

Summer Holidays Activities and Practical Support Information

Summer holidays are here! We know it can seem difficult to know how to fill the time and keep the kids entertained. Below you will find some information about local activities taking place over summer and links to websites where you can find more information. You will also find some information about practical support and where to find help if you need it. We hope you have a great summer and we look forward to seeing everyone back in September.



SCART Club

SCART Club is Lancashire Library Service's Summer Activity programme for children which runs throughout the summer school holidays.

Activities are either free or have a minimal cost associated with them. Each child who signs up to the SCART club also gains free access to 6 local museums for themselves and a member of their family during the summer.

Find out more information at:

www.lancashire.gov.uk/libraries-and-archives/libraries/reading-journey/

Getting Outdoors

Orienteering is a great way to get outdoors. Go Orienteering have a number of permanent and virtual orienteering courses set up locally and across the UK. Most are free to access and can turn a visit to your local park into a free fun activity. Find out more at www.goorienteering.org.uk.

Xplorer Challenge are child-friendly, organised orienteering courses where children follow clues and answer questions as they go. There is a certificate at the end for children taking part. This year they are taking place at::

Brokholes: from 25th July— 7th August, then a new course will run from 8th August - 24th August (book online cost is £3.50 per pack, turn up on the day its £4. They advise 1 pack per child. Parking is £5 per day.

Hurst Grange Park—29th July 2pm to 4pm, 5th August 10am to 12pm, 12th August 2pm to 4pm, 19th August 10am to 12pm. Packs are approx. £3.50—£4 per child.

Worden Park— 29th July 10am to 12pm, 5th August 2pm to 4pm, 12th August 10am to 12pm, 19th August 2pm to 4pm. Packs are approx. £3.50—£4 per child.

Geocaching is the biggest treasure hunt ever! If you don't know what it is have a look at the video on the website at www.geocaching.com/play. It's fun, free and they are everywhere!

“What’s On?” IN THE AREA



Websites to find out what’s going on!

Here are some good websites to help keep you informed about events in the local area:

www.visitpreston.com/Summer-Holidays-Preston

www.visitlancashire.com/whats-on/family-events

www.dayoutwiththekids.co.uk

www.brockholes.org

www.blogpreston.co.uk

Keep your eye on local facebook pages too for posts on there, a great facebook page is ‘what’s on in Preston’. It has lots of information about holiday clubs and activities taking place locally.

Eating Out

Salvatore’s , Penwortham

Children eat from a limited children’s menu for £1.

Ristorante
Salvatores

CHILDRENS £1
SUMMER MENU

Pizza Margherita (V)
Pizza Ham
Spaghetti Bolognese
Casarecce Napoli (VE)

AVAILABLE
Wednesday - Friday until 4:30pm

*T&Cs - Available to children aged 12 years old and under.
One meal per child. No alternatives are available and no other dishes are included. Orders must be placed by 4.30 pm.

Puccini’s, Penwortham.

Kids eat free (from a children’s menu)

Tuesday, Wednesday and Sunday from 4:30pm

Thursday, Friday and Saturday from 12pm.

Money Saving Central has created a list of places here kids can eat either free or for a very low price during the summer holidays. This list is constantly being updated and added to so keep checking on the website below (make sure you check with the venue before you go):

<https://moneysavingcentral.co.uk/kids-eat-free>

Please let us know by email if you hear of any other local restaurants offering deals for children.
We’d love to share them with our Whitefield family.

Financial Support Advice

Citizens Advice: information and advice relating to debt, fuel vouchers, household support fund and food banks.

If you live in South Ribble:

www.citizensadvice.lancashirewest.org.uk

Telephone: 0808 278 7880

If you live in Preston:

www.citizensadvice.org.uk



Food Banks

If you find you need access to a food bank over the holidays please contact your local citizens advice centre (see above for contact details). They will be able to direct you to your nearest one and will complete a referral for you if the food bank requires one.

Local food bank information:

Penwortham Food Bank, (search for Penwortham Food Bank on Facebook or email penworthamfoodbank@gmail.com for more information)

Noor Food Bank: www.noorfoodbank.co.uk

Salvation Army Food Bank Preston: www.salvationarmy.org.uk/preston—you will need a referral to access this food bank. Citizens advice can help anyone who needs a referral.

Child Mental Health Support

www.canw.org.uk

www.childline.org.uk 0800 1111

www.youngminds.org.uk

Contact your GP or NHS 111 if you have concerns about your child's mental health. If you have serious and immediate concerns visit the Accident and Emergency department at your local hospital or call 999.

Family Support

The Child and Family Wellbeing Service is a council run service that can help with a number of challenges that families can face. This includes housing, jobs, adult and child wellbeing, counselling, family mediation and much more. More information can be found at the following website:

www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/

Or contact them on the following number:

01772 532930 if you live in South Ribble; or

01772 539420 if you live in Preston.

More information about help and support available including help for adult mental health can be found on our school website, under the 'parents' tab and then 'wellbeing'.