

## Family friendly fun

Keep all ages entertained with a day at the show

### 9am - Get little cooks in the kitchen

For the first time at the show, Fun Kitchen will be bringing its award-winning cookery school workshops for children to the Adnams Food Hall.

One-hour workshops will be held at the start and end of the day (4pm), so your youngsters don't have to miss any of the other action on offer at the show. Young visitors will be shown how to prepare and cook a healthy dish, using seasonal fruit or vegetables, which they can take with them after the session. Spaces are limited but can be booked on the show website - so what are you waiting for? Book now.

### 10am - Download the app and follow the treasure trail

Make sure you and your family don't miss a thing by downloading the new Suffolk Show app (see page 14-15 for more information). With the help of the app you can follow a treasure trail around the show, with seven locations to visit. You can then use your smartphone to find out more about each of the featured locations.

For younger children, or anyone without access to a smartphone, a paper version of the trail is also available.

If you complete the trail during your visit, you'll be eligible to enter a prize draw.

### 11am - Try out activities in the Sports Plus area

The whole family can build up an appetite for lunch by trying out a range of activities in the Sports Village.

Sports to try out include netball, cycling – have a go on the Women's Tour course or go on the off-road mini Cyclo X course, golf and footgolf, archery and lots more.

If you have a head for heights, you can also try out the Airbag – jump off scaffolding on to giant airbags! Back down on the ground, have-a-go skipping sessions with world speed skipping record holder PT Denis will be held throughout the day.

Make sure you set aside a good amount of time to enjoy everything on offer here.



### Afternoon - Enjoy the free activities on offer

Fill your afternoon with a whole host of attractions on offer across the show.

The show is famous for its ring displays, which are held throughout the day – children will love to watch the terrier racing and Shetland Pony Grand National, for example.

Young animal lovers will enjoy

visiting the children's farm in the Farm Discovery Zone, where you can hold chicks and watch the Sheep Show.

Children can also go on the pedal tractors, try out digger driving games and cheer on the Young Farmers in their Tug of War competition.

All of the family will enjoy a visit to the show's WWI area too, where you can explore wartime life in Suffolk.

Plan your day