

## ERYC Events

ERYC Events throughout the area

including Cottingham

Countryside events programme launched for 2018

East Riding of Yorkshire Council's countryside access team has launched its Countryside Events 2018 programme.

From rambles and themed walks (including photography, navigation, bushcraft, geocaching and orienteering) to wildlife watching events; from Kids Go Wild events to workshops, conservation days and natural craft workshops - the programme includes something for everybody with an interest in the outdoors. The programme also links to the council's Active Coast initiative this year.

The programme, sponsored by NHS Healthcheck, runs throughout the year. Many events are free; others have nominal charges.

The Countryside events programme contributes to the new campaign to "Enjoy Spring in the Yorkshire Wolds", promoted by the Yorkshire Wolds Tourism Network to encourage visits to the area at a quieter time of the year.

The Countryside Events programme runs alongside the council's Walking for Health programme, a series of free guided walks for all ages and abilities, organised by the council's sports, play and arts service, aimed at anyone who is interested in walking or wants to introduce exercise into their daily routine as part of rehabilitation from illness or injury, or to get fit.

The range of walks on offer range from 30 minutes to two hours, and operate from East Riding Leisure Beverley and Bridlington; Brough Methodist Church; Cottingham Sports Centre; East Riding Leisure Drifffield, Goole, Haltemprice and Hornsea; Hessele Community Centre; Shire Hall, Howden; Skidby Mill; Leven Sports and Social Club; Paull St Andrew Church; Market Weighton Methodist Church; Preston Community Hall; East Riding Leisure Francis Scaife in Pocklington; Sewerby Hall and Gardens; East Riding Leisure South Cave and Withernsea; and from Welwick Village Hall.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: "These are superb programmes of events for East Riding residents in a range of locations across the area, offering a wide variety of activities. People can enjoy interesting and healthy pursuits whilst gaining access to the best public viewpoints, the best landscapes and the best wildlife to be seen in the East Riding."

The programme is available online at [www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events) or a hard copy brochure is available from Tourist Information Centres, the council's leisure centres, libraries and Customer Service Centres.

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Sewerby Hall and Gardens' egg-cellent Easter programme continues

Sewerby Hall and Gardens' three-week Easter programme continues after the Bank Holiday weekend itself with a wide range of activities for people of all ages.

New for 2018 is a Rusticus storytime, Robin Hood!, which will be on Tuesday, 3 April at 11.30am, 12.30pm, 1.30pm and 2.30pm.

Wednesday, 4 April will see a Magic Day from 11am to 4pm, with balloon modelling and face painting, and magic shows at 12.30pm and 2.30pm, as well as donkey rides between 11am and 4pm (small extra charge).

Another new feature for 2018 is on Thursday, 5 April, with a Rusticus adventure, Musical Mayhem!, at 11.30am, 1pm, and 2.30pm.

Friday, 6 April will include animal masks workshops at 11am and 1.30pm, and Play Ranger activities between 12noon and 3pm.

Sunday, 8 April will be a big day at Sewerby Hall and Gardens, with the highlight being a Spring Family Fun Day, as part of the Active Coast programme, between 10am and 4pm. Activities will include giant inflatables; a hay bales challenge; sumo suits; sports and play activities; face painting; donkey rides (small charge); live music; balloon modelling; and Punch and Judy shows.

Full details of all these events, as well as exhibitions, music concerts, the cafe, the house itself, the zoo, and the gardens, can be found at [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk)

Admission charges during the Easter holidays are £8 for adults, £5.90 for children and £26 for a family (two adults and two children). There is no additional charge to attend events and activities unless otherwise stated.

Annual passes are also available starting from £13, and can be purchased or renewed online or at any pay box.

Keep up to date with all the latest news and information by following on Twitter and Facebook. Alternatively, subscribe to the electronic newsletter via the website.

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Performance poet Carmen Marcus coming to Beverley Library

Author and performance poet Carmen Marcus will be at Beverley Library on Thursday, 5 April to deliver a Writing Workshop from 1.30pm to 3pm.

