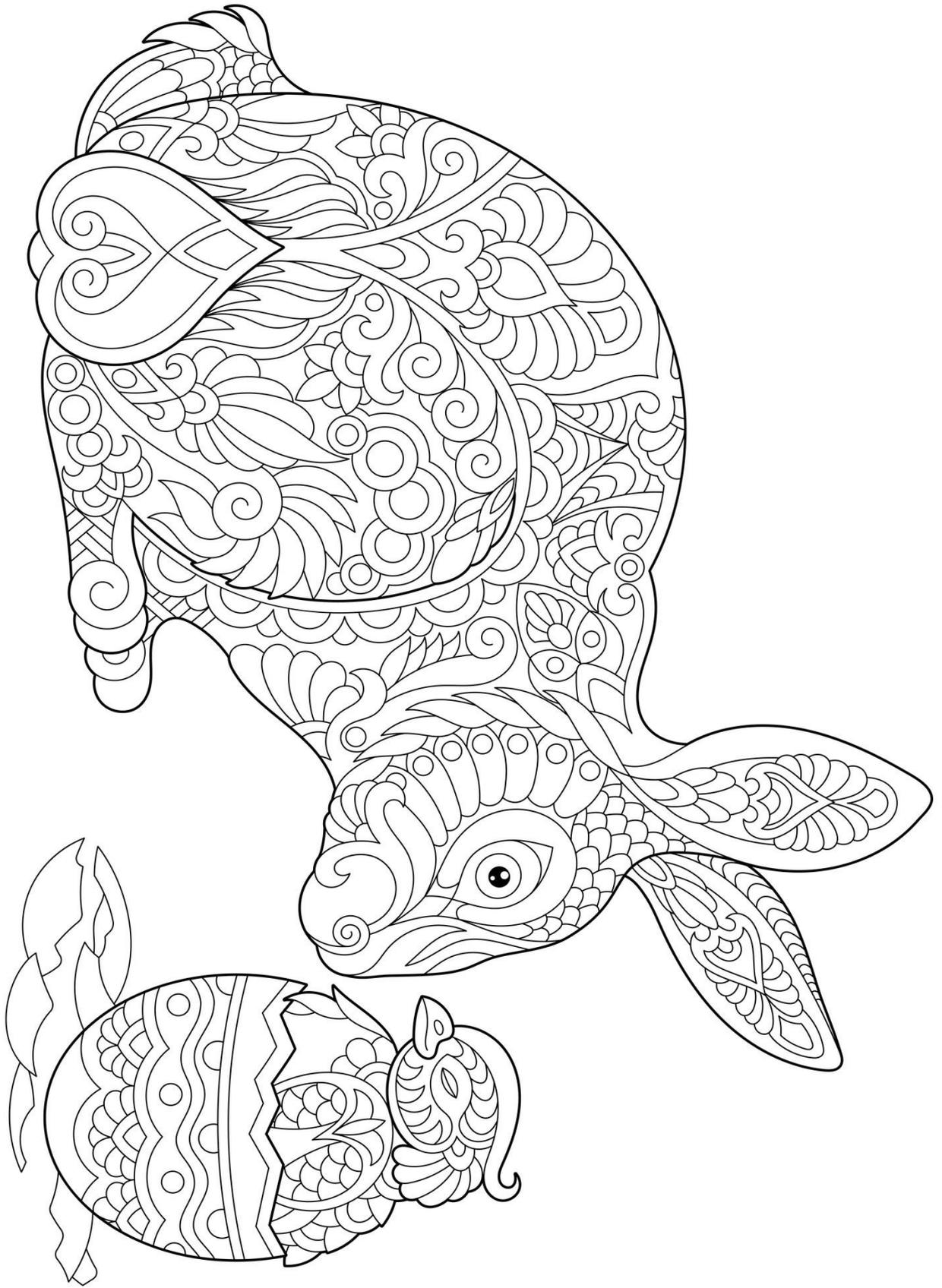
Mix all the ingredients into a large saucepan, stir over a medium heat until the dough form into a ball.
Allow to cool, then knead until smooth.

Mindful Colouring

Colouring-in has benefits whatever your age.

Try out these templates suitable for a variety of skill levels and get the whole family involved.







Get Cooking!

Cooking is a great way to keep your children busy and learn about healthy nutrition. Why not have a go at cooking together as a family? Give it a try and let us know how you get on!

Feed your family for £20 a week author Lorna Cooper has created a useful website full of recipes, ideas and advice about eating well on a budget. To find out more please follow the link: <https://fyf20quid.co.uk/>

Here are some of the recipes for you to try. Please make sure there is always adult supervision when cooking with children.

