



How to survive the school holidays!!

The thought of what to do for 6 long weeks and how to fund it can seem daunting.

But keeping your children entertained doesn't have to be expensive or stressful.

I have looked into what's on in the area and listed some ideas of what to do as well as some tips on how to have fun with your children on a budget.

Carlton Forum have a range of activities available over the holidays (see the **Gedling Borough Council** 'Summer Holiday 2018' programme in school, from Carlton Forum and online)

A Gedling Leisure card is required.

It's free to apply just fill out an application form from Carlton forum.

FREE PLAYDAYS

Lark in The Park - Weds 1st August 10am-4pm, Bridgford Park, West Bridgford (free entry but there are charges for rides/inflatables)

Arnold Playday - Weds 8th August 1-4pm at Arnot Hill Park

Party in The Park - Sat 11th Aug 11-4pm at Woodthorpe Park

Family Fun Activities Forest Recreational Ground - 22nd Aug 1-4pm

Carlton & Gedling Playday - Weds 22^d August 1-4pm, Burton Rd Recreation Ground, Burton Road, Carlton.

Some other **FREE** events include:

-**Robin Hood Festival** Sherwood Forest Country Park Mon 27th July-Sunday 2nd Aug 11-4pm

-**Riverside Festival** at the embankment off Trent Bridge 3-5th August (fireworks 10.30pm Saturday)

-**Nottingham Carnival** Victoria Embankment, The Meadows 12th August - open from 12noon to 8pm.

-**How to Draw a Superhero Workshop** at the National Justice museum. 1.00 am to 4.00 pm 18th August

-**Free Hero Training Academy** at intu Victoria Centre. Meet and greet characters from PJ Masks and learn how to move like your heroes.

23rd August 11.00 am to 3.00 pm. ([Book here](#) -

www.thingstodoinnottinghamshire.co.uk/whats-on/270-summer-events-in-nottinghamshire)

-**Face Painting at the National Justice Museum.** Which superhero will you be? 25th August 11.00 am to 2.00 pm. Free

-**Picnic in the Park** Victoria Embankment - 28nd Aug 11-3pm

-**Stonebridge City Farm** St. Anns,

open daily 10-4pm (free admission - donations welcome)

[The school summer holidays are just around the corner!](#)

[Come to the farm for a fun day out.](#)

[Join Baby signing with TinyTalk Nottingham Central, see our eggs hatch in the barn, do some cookie decorating, sing along and dance with Rainbow Stripes, and play on a djembe drum with BeatFeet Ltd.](#)

[Also, come and say HAPPY BIRTHDAY to the farm when we celebrate our 40th anniversary on 18th August.](#)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 - JULY Tiny Talk 10:30 - 11:00 Story and Craft 12:30 - 1:30	31	1 - AUGUST	2 Egg Hatching Day Cookie Decorating 1:30pm - 3:00pm	3 Rainbow Stripes 11:00am - 12:00noon Young Farmers Day 10:30am - 2:30pm	4	5
6	7 BeatFeet Drumming workshop 11:00am - 12:00noon	8	9 Cookie Decorating 1:30pm - 3:00pm	10 Rainbow Stripes 11:00am - 12:00noon	11	12
13	14	15 St Ann's Police Visit 12noon - 3:00pm	16 Cookie Decorating 1:30pm - 3:00pm	17 Rainbow Stripes 11:00am - 12:00noon Young Farmers Day 10:30am - 2:30pm	18 Stonebridge City Farm's 40th Anniversary	19
20	21 BeatFeet Drumming workshop 11:00am - 12:00noon	22	23 Cookie Decorating 1:30pm - 3:00pm	24 Rainbow Stripes 11:00am - 12:00noon	25	26
27 Fire Engine Visit and fire safety talks 10am -12noon	28	29	30 Egg Hatching Day Cookie Decorating 1:30pm - 3:00pm	31 Rainbow Stripes 11:00am - 12:00noon Young Farmers Day 10:30am - 2:30pm	1 - SEPTEMBER	2

*** St Pauls Church , Carlton ***

BREAKFAST CLUB IS BACK

Starting on Monday July 30th and ending on Friday August 24th
we will serve you and your children with a

FREE BREAKFAST

9am-11am on MONDAYS, TUESDAYS and FRIDAYS

We will also give each child a

FREE PACKED LUNCH

And there will also be craft activities and games each day

No need to register or book, just come along, but all

children need to be accompanied by an adult

On **Tuesday 14th August** there will be a trip to **Rufford Park** with a **FREE** coach for those without transport
(See Di Skidmore to book)

On **Friday 24th August** there will be a **Bouncy Castle**

Being THRIFTY

Going out for the day, even to a free event can be expensive in terms of food and drink..... ***Take a picnic!***

Farmfoods, Carlton Square/**B&M**, Netherfield has reasonably priced multi packs of drinks, crisps, sandwich basics etc - it's much cheaper to buy in bulk and take what you need with you than pay almost as much for one drink/snack when you're out.

Throughout the summer holidays (and every evening, weekend and school holiday all year round) **Nottingham City Transport** offers a **Group Rider Ticket** for £5 a day - 1-2 adults/3-4 children (max.of 5) get unlimited travel on NCT buses across Nottingham.

