



SUMMER 2025

**BEACON
OF LIGHT**

SUNDERLAND | BOLDON | PETERLEE | STANLEY



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

SUMMER 2025



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 Beamish Football Centre, Ford Hub, Boldon and Wellfield School.

EVERY BOOKING MADE SUPPORTS THE FOUNDATION

Foundation of Light is the official charity belonging to Sunderland AFC working with over 23,000 people across Sunderland and

beyond every year. The Foundation works with those aged 18 months to 90+ years and offers activities for everyone; with courses to help health and wellbeing, behaviour, attitude, skills, knowledge and much more.

Whilst being the official charity of 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. .

SIGNED SHIRT UP FOR GRABS

Get your hands on a signed Sunderland AFC shirt - simply answer the question below - to get involved, scan the code below.

What is the name of the community hub where the Foundation of Light is based?



FoundationofLight

FOUNDATION OF LIGHT | BEACON OF LIGHT | STADIUM PARK,
SUNDERLAND | SR5 1SN | REGISTERED CHARITY NO.1089333



ACTIVITIES FOR ALL AGES



Beauty at the Beacon

Youngsters can explore the world of beauty in a safe and friendly environment

Commando Joes

A range of leadership, teamwork skills, and games to make learning about character traits and life skills

Family Cook Off

Work together as a family to cook delicious dishes from around the world

Family Circuit Fun

A new fitness-inspired session for all the family to join!

Family UV Clubbercise

Easy-to-follow routines with a party atmosphere and glow sticks that gets all ages moving and having fun together

EA FC and Kickabout

After a session on the Xbox put your skills to the test in real life on our outdoor pitches

Gaming Holiday Club

A fun-packed session for young gamers to take on challenges and build new friendships

Holiday Club

Something to keep the kids entertained - multi-sports, arts and crafts, robots, movies and so much more!

Introduction to British Sign Language

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

Junior Bakers

Themed-baking sessions for youngsters to get creative in the kitchen

Kelloggs Football Courses

Our usual two or three-day football sessions, in partnership with Kelloggs

Little Dribblers`Big Day Out

Our boys only get together with football and fun

Little Lionesses`Big Day Out

Our girls only get together with football and fun

Soft Play

A safe space for little ones to run around and play, refreshments also provided

Summer Gaming Sessions

One for our gaming fans, with a range of games to choose from and sweet cone included in price

Summer Multi-sports Sessions

- Drop in

Come and try a range of different sports in our drop in session

Summer Kick About

- Drop in

Turn up and have a kick about

Big Screen Movies

Our free movie screening, a different film each week

Train Like a Pro

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

Toddler Tales

Story time for youngsters featuring your favourite books, followed by themed baking in the kitchen

Utilita Football Festival

A free day full of activities for all the family - including football, table tennis, arts and crafts and so much more!

3 v 3 Cage Football

3v3 format, in the cages at the Beacon of Light, makes it fast and fun, with more touches, more creativity and more goals!

Position Specific Coaching

Football sessions designed to develop skills, awareness, and performance tailored to each player's position

1.1 Coaching

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

Block bookings that can be tailored towards the individual needs of the player

SEND Activities

Engaging activities to support young people with special educational needs (SEND) and disabilities

