

**BEACON  
OF LIGHT**



**FOUNDATION  
OF LIGHT**

**THE WORLD AT YOUR FEET**



**SUMMER  
2024**

**SUNDERLAND | WASHINGTON | PETERLEE | STANLEY**

# SUMMER 2024



We're excited to share with you our programme of activities to help keep families entertained this summer!

With a full schedule on offer at the Beacon of Light and new sessions available at other venues across the North East - including Washington Millennium Centre, Beamish Football Centre and Wellfield School.

The fun begins with our free Euro 2024 Family Fan Zone at the Beacon of Light. England take on Slovenia on Tuesday 25 June (KO 8pm) and we've got everything you need to enjoy the action.

- 🇬🇧 From 6pm:
- 🇬🇧 Free football on outdoor pitches
- 🇬🇧 England facepainting
- 🇬🇧 Food and alcohol refreshments available at Yard Nine cafe
- 🇬🇧 Full game shown on big screen inside the Beacon (KO 8pm)



## EVERY BOOKING MADE SUPPORTS THE FOUNDATION

Foundation of Light is the official charity belonging to Sunderland AFC working with over 20,000 people across Sunderland and beyond every year.

The Foundation works with those aged 18 months to 80+ years and offers activities for everyone; with courses to help health and wellbeing, behaviour, attitude, skills, knowledge and much more.

Whilst being linked to SAFC, the Foundation are structurally and financially independent from the football club and responsible for fundraising £4million each year to run their life-changing programmes.

Every penny made from bookings goes straight back to the Foundation, to help their life-changing work continue.



# ACTIVITIES FOR ALL AGES



## Football

Exactly what it says on the tin!

### 1.1 Coaching

Specialist training delivered by our UEFA and FA qualified coaches, aimed at developing your football skills

### Train Like a Pro

Train with UEFA qualified coaches and ex professionals as well as being watched by academy scouts

### Candle Making

Learn a new skill and create your own bespoke fragrances

### Family Summer Bake off

Inspired by the Great British Bake off, test your technical skills followed by a showstopper

### Painting Pots

Decorate your pots with us this summer

### Flower Arranging

Learn how to create the perfect bouquet

### Disability Multi-Sports

Our disability sessions include multi-sports, table tennis and dance, we've got it covered this summer

### Sensory Circuits

A planned physical activity circuit for children and young people with SEND

### SEND Family Funday

Inclusive activities for you and your family

## Foundation Family Funday

Come and enjoy our family funday with activities for all

### EAFC Tournament and Kickabout

Come and showcase your skills in a battle of the best Egamers! Take part in a Champions League style tournament as well as having the opportunity to test your skills and take part in training games

### Summer Holiday Club

Fancy something different... try our new summer holiday club which includes arts and crafts, robots, movies, multi-sport and much more

### Retro Gaming

Test your gaming skills and come along and play on our old school gaming consoles

### Drop-in Sessions

Turn up and pay on the day

### Activities for 11-16 years old Cooking and Baking

Learn to make sweet and savoury dishes that you can take home and share with your friends and family

### Fitness

Take part in a range of sport and fitness activities to learn how to keep your body fit and health

## Enterprise Challenge

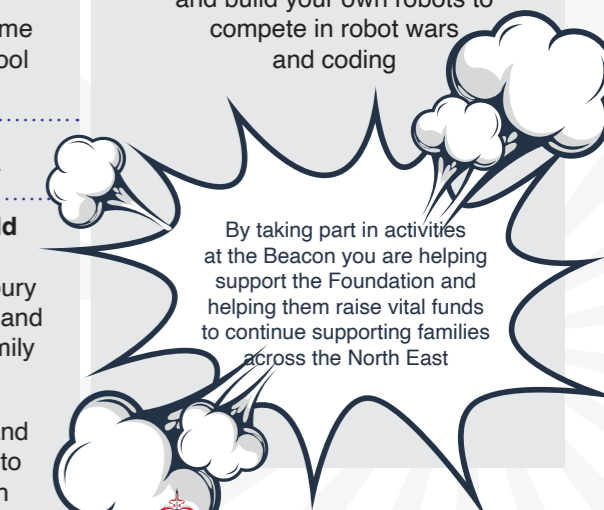
Participants will work together to solve a problem, whilst practicing skills such as team work, decision making and problem solving. Challenges include escape rooms and building projects