She will be posing the question: "How do writers transfer their ideas to the written word?" It will be an opportunity for budding writers to find some inspiration for their own writing.

Carmen Marcus lives in the Victorian spa town of Saltburn-by-the-Sea. Her writing has been described as 'crackling dangerously with inherited magic, yet achieving contemporary vitality.'

She is in much demand as a performance poet and has appeared at the Royal Festival Hall. Recently she has been commissioned by BBC Radio 3's Verb New Voices.

'How Saints Die' is her first novel and as a work in progress it won New Writing North's 'Northern Promise' Award.

Tickets for the Writing Workshop cost £7.50 each, and are available now from Beverley Library, or by calling the Booking Line (01482) 392699 or online at [www.bridspa.com](http://www.bridspa.com). Booking is essential.

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Medieval jousting - and a great deal more - at Sewerby Hall and Gardens this Easter

Sewerby Hall and Gardens are hosting a superb programme of events this Easter weekend.

The ever-popular Medieval Jousting spectacular returns once again - on Easter Sunday (1 April), the Knights of Nottingham will take over the front field and present a performance of jousting, sword fighting and much more. Displays will be at 1pm and 2.30pm.

There is so much more to see and do this weekend, with a range of activities for the whole family from Good Friday through to Easter Monday.

Good Friday (30 March) will include Easter Bonnet and Easter Egg Making sessions, a chance to make bonnets or Easter bunny ears to wear, and decorate Easter eggs; donkey rides; swing boat rides; and Punch and Judy shows. Staff from RSPB Bempton will also be on site to help visitors give nature a home, wherever they live.

Saturday (31 March) will also feature Easter Bonnet and Easter Egg making sessions; donkey rides; face painting; staff from RSPB Bempton on site; and the Easter Bunny will be balloon modelling.

Easter Sunday (1 April) will see a Craft Fair in the Orangery, with high quality, hand crafted goods for sale; staff from RSPB Bempton; and the medieval jousting.

To round off the long weekend, Easter Monday will highlight donkey rides; Punch and Judy shows; and swing boat rides.

But the fun does not stop on Easter Monday – the three week long programme of events runs through to Sunday, 15 April and includes brand new Rusticus activities, Orangery concerts with some new faces, magic shows, Easter activities and trails in the house and gardens, a fun-filled spring family fun day, new zoo activities and much, much more.

Until 11 April, anybody renewing or buying a season pass can enter into a prize draw to win a huge, 17kg chocolate Easter egg.

Admission charges during the Easter holidays are £8 for adults, £5.90 for children and £26 for a family (two adults and two children). There is no additional charge to attend events and activities unless otherwise stated.

Excellent value annual passes are also available starting from £13 and can be purchased or renewed online or at any pay box.

For further information please call (01262) 673769 or visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk). Keep up to date with all the latest news and information by following us on Twitter and Facebook. Alternatively, subscribe to the electronic newsletter via the website.

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#### BODYATTACK 100 - Celebrate at East Riding Leisure Beverley

On Saturday, 14 April, from 9am, there will be a chance to visit East Riding Leisure Beverley for the 100th launch of Body Attack, followed by two further popular LES MILLS classes - Body Combat and Body Balance.

The event will be free, and open to friends, too – however, places are limited and the spaces must be booked online from Saturday, 7 April on a first come, first served basis .

Coby Kemp, senior facility manager, East Riding Leisure Beverley, said : “Keep an eye on our social media as we will be

sharing reminders and exciting news about the launch during the build-up to the big day.

• There will also be a chance to enter a competition to win a Fit Bit (open to those who join on the day) and other prizes including family swim passes, and free classes.

The Centre will also be giving away a free month's membership draw for members.

