



## NEWSLETTER

Hello everybody. It's been so lovely to meet all of you, thank you for making me feel so very welcome.

I hope you have a wonderful Summer and I look forward to seeing you all in September.

Please read through the newsletter as there is lots of really useful information.

See you all soon x



## Information station

Ourplace is the place to unearth all your potential as a parent or carer. Discover, learn, understand. Fascinating online courses for everyone who wants to be an even better mum, dad, grandparent or carer. Solihull Approach | OurPlace | Children with additional needs ([inourplace.co.uk](http://inourplace.co.uk))

<https://inourplace.co.uk/children-with-additional-needs/>



The Holiday Activities and Food programme is being delivered by a number of different individuals and organisations across Devon. To access the programme, simply book a place through one of the providers listed below. All clubs will be operating for a minimum of four hours, including a hot meal. Please note that booking details differ depending on each provider. HAF Social Media (Facebook): More information is also available on the Devon Holiday Activities and Food programme Facebook page.

<https://www.facebook.com/DevonHAF>

<https://www.devon.gov.uk/educationandfamilies/document/haf-providers-summer-2022/>



## Kids Eat For £1 (Hot/Cold Meals) In Asda Cafes During School Holidays (25th July - 4th September) aged 16 and under @ Asda

<https://www.hotukdeals.com/deals/kids-eat-for-ps1-in-asda-cafes-during-school-holidays-25th-july-4th-september-at-asda-3959633?scrllybrkr=cbb17192>

Start the journey to independent money management for your kids with NatWest Rooster Money. NatWest, Royal Bank of Scotland or Ulster Bank current account customer exclusive.

<https://roostermoney.com/gb/feature/natwest/>



## Feeding your baby can be hard

This week is National Breastfeeding Week, and this year the government's UK Health Security Agency (UKHSA) is focussing on the part everyone has to play in helping parents to breastfeed.

Partners, families and friends and even the general public are vital in providing support to those who are breastfeeding, especially if things get difficult.

Remember, it can take a while to feel confident about breastfeeding, but you're not alone. There's lots of support available in Devon, including peer support groups; health visiting teams; infant feeding clinics; feeding helplines and Latch and Attach appointments.

Every breastfeeding journey is unique, but remember you are not alone. Try to stay connected if you feel you need extra support.

[For more information, please visit the Health for Under 5s website.](#)



**PARENT CARER LIFE HACK**

Give your child an electric toothbrush (or vibrating item) to hold while you cut their hair. Many children will focus on the vibrations, allowing you to have a more relaxed haircutting experience!

**SPECIAL NEEDS PARENTING HACK!**

Does your child struggle with buttons?

Remove the top button from their school shirt and replace it with Velcro dots for easy access. Simple!

contact magazine  
submitted by parent Susie Lindsay

<https://www.healthystart.nhs.uk/>



## Things to do and see...



Key stage 1 <https://www.bbc.co.uk/bitesize/levels/z3g4d2p>

Key Stage 2 <https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

### KS2 Art and Design

<https://www.bbc.co.uk/teach/ks2-art-and-design/zd4jscw>

### Science KS2 - Earth Squad, Go!

<https://www.bbc.co.uk/bitesize/topics/z6bqkmn/articles/zj7s6v4>

<https://www.visitsouthdevon.co.uk/things-to-do/ideas-and-inspiration/things-to-do-by-area/the-south-hams>



### READING WITH YOUR CHILD

Sharing a book with a child is fun! It's a time for closeness, laughing and talking together –and it can also give children a flying start in life and help them become lifelong readers. For more info and advice please visit: [Tips for reading with your child | Book Trust](#) Here are some more tips to help you enjoy Storytime together:

- Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves. (And don't worry if they keep returning to the same story, either!)
- If you can, turn off the TV, radio and computer. It's easier for both of you to enjoy the story without any other distractions. Take a look at the pictures. You don't just have to read the words on the page. Maybe there's something funny in the pictures that you can giggle about together, or perhaps your child enjoys guessing what will happen next. Ask questions and talk about the book. Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions. Have fun! There's no right or wrong way to share a story –as long as you and your child are having fun.



## Make glitter bottles to help calm your child

A glitter bottle can help calm your child when they feel stressed or overwhelmed. You can make a glitter bottle at home – then give it a shake, and watch the glitter settle.

