



What are the Play Rangers?

The Play Ranger Project is delivered by Youth Workers from Hessle Road Network, St Michael's and Maximum Life Youth Projects.

Each of these youth projects are well-established community organisations based in the West, North and East localities.

What do we do?

We deliver a range of activities in parks and open spaces across Hull during the school holidays. The activities we offer include:

	Arts & Crafts	Sports	Music
Dance	Circus Skills	Outward Bound Activities	

These activities are developed in order to promote confidence, help develop positive relationships and can be used to reduce feelings of stress and anxiety.

Working with young people we have developed a pocket guide which provides information about bullying, stress and anger management as well as strategies to help young people to effectively manage their feelings.

The Play Rangers also provide information about other projects and services that young people and families can access for support on specific issues or difficulties.

Who do we work with?

We work with young people aged 10 -16; we also run activities for families.

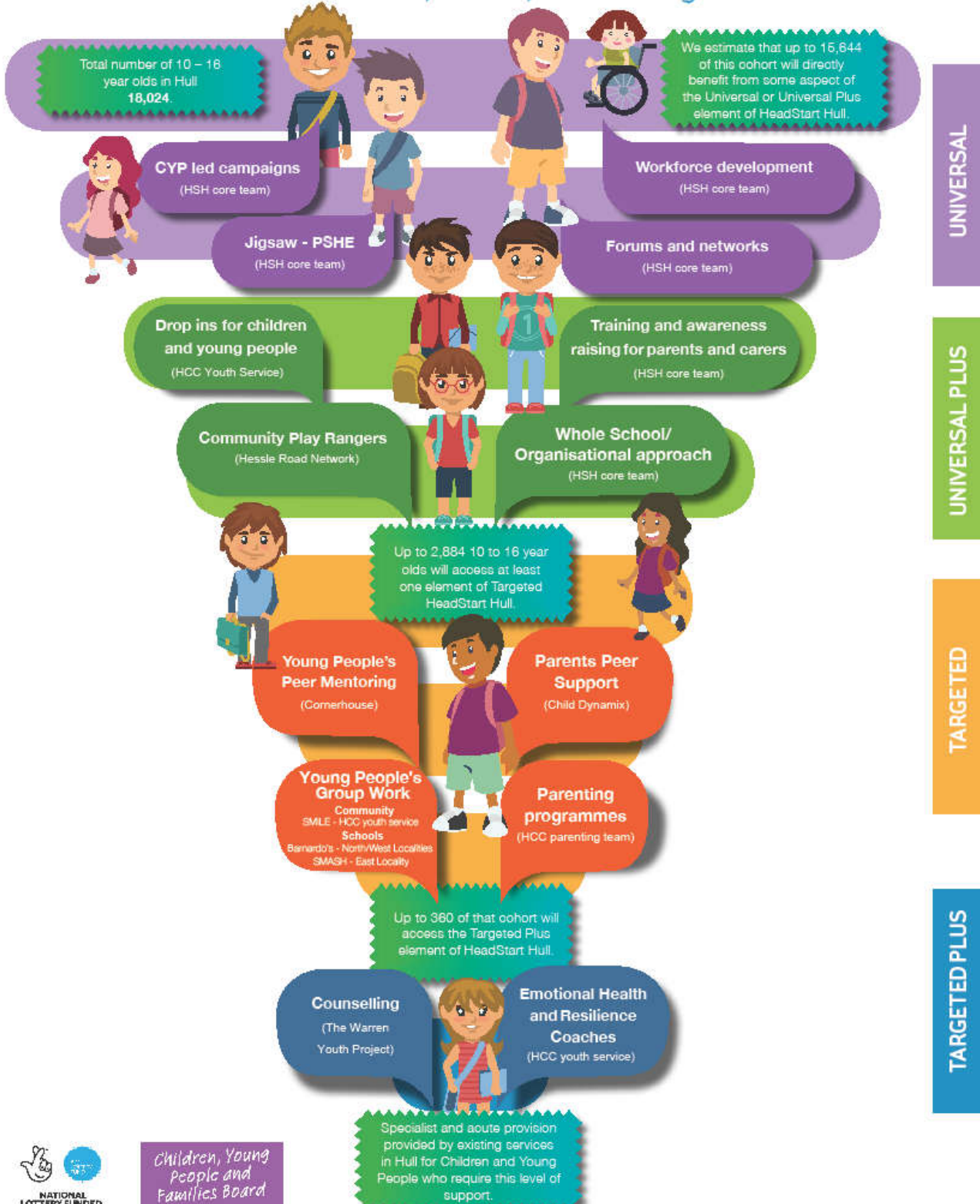
You can contact the Play Ranger Service by:

Telephone: 01482 606077 or email: info@hesslerdnetwork.karoo.co.uk



HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"



Children, Young People and Families Board