

# Summer Holidays

Useful  
information for  
parents/carers

From SCA



# HAF Programme

The Holiday Activities and Food programme (HAF) launches today, ready for the first delivery period in summer.

Children aged between 5 – 16 years (reception aged 4 and year 11 inclusive) in receipt of benefits-related free school meals are eligible for free holiday activities and food. **Please note: This is not a food voucher scheme; all activities happen face-to-face.**

Benefits of the programme for children during school holidays:

- Eating healthily over the school holidays
- Being active during the school holidays
- Taking part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- Being safe and not to be socially isolated
- Having a greater knowledge of health and nutrition
- Being more engaged with school and other local services.

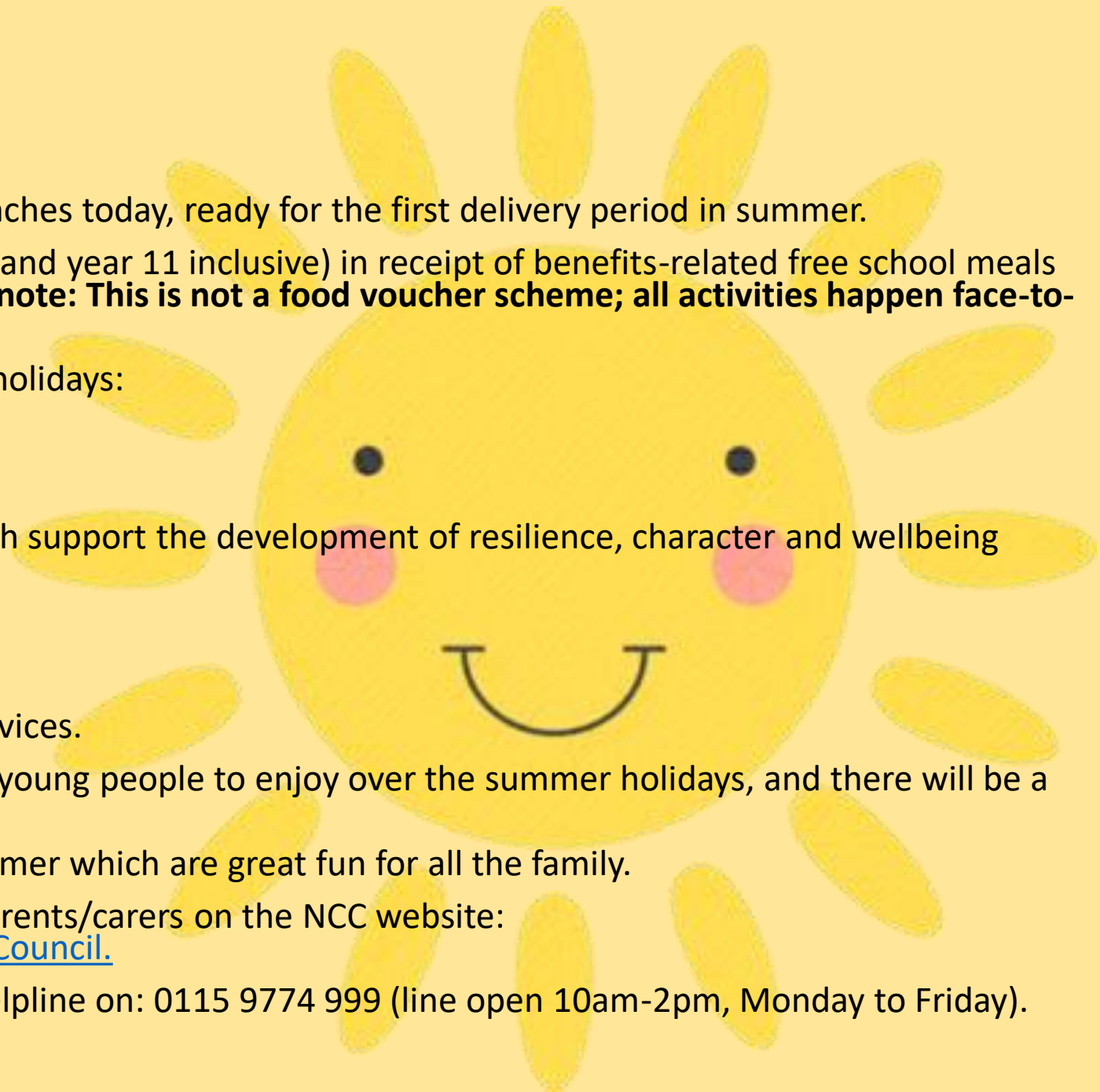
There will be plenty of FREE activities for children and young people to enjoy over the summer holidays, and there will be a meal provided for each activity session!