Get your child to help you make a glitter bottle and enjoy it together. Or let them look at the way the glitter falls.

You can also use a glitter bottle as a countdown timer if your child struggles with moving from one activity to another. Explain to your child that when all the glitter has fallen you will be changing activity. This could be putting away the tablet, getting dressed or tidying their toys for example.

### Glitter bottle ingredients

- A 500ml plastic bottle (you can also use glass jars with older children).
- A jug of warm or hot water.
- A couple of drops of food colouring.
- About 100g glitter (or until you're happy with the ratio).
- Glitter glue or PVA glue (the more you use, the slower the glitter will move and fall).
- Super glue or a hot glue gun.

### How to make a glitter bottle

- Squeeze some glitter glue or PVA glue into the empty bottle. Both work well, but glitter glue shows up the glitter better because the glue is clear.
- Pour the water in, leaving a few inches free at the top. The warm water will help dissolve the glue.
- Add your glitter into the bottle. If you've used glitter glue you may not need as much.
- Replace the lid on the bottle and twist it closed. Then shake the bottle to mix the glitter and water together (you may want to do this outside or over the bath).
- Once the glitter has settled, use either super glue or a hot glue gun to seal the lid onto the bottle to stop any leaks.

You can also try a soothing box, to help your child **feel calm and safe**. Or if your child is a little older, **draw a worry tree together to work through concerns**.



## How a soothing box can help your child feel safe or calm

A soothing box can help your child feel safe, relaxed and grounded. The box should contain items that are fun to touch, see, listen to, taste, smell or move about.

Playing with these objects will help stimulate your child's senses. It can help them learn to how to notice, name and manage their emotions.

### Make a soothing box

You can make a soothing box from a shoe box, storage box or container. Spend some time together decorating the box with paint or craft materials to make it special.

Think about what items to put in the soothing box. Be playful in how you explore what makes your child feel relaxed. For example:

- Rub different lotions and creams into their hands.
- Put some tactile items in a sack – ask your child to pull them out with their eyes closed and guess what they are.
- Draw a picture or make a collage from magazines – look for pictures that reflect ideas of calm, positivity and strength.

Learning what your child responds to means their box will be individual to them.

### What can you include?

Try different items to see how your child responds and what helps them feel calmer. For example:

- Things to organise or count (pebbles, coins, buttons).
- Things to safely bite, chew or suck (chewy bracelet, sucking sweets or straws).
- Puzzles.
- Soft or crunchy materials (velvet, bubble wrap or Velcro).
- Feathers and cotton wool balls.
- Stress balls.
- Bean bags.
- Slime.
- Hand cream.
- Face wipes.
- Weighted items (eye pillow, blankets or balls).
- Cards with breathing exercise reminders or mindfulness activities.
- Bubbles and balloons.
- Comforting smells, perfume, scented pens or paper.
- Playdough or aroma doh.
- Soothing music or wind chimes.
- Shells.
- Nail polish.
- Body, nail or hairbrushes.

### **How to use the soothing box**

Encourage your child to practise exploring the items in their soothing box when they're calm. Have your soothing box in a handy place, that is easy to get to when you need it.

With time, your child can start using their soothing box when they're upset. Prompt them to explore their box during these moments. If you want, join in with using the items inside. Together, you'll get to know which objects help soothe your child.

When your child is calm, reflect on what worked and how they feel now. This will help them understand their emotions and what helps them to manage them.



### **What can I do if my child has a meltdown?**

Meltdowns are an involuntary emotional response to their senses being overwhelmed. They're different from tantrums, which usually have a purpose, and are a response to not getting or being able to do what they want.

When having a meltdown, your child will be looking to you to help them regain control of their feelings.

#### **How you can help**

Help your child find a safe space. They won't be capable of listening, so don't try to reason with them. Talking about what's happened can come later, once they've calmed down.

Stay calm and close at hand during the meltdown. Some children like to have their back stroked. Others may not want to be touched but need to know you're close. If your child isn't too upset, you could offer a distracting game, toy or task. At other times you may just need to ensure they're safe, then let them release whatever they're feeling.

Having a meltdown can be exhausting. Let your child calm down before speaking to them and offering them some water or a healthy snack.