### Engineering and Experiments

Spend the day taking in part in mini science and engineering experiments at Caterpillar in Peterlee. Projects include building vehicles, production line challenges and science experiments

### Esports and Robots

Take part in fun gaming competitions and build your own robots to compete in robot wars and coding



By taking part in activities at the Beacon you are helping support the Foundation and helping them raise vital funds to continue supporting families across the North East



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# WEEK ONE

MON 22ND JUL	PROGRAMME	AGE	TIME	PRICE
	Football 1/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 1/3 (3 day)	4-14 years	10am-3pm	£45
	<b>Football Drop-in (Outside)</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
TUE 23RD JUL	Football 2/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 2/3 (3 day)	4-14 years	10am-3pm	£45
	Candle Making ●	7-14 years	10am-3pm	£20
	<b>Netball Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
WED 24TH JUL	Football 3/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 3/3 (3 day)	4-14 years	10am-3pm	£45
	Disability Multi-sports	5-25 years	10am-12pm	£7.50
	Family Summer Bake-off ●	7-14 years	10am-3pm	£20
	<b>Basketball Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
THURS 25TH JUL	Football 1/2 (2 day)	4-14 years	10am-3pm	£35
	Summer Holiday Club 1/2 (2 day)	4-14 years	10am-3pm	£30
	Painting Pots - Family Fun ●	7-14 years	10am-12.30pm	£20
	<b>Badminton Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
	Disability Football	5-12 years	3-4pm	£4
	Disability Football	13-25 years	4-5pm	£4
FRI 26TH JUL	Football 2/2 (2 day)	4-14 years	10am-3pm	£35
	Summer Holiday Club 2/2 (2 day)	4-14 years	10am-3pm	£45
	EA FC and Kickabout	7-14 years	10am-3pm	£20
	Inspires: Cooking and Baking	11-16 years	10am-3pm	£20
	<b>Table Tennis Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>

ALL SESSIONS HIGHLIGHTED IN RED ARE UNSUPERVISED - NO BOOKING NEEDED

# 1.1 COACHING

LIMITED SPACES AVAILABLE

FIVE WEEK BLOCK BOOKING EVERY MONDAY **£150**

SIX WEEK BLOCK BOOKING EVERY WEDNESDAY **£180**



# SKILLS CENTRE - SUMMER

SIX WEEK BLOCK BOOKING EVERY TUESDAY (5-7 YEARS) 5-6PM

THURSDAY (8-14 YEARS) 5-6PM

**£30**



# LITTLE DRIBBLERS - SUMMER

SIX WEEK BLOCK BOOKING EVERY WEDNESDAY (18 MTHS-3 YEARS) 4-4.45PM (3-5 YEARS) 5-6PM

**£30**



# WILDCATS - SUMMER

6 WEEK BLOCK BOOKING EVERY FRIDAY 5-6PM

**£30**



# WEEK TWO

MON 29TH JUL	PROGRAMME	AGE	TIME	PRICE
	Football 1/4 (4 day)	4-14 years	10am-3pm	£65
	Summer Holiday Club 1/3 (3 day)	4-14 years	10am-3pm	£45
	<b>Football Drop-in (Outside)</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
TUE 30TH JUL	Football 2/4 (4 day)	4-14 years	10am-3pm	£65
	Summer Holiday Club 2/3 (3 day)	4-14 years	10am-3pm	£45
	Candle Making ●	7-14 years	10am-3pm	£20
	<b>Netball Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
WED 31ST JUL	Football 3/4 (4 day)	4-14 years	10am-3pm	£65
	Summer Holiday Club 3/3 (3 day)	4-14 years	10am-3pm	£45
	Sensory Circuits	5-25 years	1-2pm	£5
	Family Summer Bake-off ●	7-14 years	10am-3pm	£20
	<b>Basketball Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
THURS 1ST AUG	Football 4/4 (4 day)	4-14 years	10am-3pm	£65
	Painting Pots - Family Fun ●	7-14 years	10am-12.30pm	£20
	<b>Badminton Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>
	Disability Football	5-12 years	3-4pm	£4
	Disability Football	13-25 years	4-5pm	£4
FRI 2ND AUG	Train Like a Pro	7-16 years	10am-3pm	£30
	Retro Gaming Club	7-14 years	10am-3pm	£15
	Inspires: Fitness	11-16 years	10-3pm	£20
	Flower Arranging ●	7-14 years	10am-12.30pm	£20
	<b>Table Tennis Drop-in</b>	<b>8 years +</b>	<b>3-4pm</b>	<b>£3</b>

