

FREE
SUMMER
FUN

THE KIDS CAN CLUB 2025

Cannock
Chase



Inspiring
Healthy
Lifestyles

Hello!

Welcome to the Kids CAN Club - a fun and exciting way to keep children active, healthy and entertained over the summer holidays!



This initiative is part of the Cannock Chase Can health and wellbeing programme, led by Cannock Chase Council in partnership with Inspiring Healthy Lifestyles.



Inside this booklet, you'll find a wide range of free and low-cost activities taking place across the district - perfect for families looking to make the most of the school break.

Many of these activities can also be explored on the Cannock Chase Can App, so be sure to check it out!

About Cannock Chase Can

Cannock Chase Can is all about helping you and your family feel good, stay active, and live a healthier, happier life - all in a way that works for you!

It's a free health and wellbeing programme packed with ideas, inspiration, and local activities to support your physical and mental wellbeing. Whether you want to move more, eat better, feel calmer or just try something new - Cannock Chase Can is here to help.



You can even download the Cannock Chase Can App for challenges, tips, recipes, and fun activities for the whole family - all in one handy place!



Take on the Challenge!

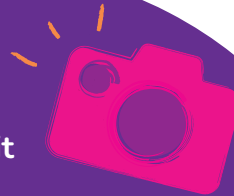


Did you know most of the fun activities in this booklet are also featured on the Cannock Chase Can App as exciting challenges?

Each challenge links to one of our wellness themes - from getting active and being creative, to feeling calm and connecting with others. It's a great way to stay motivated and try new things as a family!



- ➔ Pick a challenge
- ➔ Take a selfie while you're doing it
- ➔ Share it on the activity feed in the app or on our
- ➔ Facebook page to show us how you've done!



Don't forget to **tag us in @cannockchasekidscanclub** so we can cheer you on!

Plus, you'll earn points and unlock rewards for your efforts - just by taking part!

Let's make
this summer
one to remember -
one challenge
at a time!

Chase Creatures Augmented Reality Trail



Marquis Drive, Hednesford, WS12 4PW

If you like 'Pokemon GO!' you'll love Cannock Chase's version, which has been created by local schoolchildren and artists.

Chase Creatures is a virtual trail where you can meet and collect 12 fun characters, who are on a mission to protect Cannock Chase.

Start at Marquis Drive and follow the map and instructions in the App.

Can you collect Deerlilah, Trax and friends?



All year round



Free



Chase Tales Trail



Cannock Chase Heritage Trail



Delight your kids with beautiful animations of times gone by, keeping them entertained and active!

The Chase Tales Trail forms part of the Cannock Chase Heritage Trail, which is a 10 mile route between Cannock Town Centre and Rugeley Trent Valley Station.

There are 26 animations along the route which tell stories from the past and bring history to life.

It has been produced by local schoolchildren, the Birmingham Rep Theatre and professional artists.

You don't have to complete it in one day, take your time and enjoy the stories and songs whilst you walk.



Available all year round



Free



Pedal Power and Bike Bingo



Cannock Chase Forest, WS15 2UQ

This summer visit the Pedal and Play Trails at Cannock Chase Forest Centre, suitable for children aged 3-11 years.

There are three challenges to try, each a bit trickier than the last and featuring different trail surfaces and features, which will help you master your skills and ride safely. There are also some exciting play areas to discover along the way, so get out there and start exploring!

When you're there take part in 'Bike Bingo!' a fun game where you look for the different icons and tick them off your virtual bingo card.



Available all year round



Free but parking charges apply

Canal Collections



Trent & Mersey Canal Rugeley, WS15 2HS

Find it, Spot it, Snap It! Explore the Trent and Mersey Canal and see what you can find along the way. Find different items related to flora and fauna, architecture and wildlife. What can you see? Take a photo and add it to your collection.



The challenge starts at the back of Tesco and is a wonderful opportunity to enjoy the canal with the nature and landmarks you get to see along the way.



All year round



Free



Bridgtown Tales Trail



Location - Bridgtown

Step into a story-filled adventure around Bridgtown!

Follow the Bridgtown Tales Trail and discover 8 hidden QR codes along the way - each one unlocks a fun tale, local fact or creative surprise.



