

What's on in Hendon and Grangetown this Easter



During the Easter school holidays there are lots of activities available to keep you and your family active

Active Sunderland

Active Sunderland has activities for everyone this Easter from family tennis and Easter themed trails to rugby and walking football.

Take a look at the timetable to find an activity for you and your family to enjoy. Most activities are free of charge and suitable for all ages and abilities.

Come and join us for some family fun! We'll be at the Town Moor on Wednesday 8 April and in Mowbray Park on Thursday 16 April for our ever-popular Active Sunderland Family Fun Days.

To keep up to date with what's on in Sunderland follow us on Facebook and Instagram by searching for Active Sunderland. You can also find out about lots of different activities across the city by visiting linksforlifesusunderland.co.uk/active-sunderland



Sunderland City Council Active Sunderland

Beat the Street Hendon and Grangetown

Beat the Street is a real-life walking and cycling game played outdoors in your local community.

Download the app or collect a game card from one of our community venues and start playing.

The game can be played between Wednesday 18 March and Wednesday 29 April. Each time you tap your card or app at a Beat Box you will collect points for your team - and we all know what points mean - prizes!

As well as the 20 Beat Boxes (shown on the map) around the local community there will also be 'Bonus Beat Boxes' popping up throughout the Easter holidays giving you the chance to earn extra points.

Download the app now from the App Store or Google Play. You can also collect a game card from the distribution points listed on the map.

Find out more by visiting beatthestreet.me/hendongrangetown or search for Beat the Street Hendon and Grangetown on Facebook.



-  Beat Boxes
-  Mowbray Park
-  Barley Mow Park/ Tennis Courts
-  Raich Carter Sports Centre (Card distribution point)
-  Sunderland Museum & Winter Gardens (Card distribution point)
-  Back on the Map Health Hub (Card distribution point)
-  Winnibell Family Hub (Card distribution point)
-  Sunderland Bangladesh International Centre (Card distribution point)
-  Town Moor
-  Sunderland Mind
-  Commercial Road Playing Fields
-  Backhouse Park

Week one 7–12 April

Day	Time	Session	Venue	Info	Age	Cost	Booking information
Tuesday 7 April	10–11am	Active Sunderland Walk-To Fitness	Barley Mow MUGA SR2 7EQ	Gentle strength work to improve mobility and health with optional walk.	Adults (18+)	Free	No booking needed
	10.30am–12pm 12.30–2pm	Active Sunderland Family Tennis	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment provided.	All ages	Free	No booking needed
	1–2.30pm	Active Sunderland Snack Making	Hendon Health Hub SR2 8JG	Nutritious, practical snack ideas that can be prepared quickly along with simple advice on healthy eating.	Adults (18+)	Free	To book Email: samantha.lindsay@sunderland.gov.uk
Wednesday 8 April	10am–3pm	Active Sunderland Family Fun	Town Moor SR1 2JH	Family fun activities including rugby, football, basketball, clubbercise, dodgeball, baby and toddler play, swing ball, smoothie bike and more. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
	10.30am–12pm 12.30–2pm	Active Sunderland Family Tennis	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment provided.	All ages	Free	No booking needed
	1–3pm	Blossom Bombing	Sunderland Museum and Winter Gardens SR1 1PP	Celebrate the Blossom Festival by helping to make garlands of tissue blossom to decorate the Mowbray Park Community Garden. Try some flower origami and follow the blossom trail to find out about the amazing power of flowers.	4+	Free	No booking needed
Thursday 9 April	10am–12pm	How Does Your Garden Grow?	Mowbray Park Community Garden SR1 2QF	Come and spend some time at Mowbray Park Community Garden. Meet new people, share and learn gardening skills, and enjoy some fresh air in this beautiful space tended by volunteers.	Adults (16+)	Free	No booking needed
	10am–12pm	Just Let Your Soul Grow	Mowbray Park Community Garden SR1 1QB	Drop by to the community garden to get involved and learn more about general garden maintenance and supporting the planting.	Adults (18+)	Free	No booking needed
	10.30am–12pm 12.30–2pm	Active Sunderland Family Tennis	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment provided.	All ages	Free	No booking needed
	10.30–12pm	Active Sunderland Family Walk and Easter Themed Trail	Mowbray Park SR1 1QB	A fun, family-friendly Easter themed trail around the park, filled with clues, and challenges. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
Friday 10 April	11am–3pm	Active Sunderland Play in the Park	Barley Mow Tennis Courts SR2 7EQ	A fun-filled outdoor session where families can enjoy active play together. Activities include, swingball, archery and games. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
	11am–1pm	Active Sunderland Walking Sports Taster Session	Sunderland Mind MUGA SR1 2BB	A session of walking sports to show that it's not all about the running. Did you used to love a sport but find it hard to keep up now? Or would you like to try a new activity at an easier pace? Come along to this Walking Sport Taster session to find the sport for you.	All ages	Free	No booking needed
	11am–1pm	Active Sunderland Rugby	Commercial Road Playing Fields SR2 8PD	A fun, active rugby session especially for families of all ages and abilities. The session focuses on simple skills and fun games.	All ages	Free	No booking needed
	2–2.45pm	Mowbray Movers	Mowbray Park Community Garden SR1 2QF	This is a low impact exercise class aimed at residents who are 50+ and people with long term health conditions.	Adults (50+)	£4	No booking needed
	3–4pm	Active Sunderland Walking Football	Raich Carter Sports Centre SR2 8PD	Walking football is for anyone regardless of age, ability or fitness level. If you used to love football but would like a slower pace then this session is for you.	Adults (18+)	£2	No booking needed
Saturday 11 April	10am–12pm	Hendon ParkPlay	Barley Mow Park SR2 7ST	Two hours of free, informal games and activities in parks for all ages and abilities. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
Sunday 12 April	9am	Mowbray Park junior parkrun	Mowbray Park SR1 1QB	Junior parkrun is a free, weekly event for children aged 4 to 14, encouraging everyone to run, jog, or walk a fun 2k route.	4–14yrs	Free	No booking needed

