

# LETS GET ACTIVE! SUMMER ON A BUDGET

## Free and budget activities in Wolverhampton, Dudley, Walsall, Sandwell and South Staffordshire

**West Park** is located on Park Road West , Wolverhampton, WV1 4PH, the 525 bus will stop outside the park. West Park is a great place with a range of activities which are free or a very low cost. The range of facilities on offer are:

- Tennis courts
- Chalet tearooms
- Boating lake
- Children's play area
- Bowling green
- Putting green
- Disabled access
- Guide dogs welcomed

**Bantock Park** is located on Finchfield Road, Wolverhampton, WV3 9LQ, the buses 543 & 513 will take you to Bantock Park. Bantock Park also offers a range of activities for little or no cost. The range of facilities on offer are:

- Recently re-built changing rooms
- 18 hole pitch and putt golf course
- Tea room
- Bantock House Museum
- Georgian farm buildings (home to a range of nature, educational, dance, music and theatrical events, activities and exhibitions)
- Gift shop in the house
- Enclosed children's play area

**East Park** is located on Hickman Avenue, Wolverhampton, WV1 2BS, The 529 bus will take you to East Park. East park not only boasts the usual things we enjoy in parks such as dog walking and walks and scenic areas, it also provides the following facilities:

- Football pitches
- Childrens play area
- Paddling pool
- Tennis courts
- Rangers events

**Hickman Park** is located on Wolverhampton Street, Bilston, WV14 0LZ, the number 79 bus will take you to Hickman Park. An ideal place to play sports with its sports arena and terracing, the park also offers the following facilities:

- Mini football pitches
- Toddler/children's play area
- Urban sports court (multi-ball)
- Rangers events
- Wildflower meadow
- Sons of Rest group

### **Other Local Parks**

Alongside these larger parks in Wolverhampton, there are also a number of smaller parks across the city all with their own unique scenery and play areas. The list below shows the other local parks available:

- Wednesfield and King George V Park
- Northwood Park
- Ashmore Park
- Phoenix Park
- Heath Town Park
- Claregate Park
- Fowlers Park
- Tettenhall Upper Green

**Northcote Farm** is a country park and has a great deal of history attached to it. It is located on Underhill Lane, Bushbury, Wolverhampton, WV10 7JF. The 613 bus will take you to Northcote Farm. Many of the parks visitors come to see the farm animals such as the; pigs, Norfolk black turkeys, geese, chickens, ducks, guinea fowl, Shropshire sheep and the Hereford cattle. Entry into the farm is free along with free parking; the farm also has a delightful tea room on site. Northcote farm also host a number of events throughout the year which are also normally free or for a small charge, these are shown below:

- Easter egg trails
- May Day celebrations
- Music
- Town and Country show
- Annual flower & vegetable show

- Harvest festival
- Halloween events
- Christmas events; including log dressing, wreath making and traditional Christmas fayre's with Father Christmas

**Smestow Valley Local Nature Reserve** is located at Meadow View Terrace, Wolverhampton, WV6 8NX; the 501 bus will take you to the nature reserve. The main attraction of this reserve is the vast area of the great outdoors that it has to offer, most visitors enjoy the bird watching, wildlife and cycling down the former railway track. Also the Staffordshire and Worcester canal run through the reserve adding to its beauty.

**Pendeford Mill Nature Reserve** is located on Pendeford Hall Lane, Wolverhampton, WV9 5ET, the reserve is an area of precious environmental and historical importance. There are different things to see at the reserve depending on the seasons and all visits do need to be booked in advance, to contact the reserve to book a visit call, (01902) 397640.

**Wolverhampton Art Gallery** is located in the city centre of Wolverhampton and has won three national awards for the way the gallery presents its art to the public. The 543 and 513 buses will drop you outside the art gallery. To find out more about Wolverhampton Art Gallery visit their website - <http://www.wolverhamptonart.org.uk/visit/wolves/>.

**Bilston Craft Gallery** is located on Mount Pleasant, Bilston, WV14 7LU, buses 79 and 545 will take you to Bilston Craft Gallery. To find out more about visiting Bilston craft gallery visit their website - <http://www.wolverhamptonart.org.uk/visit/bilston/>. The gallery also has a shop where you can purchase various craftwork and gifts.

Try to crack the secret code at RAF Museum Cosford. Young detectives will follow a spy trail around the National Cold War Exhibition and in the process take in aircraft of all different shapes and sizes. Museum admission and the spy trail is free. Call 01902 376200 for Take on the 'The Big Friendly Read' Summer Reading Challenge. Sign up for free at your local library, read six books to complete the challenge and collect rewards.details.

Hunt for treasure at Himley Hall and Park. Dress up as princesses and pirates for the trail from 11am to 3pm on August 3. Free event, aimed at youngsters.