#### **Coping skills**

Get to know which situations trigger your child's meltdowns. Then reduce or remove the triggers you can control. For example, avoid crowded markets and shop at quieter times. You can also:

- Get your child in the habit of talking about feelings.
- Let them see the positive ways you handle stressful emotions.
- Pick a 'frustration signal' your child can use to show when they're feeling overwhelmed.
- Find some calm-down routines, like deep breaths, clapping patterns or counting to 10.
- Practise calm-down routines while your child is feeling calm and secure.

If your child has autism, some of the ways to manage a meltdown may be different. Read our advice on [autistic meltdowns](#).



**The BIG KIDS SUMMER BAZAAR**  
EXETER LIBRARY

Saturday  
27th August  
10 am - 4 pm

FREE EVENT!

KIDS IN LIBRARIES

Crafts  
Face painting  
Carnival games  
Exeter Science Centre  
ANIMAL HQ EXPERIMENTS  
Libraries Unlimited  
Fab Lab Exeter  
Bouny Castle



Field Studies Council  
Slapton Ley

At  
Slapton Ley Field Centre  
on  
21/08/22 11am-5pm

We are excited to invite you to our annual day celebrating the environment and nature, the local community and its businesses

**Celebrate Start Bay Festival**

Free Entry  
Parking £5

Sit back and enjoy music from Ukulele group "The Lazy Cow Band", folk and jazz musicians Ginny and John and more  
Listen to Nature Tales by storyteller Adam Goodlad  
Enjoy yummy Stone-baked Pizzas and Sweet Potato Curry from the FSC Kitchen  
The Bear and Blacksmith will be firing up their BBQ and treating us with their award worthy Burgers  
Talks by "The Devon Forager", "Ambrosia Skewjiding" and "Planet and People"  
Chill out with Helens sound Meditations  
Get hands on with wildlife themes activities with the FSC education crew  
Learn about every different aspect of nature and wildlife with local charities and organisations  
Check out the fabulous handmade products of local craftpeople and learn about their skills  
Treat your self with an Ice cream from Dartmouth Ice cream Company  
A Grand Raffle will sound off the day  
www.field-studies-council.org/  
locations/slaptopleyon  
@FSCSlaptonLey



SOUTH HAMS CHRISTIAN FELLOWSHIP  
Scripture Union

**DIARY OF A DISCIPLE**

LUKE'S STORY HOLIDAY CLUB

**Kids' Summer Holiday Club**  
Monday 25th - Wednesday 27th July  
Time: 9.30am till 12.30pm  
For Junior School children aged 7-11  
**FREE to attend—you just need to REGISTER**  
To register contact us at:  
Tel: 07395 638 849  
Email: SHCF.Kingsbridge@gmail.com  
Web: www.south-hams-christian-fellowship.org



Britain's most spectacular fireworks display in Plymouth takes place between [17th and 18th August 2022](#)

## Holiday Clubs

### **Plymouth Argyle FITDC**

Coaching sessions and teams for boys and girls age 8-16 with learning, sensory or physical disabilities.

Tuesdays 5.30pm-6.30pm @ Goals Soccer Centre (Plymouth)

Contact: Stewart Walbridge

T: 01752 562561 E: [Stewart.Walbridge@pafc.co.uk](mailto:Stewart.Walbridge@pafc.co.uk)



Visual Story for Brick by Brick: A LEGO Brick History of Exeter A lot of what you see at RAMM stays the same, or changes just a little bit at a time. But some rooms are used for exhibitions that last for a short time – from two weeks to four months. As you may know, an exhibition is a display on a particular theme. The exhibition Brick by Brick: A LEGO Brick History of Exeter is a temporary exhibition from 18 June. The last day is 11 September 2022. Tickets Most of the museum is free. But to get into the LEGO exhibition you need to pay for tickets. You might have a set time to go in. You can book them before you come. If you get them when you arrive, this is the desk where you will collect them.

Tickets cost £2.50 for children and young people aged 16 and under, £4.50 each for adults, and £3.50 for students. Anyone who is a carer can come in for free.

<https://rammuseum.org.uk/>



<https://eolasplus.co.uk/category/holiday-camps>

Lifeworks mission is to support people with learning disabilities to have a great life. Lifeworks Holiday Project Summer 2022 has been developed in partnership with young people who use our services. Lifeworks Holiday Project is open to young people with learning disabilities age 11-18.