We also have two brilliant family activity days this summer which are great fun for all the family.

You can find more information for both schools and parents/carers on the NCC website:

[Holiday activities and food | Nottinghamshire County Council.](#)

Contact the HAF team at [haf@nottscc.gov.uk](mailto:haf@nottscc.gov.uk) or the helpline on: 0115 9774 999 (line open 10am-2pm, Monday to Friday).





# HAF Programme

Holiday Activities  
at SCA available  
through ATTFE  
College

Book your places  
using the QR  
code

Academy Transformation Trust Further Education

#InThisTogether

Holiday activities and food

# Summer!

Nottinghamshire

Get involved in fun activities this school holiday!

Plus so much more

ATTFE College is offering FREE\* fun-filled Summer activities for HAF eligible children aged 5-16.  
FREE breakfast & lunch included!

Available dates:  
30th and 31st of July 2024;  
1st, 6th, 7th, 8th, 13th, 14th, 15th, 20th, 21st, and 22nd of August 2024.

Venue:  
ATTFE College,  
Sutton Community Academy,  
Sutton-in-Ashfield  
NG17 1BN

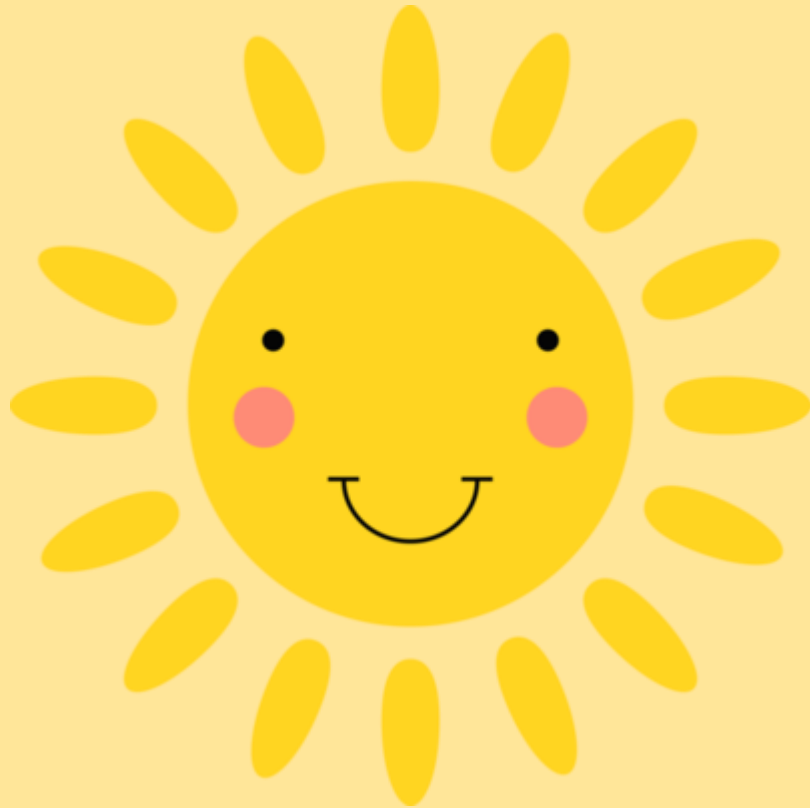
A range of different fun activities will take place during these sessions, from creative crafts to sports activities!