Visit NCT off the market square for bus timetables/routes or visit www.nctx.co.uk.

If using the train it's usually cheaper to book in advance, and using a family railcard.

Other ways to save money/entertain a family on a budget are to register with discount websites e.g **Groupon**, **Wowcher** and **Amazon Local**. They email daily deals that often include cheap entry to places of interest/adventure parks/play center's and restaurant deals.

If you shop at Tesco, exchange **club card vouchers** for up to 3x their amount for similar deals, including cheaper cinema tickets.

Many restaurants offer deals like 50% off all food on Mondays (Slug and Lettuce and Revolution in the Cornerhouse)

Visiting the cinema can cost a small fortune. The **Savoy Cinema** on Derby Road is much cheaper than the larger cinema's - a family ticket which is 2 adults and 2 children, or 1 adult and 3 children costs £19.40. Check out the bus times, get a Group Rider Ticket and take your own refreshments!!

IDEAS OF PLACES TO VISIT

- **Nottingham Beach** July 14th - 2nd Sept in the Market Square (buy a Group Rider and take a picnic!)
- **Wollaton Park + Hall**
- **Greens Windmill** (free entry)

Range of baking/craft activities £3/4/5 pp unless otherwise stated

Range of time slots- need to book

- **Woodthorpe Park**
- **Forest Recreation ground (Outdoor gym facility)**
- **National Water Sports Centre**, Holme Pierrepont
- **Rushcliffe Country Park**
- **Sherwood Forest**
- Play Centres - **Tumble Town**, Arnold, **Kool Kids**, Carlton Road
- Local libraries - run various events for young children
You can use the computer, read a book together, borrow books, music, dvds.

For more information visit www.nottinghamshire.gov.uk/whatson

www.thingstodoinnottinghamshire.co.uk

www.daysoutwiththekids.co.uk/nottinghamshire

www.gedling.gov.uk/eventsCalendar

www.netmums.com - lots of ideas, tips, free activities

www.shonettebasonwood.com - Spread The Happiness - '100 Things to do before you are 6'

(I saw this on line...worth a try??).....

' SCHOOL HOLIDAY RULES'

“You may have as much time on the Ipad/TV as you like – as long as all of these jobs have been done before you turn on the screen.”

“HAVE YOU?”

- Made your bed
- Had breakfast
- Dressed
- Brushed your teeth
- Brushed/combed your hair

- 20 minutes of reading

- 20 minutes or writing/colouring

- Cleaned up 1 room (TV room/bedroom)

- Played outside for 30 minutes

- Made or built something creative (lego,craft,sand etc)

- Helped someone in the family (ask if there is a job you can do if you can't think of anything yourself)

“THEN you can watch TV/play on the Ipad!”

RAINY DAYS

HAVE A TREASURE HUNT

The "treasure" can include

- spare change you may have
- lollies/sweets
- make vouchers for your children to redeem.
Ideas for vouchers could include things like
- challenge mum/dad/grandma/granddad to a game of PlayStation
- family to play a board game of your choice
- choose a treat to bake with mum/dad/grandma/granddad
- choose the menu for lunch today - (within reason!)

Give fun written or verbal clues for them to uncover the treasure.

Go through some old cookbooks and have the children pick out some recipes they would like to do together.

Plan a **baking day** and get them involved in the cooking and decoration of their creations.

Have a **pyjama day** where you eat a picnic lunch/popcorn.

Grab all of your pillows and chill out while watching some of your favorite shows/films

PLAY

- make a tent in the living room. Use washing airers, sheets, quilts etc
- dress up.
- play shops
- play board games
- teach them a card game
- feely bag/box game -put food/fruit/household items in bag/box.
Using a blindfold, guess what's in bag/box. To make it more fun could use cooked spaghetti (worms!) or grapes (eyeballs)
- put items on a tray, take one away, guess what's gone or see who can remember the most items

- 'Simon Says'
- Ask them to teach you a classroom game

GET CREATIVE

- Cutting out from newspapers/magazines, make a collage/stick in a scrapbook
- Make masks on paper plates/paper bags
- Draw dinner on a paper plate
- Potato printing
- Make sock puppets from old odd socks and spare buttons

OUTDOOR FUN

- blow bubbles! The big tubs of bubble mixture (detergent also works well) are cheap to buy
- soapy water in grass, watch the worms
- go for a walk
- go for a bike ride
- have a teddy bears picnic in the garden/park
- 'camp' in back garden (doesn't have to be a proper tent)
- make an obstacle course
- have races
- chalk pictures

The summer holidays present an opportunity to spend some quality time with your children but being a parent can be difficult at times for all parents.

Family Lives (formerly Parentline Plus) is a national charity providing help and support in all aspects of family. Visit their website @[familylives.org.uk/](https://www.familylives.org.uk/) or if you need to talk to someone call 0808 800 2222 free from a land line. The service is open 9am-9pm, Monday to Friday and 10am-3pm Saturday and Sunday.

Have a lovely summer

Rachel Jefferson
Parent Support Worker