[Lifeworks 2022 Summer Holiday Programme.pdf](#)



**25<sup>th</sup> July – 25<sup>th</sup> August 2022**

**Summer cooking and activities club for all primary school aged children**

**Every Monday to Thursday, 10am-2pm at The Ark at Tresillian, Kingsbridge**

- ☺ Discover the foods of the Great Explorers – eat like you’re the first man on the moon!
- ☺ Make movie food favourites - magical Harry Potter recipes, Disney movie night nibbles!
- ☺ Learn to cook tasty, homemade versions of takeaways – Chinese, fish and chips, chicken nuggets, pizza, burgers!
- ☺ Journey around the world, cooking the best street food!
- ☺ Party time – fantastic fun foods to make for parties!

As well as preparing, cooking, serving up and tasting nutritious, delicious food good enough to impress your friends and family... you will have a lot of fun! There will also be crafts and day trips away.

As part of the Devon County Council Healthy Activities and Food Programme, there will be no charge if entitled to free school meals or it is £16/day.

Children can attend as frequently or as infrequently, with booking up to 16 sessions available – contact Jenny Smith for further information or to make a booking at [Jennys@tresillianark.co.uk](mailto:Jennys@tresillianark.co.uk)

**DAILY Football & Multi-Sport ACTIVITIES**

**SUMMER HOLIDAY SPECIAL**

**FREE to ALL Children aged 5-14 eligible for Free School Meals**  
[ £20 per day for pupils not eligible ]

**NUTRITION GUIDES** Entertainment Magician & Disco  
**ANIMAL HQ Visit**

**Local Attraction Trips** **NUTRITIOUS COOKED MEAL EVERY DAY**

**Certificates, Prizes ...and much more...**

For more information or to book contact  
ADAM 07967 124844  
shearsoccer.co.uk

**10am-3pm**  
Selected Venues

TORQUAY | PAIGNTON | BRXHAM | TOTNES | NEWTON ABBOT | DARTMOUTH | KINGSBRIDGE





## This Summer Holidays HORIZONS Transition Youth Club Sessions

**Dates:** Wednesday 27th July, Wednesday 3rd August, Thursday 4th August 2022

**All sessions 2pm to 4pm**

A chance to meet other young people moving into Year 7 at KCC and make new friends, take part in fun activities and find out about the youth work support we offer.

Please contact [julie.hinder@familyadvice.supportteam.org.uk](mailto:julie.hinder@familyadvice.supportteam.org.uk) before **21.7.22** to book your child onto a session.

Places will be allocated to ensure everyone gets a slot in case of over subscription — minimum 4 participants, maximum 12 participants.



Delivered by youth support workers from the Family Advice Support Team (FAST) CIC at Horizons, 110 Fore Street, Kingsbridge TQ7 1AW (between Tresillian & Cookworthy Museum)



Torbay Lego Masters Join the community group for weekly hangouts. Every Wednesday between 4pm-6pm At the Riviera Life ROC Centre in Torquay. Just £2 per session, Children to be accompanied by an adult, all ages welcome. For more details have a look at their Facebook page:

<https://www.facebook.com/TorbayLegoMasters>

[Toolkits](#)



[https://www.babcockldp.co.uk/babcock I d p/Educational-Psychology/Downloads/Resources/transition/NSbook1-6.pdf](https://www.babcockldp.co.uk/babcock%20ldp/Educational-Psychology/Downloads/Resources/transition/NSbook1-6.pdf)



[https://www.babcockldp.co.uk/babcock I d p/Educational-Psychology/Downloads/Resources/transition/NSbook2-4.pdf](https://www.babcockldp.co.uk/babcock%20ldp/Educational-Psychology/Downloads/Resources/transition/NSbook2-4.pdf)



## WHO ARE YOU **TALKING TO?**

ONLINE GROOMING - Young people don't talk about sexual abuse, and are sometimes unaware they are being groomed. If you're worried about someone's behaviour with a young person, or secretive use of chat rooms, social media platforms or illegal websites, the sooner you act the sooner you can prevent abuse from happening. If you suspect that someone you know may be sexually abusing a child, you should contact the Police or speak confidentially to someone on the NSPCC Helpline. To learn more about child sexual abuse, and prevention education visit our website.