- Weekly Challenge
- Football
- Multi-Sports
- Youth Clubs

WEEK ONE

	PROGRAMME	AGE	TIME	PRICE
MON 28 JUL	Kelloggs Football 1/3 (3 day)	5-14 years	10am-3pm	£50
	Summer Holiday Club			
	1/3 (3 day)	5-14 years	10am-3pm	£45
	SEND Football	5-25 years	10am-3pm	£20
	Introduction to BSL	16 years +	10-11am	£5
	Summer Multi-sports drop in	8 years +	11am-1pm	£3
	Family Circuits	5 years +	2-3pm	£5
TUE 29 JUL	Kelloggs Football 2/3 (3 day)	5-14 years	10am-3pm	£50
	Summer Holiday Club			
	2/3 (3 day)	5-14 years	10am-3pm	£45
	SEND Multi-sports	5-25 years	10am-3pm	£20
	Toddler Tales - The Gruffalo	up to 5 years	10am-12pm	£5
	Summer Gaming Session	8 years +	10am-12pm	£10
	SEND Social Club	11-16 years	1-3pm	£10
	Summer Gaming Session	8 years +	1-3pm	£10
WED 30 JUL	Kelloggs Football 3/3 (3 day)	5-14 years	10am-3pm	£50
	Summer Holiday Club			
	3/3 (3 day)	5-14 years	10am-3pm	£45
	SEND Challenge -			
	Football Manager	11-16 years	10am-3pm	£10
	Little Lionesses Big Day Out	3-5 years	10am-12pm	£10
	Little Dribblers Big Day Out	3-5 years	10am-12pm	£10
	Commando Joes	11-16	10am-12pm	£10
	Junior Bakers - Harry Potter	6-12 years	1-3pm	£15
	Beauty at the Beacon	9-16 years	1-4pm	£15
	Summer Soft Play	0-5 years	1-4pm	£5
	Big Screen Movie -			
	Secret Life of Pets 2	All ages	3-4.30pm	FREE
THURS 31 JUL				
	Utilita Football Festival	All ages	10am-3pm	FREE
FRI 1 AUG	SEND Football	5-25 years	10am-3pm	£20
	Gaming Holiday Club	5-14 years	10am-3pm	£20
	Summer Kick about -			
	Drop in Session	8 years +	10am-3pm	£3

ALL SESSIONS HIGHLIGHTED IN GREEN ARE UNSUPERVISED - NO BOOKING NEEDED

1.1 COACHING

LIMITED SPACES AVAILABLE

FOUR WEEK BLOCK BOOKING £120

EVERY MONDAY 4-4.45PM or 4.45-5.30PM

FIVE WEEK BLOCK BOOKING £150

AVAILABLE TUES/WED/THURS 4-4.45PM or 4.45-5.30PM



3V3 CAGE FOOTBALL LEAGUE

FIVE WEEK BLOCK BOOKING

EVERY TUESDAY 4-5.30PM

£30



POSITION SPECIFIC SESSIONS

FIVE WEEK BLOCK BOOKING EVERY THURSDAY 4-5PM

7-10 YEARS

DEFENDER/MIDFIELDER/STRIKER

FIVE WEEK BLOCK BOOKING EVERY THURSDAY 5-6PM

11-14 YEARS

DEFENDER/CENTRE MIDFIELDER/ WINGER/ STRIKER/GOALKEEPER

£45



UTILITA football festival

THURSDAY 31 JULY 2025 BEACON OF LIGHT 10AM-3PM

A FREE FUN-FOR-ALL FESTIVAL, INCLUSIVE OF FOOTBALL AND NON-FOOTBALL ACTIVITIES FOR THE WHOLE FAMILY TO ENJOY.

SCAN THE QR CODE TO BOOK



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET



EFL | utilita

OFFICIAL SUPPORTER

WEEK TWO

	PROGRAMME	AGE	TIME	PRICE
MON 4 AUG	Kelloggs Football 1/3 (3 day)	5-14 years	10am-3pm	£50
	Summer Holiday Club 1/3 (3 day)	5-14 years	10am-3pm	£45
	Introduction to BSL	16 years +	10-11am	£5
	SEND Multi-sports	5-25 years	10am-12pm	£10
	Summer Multi-sports - Drop in session	8 years +	11am-1pm	£3
	Family UV Clubbercise	5 years +	2-3pm	£5
TUE 5 AUG	Kelloggs Football 2/3 (3 day)	5-14 years	10am-3pm	£50
	Summer Holiday Club 2/3 (3 day)	5-14 years	10am-3pm	£45
	SEND Football	5-25 years	10am-3pm	£20
	Toddler Tales - The Very Hungry Caterpillar	up to 5 years	10am-12pm	£5
	Summer Gaming Session	8 years +	10am-12pm	£10
	SEND Social Club	11-16 years	1-3pm	£10
WED 6 AUG	Kelloggs Football 3/3 (3 day)	5-14 years	10am-3pm	£50
	Summer Holiday Club 3/3 (3 day)	5-14 years	10am-3pm	£45
	SEND Challenge - Engineering	11-16 years	10am-3pm	£10
	Commando Joes	10-16 years	10am-12pm	£10
	Little Dribblers Big Day Out	3-5 years	10am-12pm	£10
	Junior Bakers - Disney Pixar	6-12 years	1-3pm	£15
THURS 7 AUG	Beauty at the Beacon	9-16 years	1-4pm	£15
	Summer Soft Play	0-5 years	1-4pm	£5
	Big Screen Movie - Peppa Pig My First Cinema	All ages	3-4.30pm	FREE
	Train like a Pro	6-14 years	10am-3pm	£30
	SEND Football	5-25 years	10am-3pm	£20
	Gaming Holiday Club	5-14 years	10am-3pm	£20
FRI 8 AUG	Family Cook-off - Mexican	5+	2-4pm	£15
	Summer Kick about - Drop in Session	8 years +	10am-3pm	£3

