



This February Half Term don't let the lockdown get you down!

Essex Boys and Girls Clubs and the Active Essex Foundation want to ensure that you and your families can still get active, enjoy healthy nutritious meals and take part in lots of fun activities together.

We are providing FREE virtual holiday activity clubs, with a timetable of online activities and a family activity pack free to collect.

These packs will include a host of fun activity ideas and essential food items to create family meals inspired by our online chef, and are aimed at families in receipt of Free School Meals, or who identify as vulnerable or at risk of food poverty.

Packs will be available for collection between 10.30am and 1.30pm on 15th February. Follow the link below to book your collection location, and you will receive an confirmation email on 5th February.

Booking closes at 23:59 on 4th February.

*If you are self-isolating or unable to get out to collect an Activity & Meal Pack then please make the local team aware.

Full Details:

- Online timetable of activities; including physical activities, wellbeing activities and cooking sessions
- Essential food items and recipe cards to create family meals inspired by our online chef.
- Activity sheets for all ages which you can do at home with no need for too much equipment
- Family Wellbeing Pack which covers a range of topics to support you and your family's health and wellbeing.

[Click here to book.](#)