Chicken Fajitas

Ingredients

- 6 flour tortillas
- 2 chicken breasts, cut into strips
- 2 garlic cloves, finely chopped
- ½ tsp ground cumin
- 1 tsp chilli powder
- 1 lime, juice only
- 2 tbsp olive oil
- 1 red onion, thinly sliced
- 2 peppers, thinly sliced
- Salt and freshly ground black pepper

Method

- 1) Heat the oven to 120C/100C Fan/Gas mark ½. Wrap the tortillas in kitchen foil, place on a baking tray and warm in the oven until ready to use.
- 2) Put the chicken in a bowl with the garlic, cumin, chilli powder and lime juice. Season with salt and pepper and toss, rubbing the seasoning into the chicken. Set aside to marinate for 5 minutes.
- 3) Heat 1 tablespoon of the oil in a frying pan over a high heat. Add the chicken strips and cook for 5 minutes, until cooked through, golden-brown and slightly catching on the edges.
- 4) Add the remaining 1 tablespoon of oil to the pan, add the onion and peppers and fry for 5 minutes, or until almost soft. Increase the heat until the vegetables char slightly on the edges.
- 5) To assemble the fajitas, top the warmed tortillas with the chicken and vegetable mix. Top with your chosen toppings (cheese, salsa, lettuce, guacamole or soured cream).

Parmentier Potatoes

Ingredients

- 1 kg Potatoes
- Preferred oil
- Salt
- Pepper
- 2 tsp Italian mixed herbs
- 1 tsp Garlic powder

Method

- 1) Heat oven to 190-200c
- 2) Peel the potatoes cut into the size you'd make roasts
- 3) Par boil until starting to soften
- 4) Drain well
- 5) Cut into small dice
- 6) Put in a bowl
- 7) Spray with oil .sprinkle over the other ingredients. Toss well
- 8) Lay on a baking sheet and place at the top of the oven, until golden brown.



Chicken Supreme

Ingredients

- 2 chicken breasts
- 3 tbsp flour
- 4 Shallots
- 3 Garlic Cloves
- 100 g mushrooms
- 4 unsmoked bacon slices
- 300 ml chicken stock
- 180 g cream cheese
- Handfuls of spinach
- 1 pinch S&P
- 8 tbsp oil



Method

- 1) Prep:-slice your chicken through the thickest part to make 2 breasts. Dice the shallots, bacon, garlic and spinach. Slice the mushrooms.
- 2) Pat the chicken dry with kitchen roll and season with salt and pepper.
- 3) Sieve the flour into a tray and add the chicken turning over till it's coated in flour.
- 4) Heat the oil on a low/med heat and fry the chicken till golden brown.
- 5) Turn the chicken over and continue frying till browned on both sides (10-15mins) Remove from the pan and drain on kitchen roll and set aside.
- 6) Meanwhile add the shallots to the pan and fry till soft (2mins)
- 7) Add the mushrooms, garlic and bacon
- 8) Stir till everything is combined and fry till the bacon begins to crisp (4-5mins)
- 9) Add the chicken stock to deglaze the pan. Turn the heat up and simmer till the stock has reduced by half. (4-5mins)
- 10) Lower the heat. Add the cream cheese and stir through. Return the chicken to the pan, cover and gently simmer for 10-15mins or until the chicken is cooked. Remove the chicken from the pan and add to your plate, meanwhile add the Spinach to your sauce, stir till combined.
- 11) Taste and adjust the seasoning if needed. If your sauce is too thick add some water.

Easy Swaps:

- Cream Cheese for Double Cream.
- 100ml of Chicken Stock for White wine
- Shallots for Onions
- Spinach for Parsley

Spicy Rice

Ingredients

- 3 cups of rice
- 1 tbsp cajun spice
- 1 tin of tomatoes
- 1 carton passata
- 1 litre veg stock
- 2 handfuls of frozen peas
- 2 handfuls of frozen corn
- 2 tsp red chillies (or chilli flakes)
- 1 small finely diced onion

Method

Put everything into the rice cooker and switched it on if you don't have a rice cooker just do it in a pot until the rice has absorbed all the water. Alternatively cook on a cooker top, in a saucepan.

Golden Syrup Flapjacks

Ingredients

- 250g jumbo porridge oats
- 125g butter
- 125g light brown sugar
- 2-3 tbsp golden syrup

Method

- 1) Heat oven to 200C/180C fan/gas 6.
- 2) Put 250g jumbo porridge oats, 125g butter, 125g light brown sugar and 2-3 tbsp golden syrup in a food processor and pulse until mixed but be careful not to overmix otherwise the oats may lose their texture.
- 3) Lightly grease a 20x20cm baking tin with butter and spoon in the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.
- 4) Bake for around 15 minutes until golden brown.

Yoghurt & Berry Frozen Bites

Ingredients

- 450 g Greek Yoghurt
- 2 tbsp Honey
- 1 tsp Vanilla extract
- 50 g Frozen mixed berries
- 20 g Chocolate buttons
- 1 Handful of Raisins



Method

- 1) Empty the yoghurt into a bowl, add the honey and vanilla stir well till everything is combined.
- 2) Line a dish with some baking paper-this will make it easy to lift out and slice later. Pour in the yoghurt smoothing it into the corners.
- 3) Add your toppings-Frozen fruit-cut the bigger pieces in half, raisins and chocolate buttons. Press them down a little with the back of a spoon or spatula
- 4) Place the tray flat in the freezer for 4-6hrs
- 5) Remove from the freezer, let it soften for 2-3 mins and cut into bite size pieces or into bigger pieces. You could add sticks to make lollipops
- 6) They will thaw quite quickly so keep in the freezer until needed.

