



Food Included



FREE SUMMER HOLIDAY ACTIVITIES FIT, FED & READ 2026



No Booking Required

Monday		Tuesday		Wednesday		Thursday		Friday	
Flint	Sealand	Saltney	Connah's Quay	Buckley	Aston	Mostyn	Holywell	Treuddyn	Mold
2:00-3:30pm	5:00-6:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm	11:00am-12:30pm	2:00-3:30pm
Flint Castle CH6 5PE	Sealand Manor Park CH5 2SQ	Park Avenue Rec CH4 8LT	Scout Hut Field CH5 4RQ	Princess Avenue CH7 2LP	Central Drive CH5 1LR	Mostyn Football Pitch CH8 9PE	Fron Park CH8 7TQ	Treuddyn Playing Field CH7 4LU	Maes Bodlonfa CH7 1DR
<i>Find us on the grassed area either side of the Castle</i>	<i>Find us via entrances on East Green, North Green and Ferry Close</i>	<i>Find us via alleyways on Park Avenue, Salisbury Avenue and Ashleigh Close</i>	<i>Find us on the playing field below Deeside Naval Club</i>	<i>Find us on the playing field between Princess Avenue and Alyn Road</i>	<i>Find us opposite the Melrose Inn</i>	<i>Find us on the playing field opposite Mostyn community centre</i>	<i>Find us behind Holywell Leisure Centre</i>	<i>Find us behind Treuddyn village hall</i>	<i>Find us on 'The Rec' playing field</i>
20 July 27 July 3 August 10 August 17 August		21 July 28 July 4 August 11 August 18 August		22 July 29 July 5 August 12 August 19 August		23 July 30 July 6 August 13 August 20 August		24 July 31 July 7 August 14 August 21 August	



Run by Gwella, Fit, Fed & Read is a FREE summer holiday programme for children and families across Flintshire, combining fun sports and physical activity with games, crafts, reading activities and free food and drink in local community spaces. Follow us on social media or email josh.mcewan@gwella.wales for more information.