● ALL SESSIONS WITH A PURPLE CIRCLE - PRICE INCLUDES ONE ADULT AND ONE CHILD

# SAT 3RD AUG

SOFT PLAY 10-11.30AM



**£5**

Let the little ones have fun on the soft play, followed by a free tea or coffee for the adult from Yard Nine cafe. NO NOOKING NEEDED

SAT 3RD AUG  
MOVIE TIME  
11.30AM

Come down and watch the live action 'The Little Mermaid' for free on our big screen



ALL 10AM-3PM HOLIDAY COURSES NEED TO BRING A PACKED LUNCH. OPTION FROM YARD NINE CAFE WILL ALSO BE AVAILABLE



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# WEEK THREE

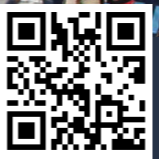
# WEEK FOUR

DAY	PROGRAMME	AGE	TIME	PRICE
MON 5TH AUG	Football 1/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 1/3 (3 day)	4-14 years	10am-3pm	£45
	<b>Football Drop-in (Outside)</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
TUE 6TH AUG	Football 2/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 2/3 (3 day)	4-14 years	10am-3pm	£45
	Candle Making ●	7-14 years	10am-3pm	£20
	<b>Netball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
WED 7TH AUG	Football 3/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 3/3 (3 day)	4-14 years	10am-3pm	£45
	Disability Multi-sports	5-25 years	10am-12pm	£7.50
	Family Summer Bake-off ●	7-14 years	10am-3pm	£20
	<b>Basketball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
THURS 8TH AUG	Football 1/2 (2 day)	4-14 years	10am-3pm	£35
	Summer Holiday Club 1/2 (2 day)	4-14 years	10am-3pm	£30
	Painting Pots - Family Fun ●	7-14 years	10am-12.30pm	£20
	<b>Badminton Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
	Disability Football	5-12 years	3-4pm	£4
	Disability Football	13-25 years	4-5pm	£4
FRI 9TH AUG	Football 1/2 (2 day)	4-14 years	10am-3pm	£35
	Summer Holiday Club 2/2 (2 day)	4-14 years	10am-3pm	£30
	EA FC and Kickabout	7-14 years	10am-3pm	£20
	Inspires: Enterprise Challenge	11-16 years	10am-3pm	£20
	Flower Arranging ●	7-14 years	10am-12.30pm	£20
	<b>Table Tennis Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>

