



FREE SUMMER HOLIDAY ACTIVITIES FIT, FED & READ 2026

Food Included

No Booking Required

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

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