The timetable for the day will be :

Body Attack 9am

Body Combat 10.15am

Body Balance 11.30am

Full details can be found at <http://leisure.eastriding.gov.uk/promotions/bodyattack-100/>

BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. It's a sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises, combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

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Active Coast Week Two programme details

Active Coast is back with a full programme of activities and events for Easter, 2018!

The council's Active Coast programme last year provided over 100 organised events and activities, and involved over 14,000 participants in activities designed to Explore, Join In and Enjoy the iconic East Yorkshire coastline.

For 2018, two weeks of events and activities are planned over Easter. Here are the details of Week Two, which runs from Easter Monday, 2 April, to Sunday, 8 April, and includes :

Bridlington Area:

Coastal Explorers - Cliffs and Caves : Tuesday 3 April : Flamborough North Landing : 10am -1 pm : ages 5 plus with adults - booking required : free: to book for Coastal Explorers : call 01482 395320, or 01262 678255, or email [sportplayarts@eastriding.gov.uk](mailto:sportplayarts@eastriding.gov.uk)

Go Spike Beach Volleyball and Multi Sports Session : Tuesday 3 April : 1-3pm : Bridlington South Beach (below Foreshores Office) : 6-16 years : free

All Ride (Open Day) : Tuesday 3 April : 11am-3pm : North Promenade, Bridlington : ages 5 plus : free

Walking for Health : Tuesday 3 April : Sewerby Hall and Gardens : 10am -12 noon : free

Have A Field Day : Wednesday 4 April : 11am - 4pm : Sewerby Cliff Top , near Lime Kiln Lane : open to all : free : includes giant inflatable volleyball and dodgeball; inflatable bungee run; Clip 'n Climb (£2 charge, ages four plus); boxing ; street stadia soccer; archery (8 plus); Stone and Sand Art Workshops with Responsible Fishing UK; Art Wall; Face Painting; Sumo suits; biking; and other sports and play activities.

Mile Marker Health Walk : Thursday 5 April : 10-11am : East Riding Leisure Bridlington ; free

Play Activities Session: Friday 6 April : Sewerby Hall and Gardens : 12 noon - 3pm : general admission charges apply :

Sewerby parkrun : Saturday 7 April : 9am : Sewerby Hall and Gardens : free

Spring Family Fun Day : Sunday 8 April : 10am - 4pm : Sewerby Hall and Gardens : general admission charges apply : activities include giant inflatables; a hay bales challenge; sumo suits; sports and play activities; face painting; donkey rides (small charge); live music.

Hornsea and Withernsea Area:

Walking for Health: Easter Monday, 2 April : 9-11am : East Riding Leisure Withernsea : free

Walking for Health: Wednesday 4 April : 9.30 to 10.30 am : East Riding Leisure Withernsea : free

Walking for Health : Wednesday, 4 April : 11am - 12 noon : East Riding Leisure Hornsea : free

Have A Field Day : Thursday, 5 April : Hornsea Grainger's Field : 11am-3pm : free : includes giant inflatable volleyball and dodgeball; inflatable bungee run; Clip 'n Climb (£2 charge, ages four plus); boxing ; street stadia soccer; archery (8 plus); Stone and Sand Art Workshops with Responsible Fishing UK; Art Wall; Face Painting; Sumo suits; biking; and other sports and play activities.

Have A Field Day : Friday, 6 April : 11am-3pm : The Hut, Withernsea : free : includes giant inflatable volleyball and dodgeball; inflatable bungee run; Clip 'n Climb (£2 charge, ages four plus); boxing ; street stadia soccer; archery (8 plus); Stone and Sand Art Workshops with Responsible Fishing UK; Art Wall; Face Painting; Sumo suits; biking; and

other sports and play activities.

Cover the Coast Walk : Friday 6 April : 10am : Paull and Hedon : free : booking required : to book call 01482 395320, or 01262 678255, or email [sportplayarts@eastriding.gov.uk](mailto:sportplayarts@eastriding.gov.uk)

Full details at [www.activecoast.org](http://www.activecoast.org)