**#CHILDABUSEHELP**  
CHILD ABUSE RESOURCES  
[WWW.CHILDABUSEHELP.ORG.UK](http://WWW.CHILDABUSEHELP.ORG.UK)

NSPCC HELPLINE  
**0800 800 5000**

 **NNECA**  
NATIONAL NETWORK TO END CHILD ABUSE  
[WWW.NNECA.ORG.UK](http://WWW.NNECA.ORG.UK)



# 24 APPS PARENTS NEED TO KNOW ABOUT

This list is not exhaustive, and will be updated each year to reflect new risks and dangers

THESE APPS CAN EASILY BE USED AS GROOMING TOOLS BY ONLINE PREDATORS LOOKING TO MEET UP & SEXUALLY ABUSE CHILDREN. (UPDATED 2021)



## FACEBOOK



**FACEBOOK** allows you to connect with others and share comments, photos and videos. You can add friends, write on people's pages and posts, join groups and play games.

## SNAPCHAT



**SNAPCHAT** is one of the most popular apps in recent years. Whilst the app promises that photo's, videos and stories disappear, others can take screenshots of private photo's.

## INSTAGRAM



**INSTAGRAM** Kids are creating fake accounts to hide content from their parents, according to police. Messages are also deleted once a user leaves a conversation.

## WHATSAPP



**WHATSAPP** allows you to send messages, images and videos in 121 and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group.

## KIDSCHAT



**KIDSCHAT.NET** is a free online messaging app for children. You can talk to people you don't know on public forums and via private message. You can access the site as a guest.

## SKYPE



**SKYPE** is a platform and app that lets you make audio and video calls to other people around the world. You can also send instant messages.

## WHISPER



**WHISPER** is an anonymous social media app that promotes sharing personal secrets with strangers, (new people). It reveals a users location so people can meet up

## CALCULATOR %



**CALCULATOR %** is only one of SEVERAL social media apps disguised as a calculator, the app is actually a secret photo vault to hide photos, videos, files and browser history.

## HOT ON NOT



**HOT ON NOT** Strangers rate a user's 'attractiveness' with the aim of real-world meet ups in your local area.

## ASK.FM



**ASK.FM** An app where users can anonymously ask questions and receive answers. The app has been featured in a number of cyber bullying cases.

## YUBO



**YUBO** Similar to Tinder, the app is designed to allow teens to flirt with each other.

## KIK MESSAGING KIK



**KIK MESSAGING KIK** is a messaging app that allows content normally filtered on a home computer.

## BURN BOOK



**BURN BOOK** Anonymous rumours can be posted about people through audio messages, texts and photos.

## WISHBONE



**WISHBONE** This app allows users to compare kids and rate them on a scale.

## GRINDR



**GRINDR** is a dating app geared towards gay, bisexual and transgender people. The app allows people to chat, share and meet up in person based on a GPSS location.

## SKOUT



**SKOUT** is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts.

## MEET ME



**MEET ME** is a dating social media app that allows users to connect with people based on geographic proximity. The app encourages people to meet in person.

## TIK TOK



**TIK TOK** is one of the most popular apps in recent years used for sharing short videos with very limited privacy controls users are vulnerable to explicit material.

## TELLOYMN



**TELLOYMN** anonymous messenger app. It calls itself "the most honest place on the internet." Age controls are inconsistent and sexual explicit material can be found.

## Zoomerang



**Zoomerang** is a popular app that looks like a harmless messaging app however it allows private anonymous messaging and is location enabled.

## BUMBLE



**BUMBLE** is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts

## FACEBOOK MESSENGER



**FACEBOOK MESSENGER** is one of the most popular message apps in the world. It has already heavily been used by predators and the end-to end encryption will make it even more unsafe.

## BADDOO



**BADDOO** is a location based dating app and website. Whilst people under 17 are unable to share private photo's, Children can easily create fake accounts.

## OMEGLE



**OMEGLE** is a video chat website where users are matched randomly with strangers.

#**CHILDABUSEHELP**  
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# TEEN SEXTING RISKS & CONSEQUENCES



SEXTING IS WHEN SOMEONE SHARES SEXUALLY EXPLICIT MESSAGES, NAKED OR SEMI-NAKED PHOTOS OR VIDEOS OF THEMSELVES OR OTHERS.