This course is at Ford Hub, SR4 0HB

FAMILY COOK OFF - INCLUDES ONE ADULT AND UP TO TWO CHILDREN

TODDLER TALES, 10-12PM, TUESDAYS

Please bring a container to take your treats home with you.

£5

SOFT PLAY, 1-4PM, WEDNESDAYS

Price includes a drink and biscuit for the little one.

NO BOOKING NEEDED

£5

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

WEEK THREE

	PROGRAMME	AGE	TIME	PRICE
MON 11 AUG	Kelloggs Football 1/4 (4 day)	5-14 years	10am-3pm	£65
	Summer Holiday Club 1/2 (2 day)	5-14 years	10am-3pm	£30
	Girls only Futsal 1/2 (2 day)	5-14 years	10am-3pm	£30
	Introduction to BSL	16 years +	10-11am	£5
	SEND Football	5-25 years	10am-3pm	£20
	Family Multi-sports	5 years +	2-3pm	£5
TUE 12 AUG	Kelloggs Football 2/4 (4 day)	5-14 years	10am-3pm	£65
	Summer Holiday Club 2/2 (2 day)	5-14 years	10am-3pm	£30
	Girls only Futsal 2/2 (2 day)	5-14 years	10am-3pm	£30
	SEND Multi-sports	5-25 years	10am-12pm	£10
	Toddler Tales - Superworm	up to 5 years	10am-12pm	£5
	Summer Gaming Session	8 years +	10am-12pm	£10
WED 13 AUG	SEND Social Club	11-16 years	1-3pm	£10
	Summer Gaming Session	8 years +	1-3pm	£10
	Kelloggs Football 3/4 (4 day)	5-14 years	10am-3pm	£65
	Summer Holiday Club 1/2 (2 day)	5-14 years	10am-3pm	£30
	SEND - Train like a Pro	5-25 years	10am-3pm	£10
	Commando Joes	10-16 years	10am-12pm	£10
THURS 14 AUG	Little Lionesses/Little Dribblers Big Day Out	3-5 years	10am-12pm	£10
	Junior Bakers - Minecraft	6-12 years	1-3pm	£15
	Beauty at the Beacon	9-16 years	1-4pm	£15
	Summer Soft Play	0-5 years	1-4pm	£5
	Big Screen Movie - Moana 2	All ages	3-4.30pm	FREE
	Kelloggs Football 4/4 (4 day)	5-14 years	10am-3pm	£65
FRI 15 AUG	Summer Holiday Club 2/2 (2 day)	5-14 years	10am-3pm	£30
	Summer Multi-sports - Drop in Session	8 years +	11am-1pm	£3
FRI 15 AUG	Family Cook-off - Indian	5+	2-4pm	£15
	EA FC 25 Tournament	5-14 years	10am-3pm	£20
FRI 15 AUG	Summer Kick about	8 years +	10am-3pm	£3
	Drop in Session	8 years +	10am-3pm	£3