Try your hand at leather crafts. Drop-in sessions every Tuesday at Walsall Leather Museum between July 26 and August 23. Items children can make

include drawstring pouches, key rings and memory books with a different item each week. Cost: £1 per item; no need to book

Make a collagraph print at Walsall's New Art Gallery. Youngsters aged four-plus can create a detailed map print on July 28, 11am-12.30pm and 1-2.30pm. Places must be booked. Cost £2.50. Visit [www.thenewartgallerywalsall.org.uk](http://www.thenewartgallerywalsall.org.uk)

Get on your bike at Cannock Chase on some of the country's best bike routes with plenty to suit all ages and abilities, ranging from relaxing family rides through picturesque valleys to the single track of Follow the Dog and the Monkey Trail for enthusiasts.

Join the Holiday Club at The Way in School Street, Wolverhampton. Activities on offer include climbing, gym, dance, art, crafts, football and games. Running from July 25 to September 2, each day starts at 8am and finishes at 6pm. Breakfast and lunch are included. For details call 01902 328290

- Wolverhampton Swimming Centre
- Hollywood Bowl Wolverhampton
- Air Space Wolverhampton
- Bilston Craft Gallery
- Wolverhampton Art Gallery
  
- Northycote Farm and Country Park
- Wolves Museum
- Phoenix Park Wolverhampton
- Wacky Warehouse - Broadway
- Cannon Raceway
  
- Dizzy Kidz
- Closer to the Edge
- Bantock House and Museum
- Wolf Mountain
- Sycamore Green Adventure Centre
  
- Potsy Pamsy Paint A Pot Studio
- Dudley Canal Tunnel & Limestone Mines
- Black Country Living Museum
- Tenpin Dudley
  
- Dudley Zoo and Castle
- Baggeridge Country Park & Miniature Railway

- Boulder Central Indoor Climbing
- Jitterbugs Party World
- Silver Blades Ice Rink Cannock
  
- Boing Zone Cannock
- Himley Hall and Park
- Ace Karting Plus Indoor Race Track
- Walsall Leather Museum
- Rodbaston Visitor Centre Animal Zone
  
- Saltwells Local Nature Reserve
- Scallywags Brierley Hill
- Codsall Hive Craft and Ceramic Studio
- Jungle Boogie
- Walsall Gala Baths
  
- Spacehoppas
- Wacky Warehouse - One and Two Halves
- Flip Out Sandwell
- TeamSport Indoor Karting Birmingham
- TeamSport Laser Tag Birmingham
  
- Funky Monkeys West Bromwich
- Red House Glass Cone
- The Beach Hut
- Sandwell Valley Country Park
- Laser Quest Stourbridge
  
- Boing Zone
- Chilly Kiddys
- Teamworks Karting Halesowen
- Unit3sixty Indoor Skatepark
- Forge Mill Farm
- Wombourne K.O.S.S.M.I.C (Kids of South Staffordshire Making it Count) Tuesday 31<sup>st</sup> July 2018 - Thursday 23<sup>rd</sup> August 2018

WV Active

SEND Family Swim Session

These sessions are for families with children who have special educational needs or a disability. Children must be accompanied by a parent or carer at all times in the pool.

**Booking essential - call 01902 551010**

£2 per child. Free for parent/carer

Public Swim

There are plenty of reasons to swim, it's low-impact, burns calories, an alternative exercise to name a few, it's also something the entire family can do, exercising in water offers many health benefits and can be continued for a lifetime.

**Booking not required**

Adult - £4 Junior (Under 16s) - £2 (free to Gold/Platinum members)

**Dudley Museum and Art Gallery**

**The Archives and Local History Centre, Tipton Road, Dudley DY1 4SQ**

See dinosaur fossils and Dudley Castle finds and go on a mammoth trail at Dudley Museum and Art Gallery.

Entry is free, and car parking is free too.

Look out for a programme of events and activities, especially during the school holidays (charges may apply).

**Wren's Nest National Nature Reserve**

**Wren's Hill Road, Dudley**

This is one for wannabe paleontologists.

Go fossil-hunting at this disused Victorian quarry which has become world famous for its unusual discoveries - in fact more than 700 types of fossils have come from here.

Fossils have been found here dating back some 400 million years ago, even before dinos existed and 86 of them are not found anywhere else on earth.

During the Silurian period, the area where Dudley now stands, was covered by coral reefs and tropical seas and the rocks formed there are rich in fossils of the creatures that swam in those waters. Admission is free.

**Activity Camp** ages 5 - 12 at Codsall Leisure Centre, Wombourne Leisure Centre and Cheslyn Hay Leisure Centre. Early bird prices apply two weeks booking in advance.

<https://www.fitforsport.co.uk/>

(PLEASE NOTE, ALL INFORMATION HAS BEEN GATHERED FROM ACROSS LOCAL AUTHORITIES AND IS SUBJECT TO CHANGE IN UNFORESEEN CIRCUMSTANCES)