TEENS ADMIT THEY DON'T KNOW MORE THAN **50%** OF THEIR SOCIAL MEDIA CONNECTIONS

**1 in 3** Teens have sent sexual images.



## WHY DO TEENS SEXT?

There are many reasons why a young person may want to send a naked or semi-naked picture, video or message to someone else.

they may find it difficult to say no if somebody asks them for an explicit image, especially if the person asking is persistent

joining in because they think that **'everyone is doing it'**

boosting their self-esteem

flirting with others and testing their sexual identity

exploring their sexual feelings



to get attention and connect with new people on social media

## THINK BEFORE YOU SNAPCHAT



TEENS THINK IMAGES ONLY LAST A FEW SECONDS, BUT IMAGES CAN BE SAVED BY TAKING A SCREENSHOT OR BY USING A DIFFERENT MOBILE OR CAMERA.

RESEARCH SHOWS THAT **70% OF PREDATORS USE**



Other Social Media, & Dating & Message Apps being used by predators include



## DANGERS OF SEXTING

No control of images and how they're shared. When images are sent they become public.

**BULLYING**  
If images are shared with others, the young person maybe bullied.



**1 in 3** found their partner shared the image with others without their consent.



**UNWANTED ATTENTION**

Images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.



**BLACKMAIL**

An offender may threaten to share the pictures with the young persons family & friends, unless they send money or more explicit pictures.



**EMOTIONAL DISTRESS**



**98%** of girls that were pressured, felt embarrassed or humiliated after sending, sometimes resulting in self-harm and even suicide.

**HELP! IT'S GONE WRONG**

If you have been sexting and it has gone wrong, there are some things you can do to take back control:

If you posted something online, remove it as soon as you can

Ask anyone who has received it to delete it too

Talk to someone you trust, a family member, friend, teacher, school nurse or other trusted adult.

Call the helplines to seek advice



## CONSEQUENCES OF SENDING SEXUAL IMAGES

Creating or sharing explicit images of a young person is illegal, even if the person doing it is a young person. They are breaking the law if they:

Take an explicit photo or video of themselves or a friend

Share an explicit photo or video of a young person, even if it's shared between young people of the same age

Possess, download or store an explicit image or video of a young person, even if the young person gave their permission for it to be taken

### SHORT TERM CONSEQUENCES



### LONG TERM CONSEQUENCES



## WHAT SHOULD I DO IF I BELIEVE A CHILD IS IN DANGER

FOR IMMEDIATE RISK CALL POLICE ON **999**

IF YOU SUSPECT ABUSE CALL NSPCC HELPLINE **0800 800 5000**

IF YOU'RE A CHILD & WANT HELP CALL CHILDLINE **0800 1111**

#CHILDBUSEHELP  
**NNECA**  
NATIONAL NETWORK TO END CHILD ABUSE  
WWW.NNECA.ORG.UK



## Where do kids eat free near me? All the places' children can get free food this half-term

<https://www.goodto.com/family/family-news/where-do-kids-eat-free-food-613592>

**PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022**  
COURTESY OF MONEY SAVING CENTRAL

**ASDA CAFE**  
Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

**FUTURE INNS**  
Under 12's eat for free with any adult meal during the school holidays

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

**YO! SUSHI**  
Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

**THE REAL GREEK**  
Kids eat FREE every Sunday for every £10 spent by an adult

**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!

**PAUSA CAFE @ DUNELM**  
From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

**MARKS & SPENCER CAFE**  
Likely But Not Yet Announced

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

**MORRISONS**  
Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

**HUNGRY HORSE**  
Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

**BELLA ITALIA**  
Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

**CAFE ROUGE**  
Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

**SA BRAINS PUBS**  
Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

**ANGUS STEAKHOUSE**  
One free children's meal per paid adult meal 12-5pm daily throughout the holidays

**PRETO**  
Kids up to age 10 eat free all day, every day with paying adults at Preto

**FARMHOUSE INNS**  
Likely But Not Yet Announced

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kingsbridgefoodbank 

<https://www.kingsbridgefoodbank.org.uk/>

Thank you and have a lovely summer, see you on September 5<sup>th</sup>



Natasha Ive DSL/Family Support Worker for the South Hams Hub.

[nive@lapsw.org](mailto:nive@lapsw.org)

07976 756077.



**Useful Emergency Contact Numbers: NHS Helpline: 111 Use 999 if a medical emergency. Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: 0345 155 1071 National Domestic Abuse Helpline (Devon): 0808 2000 247 (24 hours) Use 999 if you are in immediate danger. Young Minds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help text YM to 85258 Samaritans (24 hours): 116 123 Citizens Advice Bureau National Helpline: 03444 111 444 Find us on Facebook.**