BEACON OF LIGHT 3V3 TOURNAMENTS



For tournament information please contact:
jake.lumsdon@foundationoflight.co.uk



SCAN QR CODE TO BOOK



WEEK FOUR

MON 18 AUG	PROGRAMME	AGE	TIME	PRICE
	Kelloggs Football 1/3 (3 day) Family Circuits	5-14 years 5 years +	10am-3pm 2-3pm	£50 £5
TUE 19 AUG	Kelloggs Football 2/3 (3 day)	5-14 years	10am-3pm	£50
	Toddler Tales - Elmer the Elephant	up to 5 years	10am-12pm	£5
	Summer Gaming Session	8 years +	10am-12pm	£10
	SEND Social Club	11-16 years	1-3pm	£10
	Summer Gaming Session	8 years +	1-3pm	£10
WED 20 AUG	Kelloggs Football 3/3 (3 day)	5-14 years	10am-3pm	£50
	SEND Challenge - Art and Design	11-16 years	10am-3pm	£10
	Commando Joes	10-16 years	10am-12pm	£10
	Little Dribblers Big Day Out	3-5 years	10am-12pm	£10
	Junior Bakers - Wicked	6-12 years	1-3pm	£15
THURS 21 AUG	Beauty at the Beacon	9-16 years	1-4pm	£15
FRI 22 AUG	Gaming Holiday Club	5-14 years	10am-3pm	£20
	Family Cook-off - Chinese	5 years +	2-4pm	£15
Summer Kick about - Drop in Session		8 years +	10am-3pm	£3



SUMMER GAMING 10-12PM, TUESDAYS



Two hours of gaming, price includes sweet cone.

£10

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

IF YOU'VE ENJOYED OUR
COURSES THIS SUMMER, WHY
NOT COME ALONG TO WEEKLY
EVENING AND WEEKEND
FOOTBALL SESSIONS.

SCAN QR CODE
TO FIND OUT MORE



WEEK FIVE

TUE 26 AUG	PROGRAMME	AGE	TIME	PRICE
	Kelloggs Football 1/2 (2 day) Summer Holiday Club	5-14 years	10am-3pm	£35
	1/2 (2 day)	5-14 years	10am-3pm	£30
	SEND Football	5-25 years	10am-3pm	£20
	Toddler Tales - Funny Bones	up to 5 years	10am-12pm	£5
	Summer Gaming Session	8 years +	10am-12pm	£10
	Summer Multi-sports - Drop in session	8 years +	11am-1pm	£3
WED 27 AUG	SEND Social Club	11-16 years	1-3pm	£10
	Summer Gaming Session	8 years +	1-3pm	£10
	Kelloggs Football 2/2 (2 day) Summer Holiday Club	5-14 years	10am-3pm	£35
	2/2 (2 day)	5-14 years	10am-3pm	£30
	SEND Challenge - Digital	11-16 years	10am-3pm	£10
	Commando Joes	10-16 years	10am-12pm	£10
THURS 28 AUG	SEND Multi-sports	5-25 years	10am-12pm	£10
	Little Lionesses Big Day Out	3-5 years	10am-12pm	£10
	Little Dribblers Big Day Out	3-5 years	10am-12pm	£10
	Junior Bakers - Disney Princess	6-12 years	1-3pm	£15
	Beauty at the Beacon	9-16 years	1-4pm	£15
	Summer Soft Play	0-5 years	1-4pm	£5
	Big Screen Movie - Trolls Holiday	All ages	3-4.30pm	FREE
FRI 29 AUG	Train like a Lioness 1/2 (2day)	5-14 years	10am-3pm	£40
	Train like a Pro 1/2 (2day)	5-14 years	10am-3pm	£50
	SEND Football	5-25 years	10am-3pm	£20
	Family Cook-off - Greek	5+	2-4pm	£15
FRI 29 AUG	Train like a Lioness 2/2 (2day)	5-14 years	10am-3pm	£40
	Train like a Pro 2/2 (2day)	5-14 years	10am-3pm	£50
	Gaming Holiday Club	5-14 years	10am-3pm	£20

This course is at Bede College, SR3 4AH

This course is at Ford Hub, SR4 0HB

WEAR
ONE

This summer at Beacon of Light, enjoy
five fun-filled parent-and-kid activities for just

£5 PER SESSION

- part of our 'Wear One' campaign to keep
sport inclusive and accessible for all!