Week two 13–19 April

Day	Time	Session	Venue	Info	Age	Cost	Booking information
Monday 13 April	10.30am–12pm 12.30–2pm	Active Sunderland Family Tennis	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment is provided.	All ages	Free	No booking needed
	11am–12.30pm	Active Sunderland Family Walk and Easter Themed Trail	Backhouse Park SR2 7HZ	A fun, family-friendly Easter themed trail around the park, filled with clues, and challenges. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
Tuesday 14 April	10–11am	Active Sunderland Walk-To-Fitness Session	Barley Mow MUGA SR2 7EQ	Gentle strength work to improve mobility and health with an optional walk. All equipment is provided.	Adults (18+)	Free	No booking needed
	10.30am–12pm 12.30–2pm	Active Sunderland Family Tennis	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment is provided.	All ages	Free	No booking needed
	10.30am–12.30pm	Active Sunderland Rugby	Commercial Road Playing Field SR2 8PD	A fun, active rugby session designed for families of all ages and abilities. The session focuses on simple skills and fun games. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
	1–2.30pm	Active Sunderland Snack Making	Hendon Health Hub SR2 8JG	Nutritious, practical snack ideas that can be prepared quickly along with simple advice on healthy eating.	Adults (18+)	Free	To book Email: samantha.lindsay@sunderland.gov.uk
Wednesday 15 April	10.30–12pm 12.30–2pm	Active Sunderland Family Tennis Session	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment provided. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
	1–2pm 2.30–3.30pm	Nature Tales and Curious Creatures with Stacey Bone	Sunderland Museum and Winter Gardens SR1 1PP	Stacey brings her much-loved tale of the Wonderful Woodlouse to life. This interactive session includes story-time, creative crafting, and either an outdoor book hunt or a close-up look at fascinating bugs from the museum's collection, depending on the weather.	3–7yrs	£3	Book at: www.sunderlandmuseum.com
Thursday 16 April	10am–12pm	How Does Your Garden Grow?	Mowbray Park Community Garden SR1 2QF	Come and spend some time at Mowbray Park Community Garden. Meet new people, share and learn gardening skills, and enjoy some fresh air in this beautiful space tended by volunteers	Adults (16+)	Free	No booking needed
	10am–3pm	Active Sunderland Family Fun	Mowbray Park SR1 2QF	Family fun activities that includes rugby, football, basketball, clubbercise, dodgeball, early years activities, swing ball, smoothie bike and more.	All ages	Free	No booking needed
	10.30–12noon 12.30–2pm	Active Sunderland Family Tennis Session	Barley Mow Tennis Courts SR2 7EQ	Friendly sessions suitable for all ages and abilities. All equipment provided. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
Friday 17 April	11am–3pm	Active Sunderland Play in the Park	Barley Mow Tennis Courts SR2 7EQ	Activities include, swingball, archery and simple games. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
	11am–1pm	Active Sunderland Walking Sports Taster Session	Sunderland Mind MUGA SR1 2BB	A session of walking sports to show that it's not all about the running. The growth of walking sports has provided opportunities for people to return to sports they once did or try new activities at an easier pace.	All ages	Free	No booking needed
	2–2.45pm	Mowbray Movers	Mowbray Park Community Garden SR1 2QF	This is a low impact exercise class aimed at residents who are 50+ and people with long term health conditions.	Adults (50+)	£4	No booking needed
	3–4pm	Active Sunderland Walking Football	Raich Carter Sports Centre SR2 8PD	Walking football is for anyone regardless of age, ability or fitness level. If you used to love football but would like a slower pace then this session is for you.	Adults (18+)	£2	No booking needed
Saturday 18 April	10am–12noon	Hendon ParkPlay	Barley Mow Park SR2 7ST	Two hours of free, informal games in parks for all ages and abilities. A Beat the Street Bonus Beat Box will be here.	All ages	Free	No booking needed
Sunday 19 April	9am	Mowbray Park junior parkrun	Mowbray Park SR1 1QB	Junior parkrun is a free, weekly event for children aged 4 to 14, encouraging everyone to run, jog, or walk a fun 2k route.	4–14yrs	Free	No booking needed