

Summer Holidays
Here to Help Leaflet for Parents

Sir Francis Hill 'Here to Help'

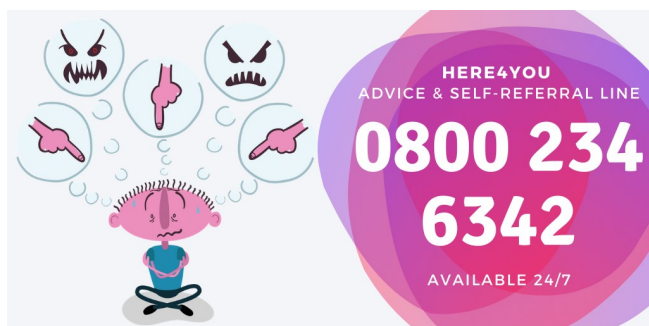
We know that life can be difficult at times, we acknowledge that the current 'Cost of Living' crisis is not helping – here are some helplines and websites which might be of some use to you. As ever, please do not hesitate to contact the school if you have any queries or worries. We are always here to help and will be confidential.

**From The Inclusion Team.
(Miss Bibby, Mrs Dennis, Mrs Smith and Mrs Revill)**

Mental Health Support for children

You can find advice and support for when you are worried about your child and their mental health on the following page:

<https://www.lpft.nhs.uk/young-people/lincolnshire/parents-and-carers>



SAFEGUARDING

If you have a concern about a child in the holidays, please call the Customer Services Centre (CSC) on 01522 782111.

They will take your concern and then decide on the best course of action to take.



We have our own online shop selling good quality pre-owned uniform.

You can find the items for sale at:
[Uniformd](https://www.uniformd.com/)



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL

ASDA

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

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

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

BEEFEATER & BREWERS FAYRE

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

THE REAL GREEK

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

TABLE TABLE

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

TRAVELODGE

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

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

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

SIZZLING PUBS

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

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

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

GORDON RAMSEY RESTAURANTS

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

PRETO

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

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

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

WHITBREAD INNS

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

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

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

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

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Food banks and assistance in buying food and related services

Lincoln Community Larder: <https://lincolnlarder.co.uk/get-help/>

Lincoln Food Bank through the Acts Trust: We can make referrals to Lincoln Food Bank for any families in need and are happy to do so. Please, please let us know if you need any help. Your request will be treated in confidence and we can arrange a food parcel for you to collect from the local area. Please phone school and ask to speak to Miss Bibby.



Community Larder: Lincoln has a fantastic service called the Community Larder. They stock good food that would have gone to waste and makes it available for members for just £4 per shop. For that, you can fill your basket with fresh fruit and veg, pantry items, chilled and frozen food and toiletries. Further information is available at: <https://www.actstrust.org.uk/projects/lincoln-community-grocery/>

The Acts Trust also offer support in other areas, including mental health support, Job Club, support for refugees and life skills (amongst other support), information can be found at: <https://www.actstrust.org.uk/get-help/>

Healthy Start: If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. <https://www.healthystart.nhs.uk/frequently-asked-questions/>