The stories were made with help from local schoolchildren and artists, so keep your eyes peeled for colourful characters and brilliant ideas!

Download your free trail map on the app and follow the instructions to start your journey.



All year round



Free



Stadium Bug Explorer Trail



Pye Green Road, Cannock, WS11 5RP

Can you find the art features based on local wildlife hidden around the park?

There's 5 to collect!

Did you know that Cannock Chase Forest is a special area that we need to protect for future generations?

It is very unique and home to lots of plants, insects and animals! All the insects you find along the trail are particularly important to Cannock Chase. Enjoy the trail and learn about our local nature and wildlife.

Think about how you can help to protect Cannock Chase?



All year round



Free



Local Park Story Walks



Hednesford Park, Cannock Park, Elmore Park
and Heath Hayes Park

Explore the magic of stories and nature with our Story Walk Challenges at Hednesford Park, Cannock Park, Elmore Park and Heath Hayes Park!

Follow the trails and collect 10 special QR codes at each park. Each code unlocks part of the story and information related to the theme of the walk. Once you've collected all the codes, you can claim a reward for your efforts!

These story walks are a fantastic way to get active, spark your imagination, and enjoy quality time outdoors with your family. They're perfect for learning, creativity, and making the most of our beautiful local parks.

Put on your walking shoes, scan the codes, and start your story adventure today!



All year round



Free



Tales of Laburnum Avenue



Laburnum Avenue Park, Cannock

Discover a whole new way to explore the woodland with our exciting Augmented Reality (AR) Trail - perfect for kids and families!

Using your smartphone or tablet, follow the trail to find and collect 5 magical characters, all brought to life right here on the site. Learn all about who they are, how they live, and the special stories they have to share.

It's a fun, interactive adventure that blends nature and technology for a truly unforgettable experience.

Give it a go on your next visit and see the woodland in a whole new way!



All year round



Free



Summer Reading Challenge



Local Libraries

The Summer Reading Challenge 2025 is landing in Staffordshire Libraries from Saturday 5 July - and this year it's blooming with nature, creativity, and magical stories!

Aimed at children aged 4 - 11, it's totally **FREE** to take part. Kids can set their own reading goals, collect rewards, and dive into books brought to life with illustrations by Dapo Adeola.

There's even a Mini Challenge for pre-schoolers, with stickers to collect for every book read - perfect for little bookworms just starting out!

Pop into your local Staffordshire library from 5 July to join in the fun.



Starts on Saturday 5 July



Free



5's Pavilion & Sports Ground Community Sessions



Bradbury Lane, Hednesford Cannock WS12 4EP

Whether on your own or with a group, bring your boots and have a kick about!

These sessions are open access, children can come and go as they please. We will however, have a member of staff available at the facility allocating pitch space and monitoring behaviour.



Monday - Friday: 4pm - 5pm



£1



01543 501524



[inspiringhealthylifestyles.org
/centres/fives-pavilion](https://inspiringhealthylifestyles.org/centres/fives-pavilion)

Leisure Centre's Space Activity Pass

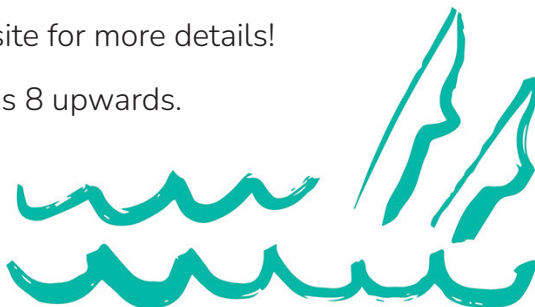


Chase or Rugeley Leisure Centre,
WS11 4AL/ WS15 2HZ

Get your summer sorted with our activity pass that can be used at both our leisure centres. The pass enables you to use our swimming pools, racket ball and football sessions, as well as the gym (ages 14+) at set times.

Check our website for more details!

Suitable for ages 8 upwards.



From Monday 14th July to
Sunday 31st August 2025



£15



inspiringhealthylifestyles.org



IHL Chase / IHL Rugeley



Plant a seed

Take on the challenges and get ready to grow! The activities were created alongside local schools. Visit the Eat Well or Naturally Well Section of the app to start.

