



EAST RIDING

OF YORKSHIRE COUNCIL

County Hall Beverley East Riding of Yorkshire HU17 9BA Telephone (01482) 393939

www.eastriding.gov.uk

Ronnie Hartley Head of Children and Young People, Specialist Services

Dear Parent/Carer

FREE Online Yogabugs Subscription available as part of East Riding's Holiday Activities and Food Programme

Following the success of our 2021 holiday activity programme, East Riding of Yorkshire Council are delighted to announce that the Holiday Activities and Food Programme (HAF) for Children and Young People in receipt of free school meals will continue in 2022 during the Easter, Summer and Christmas holidays.

Thanks to one of our partner providers 'Yogabugs', we are delighted to offer families who are eligible to access the HAF activities free access to their online programme 'Yogabugs Virtual' until Easter. If you would like to take up this offer please follow the easy instructions on the attached leaflet.

If your family participated in a HAF event last year we hope you enjoyed it and we look forward to sharing details of the Easter Programme in the coming months.

Yours faithfully,

Ronnie Hartley

Head of Children and Young People Specialist Services

Eoin Rush

Director of Children, Families and Schools

Claim your **FREE** eCode to access YogaBugs Virtual - Healthy Screen time for your family!



What is it?

YogaBugs virtual gives you online access to hundreds of yoga & well-being videos for your whole family to take part in from the comfort of your own home!

Why sign up?

It is FREE!

It takes less than 60 seconds to sign up.

Help your family feel calm, increase your child's confidence & help get your family active over the cold winter months.

Suitable for children with SEN.

eCode: east-riding-of-yorks-1394

How to gain access?

1

Visit: <https://yogabugsvirtual.com/>

2

Click on parents, enter the unique eCode above and follow the simple registration (it takes less than 60 seconds!)

3

Enjoy **YogaBugs** at home!