## INFLATABLE SESSIONS



Scan the QR for dates and times throughout summer



Bring along a sibling for an extra £1 on our disability holiday programmes

## FOUNDATION FAMILY FUNDAY THURS 15TH AUG

DAY	PROGRAMME	AGE	TIME	PRICE
MON 12TH AUG	Football 1/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 1/3 (3 day)	4-14 years	10am-3pm	£45
	SEND Family Fun Day	4-14 years	1-3pm	£15
	<b>Football Drop-in (Outside)</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
			based on a family of 5 max	
TUE 13TH AUG	Football 2/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 2/3 (3 day)	4-14 years	10am-3pm	£45
	Candle Making ●	7-14 years	10am-3pm	£20
	<b>Netball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
WED 14TH AUG	Football 3/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 3/3 (3 day)	4-14 years	10am-3pm	£45
	Disability Multi-sports	5-25 years	10am-12pm	£7.50
	Family Summer Bake off ●	7-14 years	10am-3pm	£20
	<b>Basketball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
THURS 15TH AUG	<b>Foundation Funday</b>	<b>All ages</b>	<b>10am-3pm</b>	<b>£2</b>
	Disability Football	5-12 years	3-4pm	£4
	Disability Football	13-25 years	4-5pm	£4
FRI 16TH AUG	Train Like a Pro	7-16 years	10am-3pm	£30
	Retro Gaming Club	7-14 years	10am-3pm	£15
	Sensory Circuits	5-25 years	1-2pm	£5
	Flower Arranging ●	7-14 years	10am-12.30pm	£20
	<b>Table Tennis Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>

ALL SESSIONS HIGHLIGHTED IN RED ARE UNSUPERVISED - NO BOOKING NEEDED

## SAT 17TH AUG SOFT PLAY 10-11.30AM



£5

Let the little ones have fun on the soft play, followed by a free tea or coffee for the adult from Yard Nine cafe. **NO NOOKING NEEDED**

## SAT 17TH AUG MOVIE TIME 11.30AM

Come down and watch 'Lightyear' for free on our big screen



**FOUNDATION FAMILY FUNDAY AT THE BEACON OF LIGHT IS BACK THIS SUMMER, WITH ACTIVITIES FOR ALL AGES**

# WEEK FIVE

# WEEK SIX

MON 19TH AUG	PROGRAMME	AGE	TIME	PRICE
	Football 1/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 1/3 (3 day)	4-14 years	10am-3pm	£45
	<b>Football Drop-in (Outside)</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
TUE 20TH AUG	Football 2/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 2/3 (3 day)	4-14 years	10am-3pm	£45
	Candle Making ●	7-14 years	10am-3pm	£20
	<b>Netball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
WED 21ST AUG	Football 3/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 3/3 (3 day)	4-14 years	10am-3pm	£45
	Disability Multi-sports	5-25 years	10am-12pm	£7.50
	Family Summer Bake-off ●	7-14 years	10am-3pm	£20
	<b>Basketball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
THURS 22ND AUG	Football 1/2 (2 day)	4-14 years	10am-3pm	£35
	Summer Holiday Club 1/2 (2 day)	4-14 years	10am-3pm	£30
	Painting Pots - Family Fun ●	7-14 years	10am-12.30pm	£20
	<b>Badminton Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
	Disability Football	5-12 years	3-4pm	£4
	Disability Football	13-25 years	4-5pm	£4
FRI 23RD AUG	Football 1/2 (2 day)	4-14 years	10am-3pm	£35
	Summer Holiday Club 2/2 (2 day)	4-14 years	10am-3pm	£30
	EA FC and Kickabout	7-14 years	10am-3pm	£20
	Inspires: Esports and Robots	11-16 years	10am-12pm	£20
	Flower Arranging ●	7-14 years	10am-12.30pm	£20
	<b>Table Tennis Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>

## SUMMER GAMING SESSIONS



Two hours of gaming, plus sweet cone. Scan the QR for dates and times throughout summer.



● ALL SESSIONS WITH A PURPLE CIRCLE - PRICE INCLUDES ONE ADULT AND ONE CHILD

TUE 27TH AUG	PROGRAMME	AGE	TIME	PRICE
	Football 1/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 1/3 (3 day)	4-14 years	10am-3pm	£45
	Candle Making ●	7-14 years	10am-3pm	£20
	<b>Netball Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
WED 28TH AUG	Football 2/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 2/3 (3 day)	4-14 years	10am-3pm	£45
	Family Summer Bake off ●	7-14 years	10am-3pm	£20
	Disability Multi-sports	5-25 years	10am-12pm	£7.50
	<b>Basketball Drop-in</b>	<b>tbc</b>	<b>3-4pm</b>	<b>£3</b>
THURS 29TH AUG	Football 3/3 (3 day)	4-14 years	10am-3pm	£50
	Summer Holiday Club 3/3 (3 day)	4-14 years	10am-3pm	£45
	Disability Football	5-25 years	10am-3pm	£15
	Painting Pots - Family Fun ●	7-14 years	10am-12.30pm	£20
	<b>Badminton Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>
	Disability Football	5-12 years	3-4pm	£4
	Disability Football	13-25 years	4-5pm	£4
FRI 30TH AUG	Train Like a Pro	7-16 years	10am-3pm	£30
	<b>Table Tennis Drop-in</b>	<b>8 years+</b>	<b>3-4pm</b>	<b>£3</b>