CHALLENGE 1 | EARLY YEARS - SENSORY PLAY

Sensory play with healthy foods is a vital step to eating them. This activity explores words, smells, textures, shapes and colours of fruit and vegetables through print, paint and play.

CHALLENGE 2 | KS1 MICROGREEN MINI WORLD

Have a go at growing 'microgreen mini worlds' all within the comfort of your home. This is a speedy way to introduce and learn the science and skills of growing with tasty results.

ACTIVITY 3 | KS2 COMPANION PLANTING

Even by using a small patch outside, children can learn why certain fruit and vegetables are happier growing together. It introduces a bit of science and you can enjoy the fruits of your labour too!



Doorstep Directory

Cannock Chase Can works with a number of organisations and providers across the District.

Here's some information about what's available this summer.

Vysions Youth Service Summer Programme



Brereton Community Hub / Lea Hall Social Club



Various



Please enquire



vysionsyouthservices@gmail.com



breretonmillion.co.uk/vysions-youthservice



Vysions Youth Services

The summer programme includes crafts and sports such as swimming, biking, and paddleboarding. There are also day trips to theme parks, seaside and parks, as well as a weekly fishing club. A toddler group and youth group are also available.

Hednesford Summer Festival



Hednesford Park



Saturday 9 August, 11am – 4pm



Free Admission



[HednesfordinPartnershipHiP](#)

A fun, family festival with lots of free activities. There's Scruffs Dog Show in the main arena, dance shows and music acts. Browse the artisan market stalls and take a look at the transport show and birds of prey. A magical day for everyone!

West Chadsmoor Family Centre



Princess St, Cannock, WS11 5JT



Open Tuesday, Wednesday, Thursday. £ Please enquire



01543 571698 f West Chadsmoor Family Centre

Activities for children aged 0-10 years , taking place over the first five weeks of the holidays. Some sessions are bookable and others are drop in.

Parks across Cannock Chase



Parks across the District



Please see website £ Free



www.cannockchasedc.gov.uk

There's so much to explore - from story walks and sports to arts and crafts and more! Why not check out some of our fantastic new and improved play areas, including Flaxley Road, Laburnum Avenue, Wellington Drive, and Barnard Way - perfect for sunny days and active adventures!

Exciting activities will also be popping up in Cannock Park and Heath Hayes Park over the summer holidays - so keep your eyes peeled and follow us on social media for the latest updates.

Plus, don't miss the new skatepark and learn to ride area at Cannock Stadium Park - great for kids (and grown-ups!) to test out their wheels.

And with Love Parks Week just around the corner, there's even more to look forward to!

MiniMe Mindfulness



Venues across Staffordshire



Please see website



Please enquire



<https://cannockchase.minimemindfulness.co.uk>

MiniMe Mindfulness is here to help children feel calm, confident, and ready to take on new challenges - whether that's starting school, moving up a year group, or enjoying the summer break!

Here's what's on offer for families this summer:

Free Transition Toolkit

Starting school or moving up a year? Help your child feel prepared with our **FREE** transition toolkit - packed with practical tips and simple activities to support children through school changes.

Visit the website to find out more about local activities taking place across the District.

Scan the
QR code
to access
it instantly!



Staffordshire SPACE Programme



Venues across Staffordshire



29 July – 30 August



Free and subsidised activities



www.staffordshirespace.uk



StaffsSpace

Space 2024 offers kids aged 8-17 the chance to explore, engage, and excel in a wide range of free and subsidised activities and events throughout Staffordshire. For more information sign-up to our newsletter at **www.staffordshirespace.uk**

(Please contact the provider before attending to confirm details. We are not responsible for the content provided by third parties in connection with or referenced in this booklet).

How To Get Involved

There are several ways you can support Cannock Chase Can and get involved.

Send challenges or inspire others by sharing your progress and experiences of using the App.

Inspire Others

Once you have completed a challenge, take a selfie and share it on the app's activity feed and Cannock Chase Can's Facebook page.

Share your experiences to help inspire others to sign up to Cannock Chase Can and take on new challenges.

Together We Can...





For more information about **Cannock Chase Can**
visit **www.cannockchasecan.co.uk**
or email **cannockchasecan@cannockchasedc.gov.uk**