Book early to secure a place by calling ATTFE College on 01623 441310 or scan the QR Code to book online. Please note, you will need your HAF Code to book free places.

\* Families who have not received a code from Nottinghamshire County Council will need to pay at a rate of £5 per child per day.



# Places where Kids eat free or for £1 during the Holidays



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### IKEA

Kids get a meal from 95p daily from 11am

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.



# Food On Our Doorstep



## Food On Our Doorstep

Good-quality food at a low price

Family Action has launched Food On Our Doorstep (FOOD) clubs to provide good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member. Once you've joined, you can purchase a bag of tasty food items every week worth approx. £15 for just £4! To become a member you must live or work within approximately 15 minutes of a club.

- Mansfield Woodhouse FOOD Club, The Meadows Community Centre, Slant Lane, Mansfield NG19 8EY – Fridays 10am-12 noon
- Oak Tree FOOD Club, Oak Tree Leisure Centre (In the community room), Jubilee Way South, Mansfield NG18 3RT – Fridays 12-1.30pm
- Trowell Court, Bellamy FOOD Club, Trowell Court Community Centre, Mansfield NG18 4NT – Fridays 12-2pm
- For further information, please email [mansfieldfoodclubs@family-action.org.uk](mailto:mansfieldfoodclubs@family-action.org.uk)
- Alternatively, visit our [Facebook page](#)

# Ashfield Summer Events Programme

## **Films in the Park**

The summer of events kicks off with Films in the Park on Selston Country Park on Saturday 22 June from 12pm – 10pm. The popular park in the heart of Selston will play host to 2 outdoor cinema screenings, the first will be a family film from 1pm, with an evening screening playing from 6.30pm. Throughout the day there will be a bar, inflatables, free face painting, and acoustic acts playing in the café.

## **Hucknall Fest**

A brand-new event is coming to Hucknall's Titchfield Park on Saturday 6 July; Hucknall Fest. The event, running from 11am – 10pm, will focus on the live music stage jam-packed with tribute acts to various bands and artists playing until 9pm. Elsewhere on the park, there will be a huge family funfair, food and drink catering, market stalls to shop, a dog agility course, free face painting, and meet and greet with children's characters.

## **Ashfield Show**

The news that everyone has been waiting for, Ashfield Show is returning to Sutton Lawn for the first time in over a decade. The show will be running across three days, Friday 9 August, Saturday 10 August, and Sunday 11 August, and will be crammed full of activities, performances, and entertainment for the whole family. All three days will feature a huge funfair, street food, three bars serving alcoholic and soft drinks, and the bustling market village.

## **Ashfield Food and Drink Festival**

Ashfield Food and Drink Festival is back and bigger than ever for the fifth event on Hucknall High Street on Sunday 18 August from 10am – 4pm. With a range of street food, produce, and alcoholic drinks, the festival has something for all tastes.

Keep an eye on the council's social media and website for the full details of all the events.

# Where can I go for support?

Things can seem overwhelming. Growing up is not easy and it can be hard to cope. It's okay to not feel okay, but there is support if needed, you are not alone. Help is available, including urgent 24/7 support and mental health services.

If you are experiencing any of the following, in this booklet there are some agencies to offer support:

- Feel sad or hopeless; like you do not want to be here any more
- Have problems with your family, friends or at school
- Hurt yourself or have thoughts about hurting yourself
- Feel anxious and scared
- Have problems with eating and food
- Have trouble talking or sleeping
- Hear voices or see things that worry you
- Feel angry or are struggling to control your behaviour or temper
- Find it hard to concentrate or get on with friends
- Have to check or repeat things, or worry about germs
- Do not like yourself or have low self-confidence



## Where to get urgent help:

If you or a loved one are struggling and facing a mental health crisis, you can call your local NHS urgent mental health helpline any time of day or night.