Easy swaps –

Frozen berries for fresh strawberries, raspberries, blueberries etc

Chocolate buttons for chocolate chips or granola.

Plain yogurt for flavoured- If using flavoured yoghurt reduce the amount of honey used



Support and Information

Community Engagement Team

The Community Engagement Team works across the whole of the Wokingham Borough providing advice, signposting, referring and signposting residents to support services that include Wokingham Foodbank, The Cowshed, First Days, Social Care, Housing and Waste. Part of our role is to build sustainable communities by working with the voluntary sector, providing access to services, promoting local authority provisions running and supporting community sessions in our own venues and buildings managed by partner agencies.

We are a community based team with venues at:

17 Billing Avenue, Finchampstead, Berkshire, RG41 4JE
36 Frensham Green, Shinfield, Berkshire, RG2 8EH
Rainbow Community Centre, Rainbow Park, Winnersh, RG41 5SG

Our team members and contact details are as follows:

Simon Ingle – Simon.Ingle@Wokingham.gov.uk 07825532189
Zoran Matic – Zoran.Matic@Wokingham.gov.uk 07717690205
Amy Giddings – Amy.Giddings@Wokingham.gov.uk 07562269081
Shabina Maher – Shabina.Maher@Wokingham.gov.uk 07714069408
Michael Woolley – Michael.Woolley@Wokingham.gov.uk 07879608822
Mark Tomkinson – Mark.Tomkinson@Wokingham.gov.uk 07710117695

Whilst the coronavirus pandemic has meant the closure of our venues we have managed to continue many of our services either virtually or by phone. As the rules start to change we hope to be opening again soon, so keep an eye on our Facebook page <https://m.facebook.com/WBCLocalities.CommunityEngagement>

Share Wokingham



SHARE Wokingham is open to everyone twice a week from 12.30-3.30pm on a Monday and a Friday. We collect surplus and end of day stock from the local food suppliers and supermarkets and share it with the local community. There is no referral needed to come to us, you could just be passionate about reducing the amount of food waste! One thing you can be sure of is a friendly smile and a warm welcome.

For more information please check out our Facebook page @SHAREWokingham or feel free to email us at enquiries@sharewokingham.co.uk.

The Grub Club



The Grub Club, which is hosted at Norreys Church, ensures that local families and children are able to access meals and free activities. The scheme welcomes children from the Norreys area and beyond on a referral basis to help low income families deal with the increased food costs during school holidays. They are also providing activities such as arts and crafts for families to take part in.

The project is a joint partnership between Our Community First (the community association for the Norreys Ward), Churches Together in Wokingham, Wokingham United Charities and the Wokingham Borough Council Community Engagement Team. For more information please see below

<https://www.thegrubclub.org.uk/> or email thegrubclubwokingham@gmail.com

Lunch Bunch Woodley



We are a Community Group that aims to deliver packed lunches to children in need in Woodley through the school holidays. We will also deliver a weekly activity pack to keep children busy for a while, and have in past sessions delivered a weekly family food pack. You would like to find out more or make a referral please contact our Facebook

page on: <https://www.facebook.com/WoodleyLunchBunch> or Email: woodleylunchbunch@gmail.com

Helping Hand – Shinfield & Spencer's Wood

*Linking those who **NEED HELP** with those who **CAN HELP***



Helping Hand is a Facebook page designed to **love and support our local community**, by connecting those needing a 'helping hand' with those in the community who are able to provide for their needs.

Are you, or is someone you know struggling to afford the basics or support a family? Or living alone and unable to make ends meet? It may be that someone locally can help out with pre-worn uniforms/clothing, baby basics, re-loved toys, household items, food etc. **Let's love each**

other in times of need. All requests for support will be anonymous. No financial requests please.

GET INVOLVED:

LIKE/FOLLOW OUR FACEBOOK PAGE –
WWW.FACEBOOK.COM/HELPINGHANDSHINFIELD

Contact: [sarah@sarahoneill.co.uk/](mailto:sarah@sarahoneill.co.uk) or call: **07972 238720**

Get in Touch!

We would love to see how you get on with any of the activities or challenges in the pack so please send any video clips or pictures to

Community.Engagement.Localities@Wokingham.gov.uk

Remember to visit and like our social media pages to stay updated:

Your Community  

Wokingham Borough Council 

Wokingham Borough Council has a dedicated webpage with a full list of community resources including leisure activities, libraries, history, arts, digital learning and home schooling. Find out more at: <https://www.wokingham.gov.uk/>

Stay Safe

The Covid pandemic has affected us all in different ways. We are doing so well as a community now with some hope for a more normal future in sight. Let's continue to do our bit and follow the guidance to keep us all as safe as possible. Thank you!

See the latest official guidance at:

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Have a great Easter Break!