ALL SESSIONS HIGHLIGHTED IN RED ARE UNSUPERVISED - NO BOOKING NEEDED



## WASHINGTON MILLENNIUM CENTRE NE37 2QD

### MON 22ND-TUES 23RD JULY

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

### MON 5TH-TUES 6TH AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

### MON 19TH-TUES 20TH AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30



## WELLFIELD SCHOOL TS28 5AX

### MON 29TH-WED 31ST JULY

PROGRAMME	AGE	TIME	PRICE
Football (3 day)	4-14 years	10am-3pm	£45

### MON 12TH-WED 14TH AUG

PROGRAMME	AGE	TIME	PRICE
Football (3 day)	4-14 years	10am-3pm	£45

### TUES 27TH-WED 28TH AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

## BEAMISH FOOTBALL CENTRE DH9 6PZ

### THURS 25TH-FRI 26TH JULY

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

### THURS 1ST-FRI 2ND AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

### THURS 15TH-FRI 16TH AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

### THURS 22ND-FRI 23RD AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30

### THURS 29TH-FRI 30TH AUG

PROGRAMME	AGE	TIME	PRICE
Football (2 day)	4-14 years	10am-3pm	£30



## MORE SUMMER HIGHLIGHTS...

## WEAR TOGETHER

ACTIVITIES FOR OVER-55s

Wear Together is our community hub for over-55s, offering a wide range of weekly activities at the Beacon of Light.

### WHAT'S ON...

#### TUESDAY

#### SEATED CHAIR EXERCISES 10-11AM £1

Get the heart rate up through a range of movements using the chair as a base.

#### MIXED WALKING FOOTBALL 10-11AM £1

Mixed football at a relaxed pace.

#### CHIT CHAT 2-3PM FREE

Come and have a cuppa, chat and game of bingo.

#### WEDNESDAY

#### WEAR TOGETHER HUB 10AM-12PM £2

Session starts with a coffee morning, followed by a range of physical activities.

#### THURSDAY

#### TABLE TENNIS 10AM-12PM £5

Exactly what it says! This session is ran by Imagine Table Tennis club and needs to be booked.

Please contact: [imaginettc@gmail.com](mailto:imaginettc@gmail.com)

#### WALKING FOOTBALL 12PM-1PM £1

Enjoy the beautiful game at a more relaxed pace.

### NO BOOKING NEEDED

### FRI 16TH AUG 10AM-3PM 11-16 YEARS

### INSPIRES: ENGINEERING AND EXPERIMENTS

Take part in your own science and engineering experiments. Spend the day taking in part in mini science and engineering experiments at Caterpillar in Peterlee. Projects include building vehicles, production line challenges and science experiments.

**£20**



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# SIGN LANGUAGE

Come and learn the basic fundamentals of sign language with our 2-hour introduction to sign language sessions.

**16+**

#### MONDAY 22ND JULY

10am-12pm  
or  
1-3pm

#### MONDAY 12TH AUG

10am-12pm  
or  
1-3pm

#### MONDAY 19TH AUG

10am-12pm  
or  
1-3pm

**£5 PER SESSION, SCAN QR TO BOOK**



**SCAN QR TO BOOK**



FOUNDATION OF LIGHT,  
BEACON OF LIGHT,  
STADIUM PARK,  
SUNDERLAND, SR5 1SN

# ACTIONS SPEAK LOUDER THAN WORDS

BE A VOLUNTEER



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OF LIGHT**

THE WORLD AT YOUR FEET

For more information on  
volunteering and to express  
your interests and any areas  
of specialism, please scan  
the QR code.



REGISTERED CHARITY NO.1089333