If someone's life is in danger, call 999 or go to A&E.

## Further support for children and young people:

### **Every Mind Matters:**

**Every Mind Matters** provides support, including tips on how to improve your mental wellbeing.

### **YoungMinds:**

**YoungMinds** has a wealth of resources on their website, as well as providing dedicated crisis services. The **YoungMinds Crisis Messenger** provides free crisis support every day of the week, at any time day or night. You just need to text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

### **Papyrus:**

**Papyrus (Prevention of Young Suicide)** provides advice and support for young people who feel like they want to take their own life, and all their advice is confidential.

You can:

- Call their helpline, HOPELineUK, on 0800 068 41 41
- Text them on 07786 209 687

### **Samaritans:**

**Samaritans** are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.

You can:

- Call them on 116 123
- Email them at [jo@samaritans.org](mailto:jo@samaritans.org)



# Where can I go for support?



**SHOUT** provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis.

You can:  
-Text SHOUT to 85258

## **ChildLine:**

**ChildLine** provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

You can:  
-Call 0800 1111 any time for free  
-Have an online chat with a counsellor  
-Check out the message boards

## **The Mix:**

**The Mix** provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.

You can:  
Call 0808 808 4994 for free – lines are open from 11am to 11pm every day  
-Access the online community  
-Email The Mix

## **Kooth:**

**Kooth** is a free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes:

-a magazine  
-discussion boards  
-messages or live chat with their team  
-a daily journal you can fill in

## **Beat:**

The charity **Beat** provide information to help young people who may be struggling with an eating problem, including an eating disorder. They also provide advice, links to local support and one-to-one web-chats.

You can call their dedicated helplines:  
Youthline on 0808 801 0711 (for anyone under 18)

Referrals can also be made to the following outside agencies for support. Referrals can be made by professionals, parents/carers and yourself. In some cases dependent on age parental consent may be required:

**Healthy Family Team-** Provide a joined-up service for children, young people and families.

**Be U Notts-** The Be U Notts Service is here to give information, advice and support to children and young people who are struggling with their feelings.

**CAMHs-** For mental health support.

**Children's Bereavement Centre-** Counselling service specific for bereavement.

**JUNO Women's Aid-** Work with women, children and teens who have been affected by domestic abuse.

**Small Steps-** Service to provide support for young people displaying behaviours that may indicate a SEN such as ASD and ADHD.

**Harmless-** Support for self-harm.

**Change Grow Live-** A national health and social care charity. They can help you with challenges including drugs and alcohol, housing, justice, health and wellbeing.

More information can be found on the above agencies on their websites if needed.

## **RCPSYCH:**

The Royal College of Psychiatrists also has information for young people, parents and carers about young people's mental health.



# Useful Contacts

Please note that emails will not be picked during the holidays.

Please also be aware that the 'I want to talk' and fearless@sca emails are not monitored during the break. If you have any urgent concerns regarding yourself or a child, please see the contacts below for support:

Multi Agency Safeguarding Hub (MASH) - 0300 500 80 90 Emergency Duty Team 0300 456 4546

Police - 101 or 999

Child and Adolescent Mental Health Service Crisis Team-08081963779 or 01159560860

NHS - 111

Healthy Families Team - 01623 557136

Kooth.com

Childline.org.uk or 08001111

Fearless.org (anonymous crime reporting for young people)

Further support services are signposted through our school website

<https://www.suttonacademy.attrust.org.uk/>

Home - Sutton Community Academy - Sutton-in-Ashfield

We will work inclusively within our communities, embracing the varied localities we serve while sharing our common vision and values.

[www.suttonacademy.attrust.org.uk](https://www.suttonacademy.attrust.org.uk)

Enjoy your  
Summer, see you  
in September for  
another  
SCAmazing  
Academic Year!