Family Circuits
Monday 28 July
Monday 18 Aug

Toddler Tales
Tuesday 29 July

Tuesday 5, 12, 19,
26 Aug

Family Multi-Sports
Monday 11 Aug

Soft Play

Wednesday 6 July
Wednesday 13 Aug
Wednesday 27 Aug

Family Clubbercise
Tuesday 29 July

Tuesday 5, 12, 19,
26 Aug

Each session is £5 for one adult
and one child.



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BOOK

WELLFIELD SCHOOL,
TS28 5AX

MON 28 - WED 30 JULY

PROGRAMME	AGE	TIME	PRICE
Kelloggs Football (3 day)	5-14 years	10am-3pm	£45

MON 11-WED 13 AUG

PROGRAMME	AGE	TIME	PRICE
Kelloggs Football (3 day)	5-14 years	10am-3pm	£45

MON 18-WED 20 AUG

PROGRAMME	AGE	TIME	PRICE
Kelloggs Football (3 day)	5-14 years	10am-3pm	£45
Girls Only Football (3 day)	5-14 years	10am-3pm	£45



BOLDON COMMUNITY CENTRE, NE35 9DS

WED 6 - THURS 7 AUG

PROGRAMME	AGE	TIME	PRICE
Girls Only Football (2 day)	5-14 years	10am-3pm	£25

TUES 26 - WED 27 AUG

PROGRAMME	AGE	TIME	PRICE
Girls Only Futsal (2 day)	5-14 years	10am-3pm	£20

BEAMISH FOOTBALL CENTRE,
DH9 6PZ

MON 4-5 AUG

PROGRAMME	AGE	TIME	PRICE
Girls Only Football (2 day)	5-14 years	10am-3pm	£30

WED 6-7 AUG

PROGRAMME	AGE	TIME	PRICE
Kelloggs Football (2 day)	5-14 years	10am-3pm	£30

THURS 21 AUG

PROGRAMME	AGE	TIME	PRICE
Wildcats Camp (Girls only)	5-11 years	10am-12pm	£10
Future Felines Camp (Girls only)	11-14 years	1-3pm	£10

THURS 28-29 AUG

PROGRAMME	AGE	TIME	PRICE
Kelloggs Football (2 day)	5-14 years	10am-3pm	£30



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WEAR TOGETHER
ACTIVITIES FOR OVER-55s

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

BEACON OF LIGHT

MONDAY
GOGA WALKING FOOTBALL | 3-4PM | FREE
Slow paced football

TUESDAY
SEATED CHAIR EXERCISE | 10-11AM | £1
Get the heart rate up through a range of movements using the chair as a base

CHIT CHAT | 2-3PM | FREE
Come and have a cuppa, chat and game of bingo

WEDNESDAY
COFFEE MORNING | 10AM-12PM | £2
Session starts with a coffee morning, followed by a range of activities including Bingo, Quiz and more

THURSDAY
TABLE TENNIS | 10AM-12PM | £5
This session is ran by Imagine Table Tennis club and needs to be booked. Please contact: imaginettc@gmail.com

BOLDON COMMUNITY CENTRE

MONDAY
COFFEE MORNING | 1-3PM | FREE
Session starts with a coffee morning, followed by a range of activities including Bingo, Quiz and more

WHAT'S ON...STANLEY, THE VENUE

THURSDAY
COFFEE MORNING | 1.30-3.3PM | FREE
Session starts with a coffee morning, followed by a range of activities including Bingo, Quiz and more

NO BOOKING NEEDED

To find out about new sessions please contact:
jade.gilbertson@foundationoflight.co.uk

MORE SUMMER HIGHLIGHTS

Coaches CLINIC

16+

COACHES CLINIC RETURNS...WITH TAILORED MONTHLY THEMED WORKSHOPS.

- TRAINING FOR QUALIFIED AND ASPIRING COACHES
- CLASSROOM AND PITCH-BASED TRAINING
- FREE TO ATTEND

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ACTIONS SPEAK LOUDER THAN WORDS

BE A VOLUNTEER



**FOUNDATION
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.



IN THE LAST YEAR, OUR VOLUNTEERS HAVE SURPASSED 10,000 HOURS OF VOLUNTEERING