

Come Outside Programme

28-30 May 2024
Keel Edge &
City Hall,
Sunderland



In partnership with
**University of
Sunderland**



Daily activities (11am - 4pm)

Gardening & wildlife

University of Sunderland
Forest school & leaf art
Polytunnel and planting
Rock painting

Sunderland Art Trail
Tree of emotion
Tree sculpture

Sunderland City Council
Plant a pledge

Back on the Map
Mini-bugs, recycled planters
and twig stars

Keel Edge Mainstage
Spark FM (live
broadcasting)

Health & fitness

University of Sunderland
Bootcamp
Netball & basketball
Kick tennis
Legs, bums & tums
Physiotherapy & massage
Podiatry
Yoga

Everyone Active
Circuit & PT sessions
Strength & balance

TED talks & masterclasses
Cooking on a budget
Healthy home hacks
Mental health & fitness

Buildings, vehicles & transport

Sunderland City Council
Electric driving sessions*
Electric bike sessions

Bike doctor
Bring your bike for a health
check

City Hall Tours*
Preview of park and new
buildings
*Free coffee for booked
visitors upon exit*

**book on line*

@exposunderland

**Expo
Sunderland**