



Summer Activities

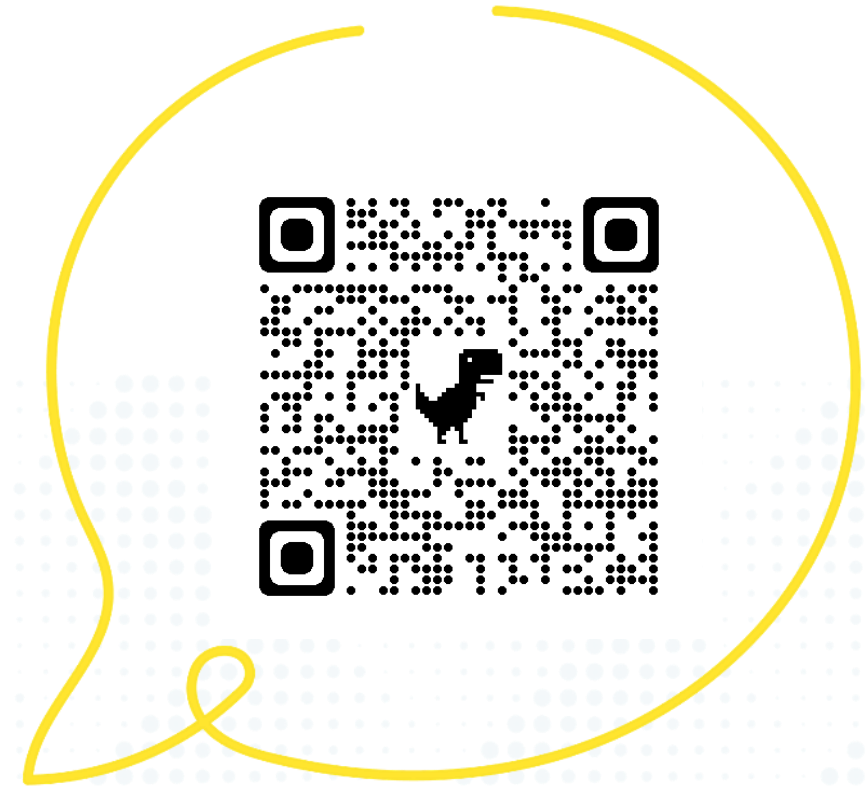
Best Things To Do & Days Out In Nottinghamshire.....

Keeping the children busy over the summer is not an easy task, especially given the cost of living right now I am going to share some tips and ideas and ways to keep the cost down!

Day Out With The Kids has found 1021 fun things to do in Nottinghamshire for you and the family to discover. What's more, the weather shouldn't be a problem – 721 of the attractions are [indoors](#). Finding the right Nottinghamshire day out for your family is easy –

Scan the QR code to take you to the page

Keep an eye out for Discount vouchers being sent home from school to get you money off entry



Tips and Ideas to keep it cheap



- **Cooking**-[BBC Good Food](#) have some great recipes suitable for children to make.
- **Picnics** are a great way of spending a few hours on a dry day without spending any money.
- **Treasure Hunts**- **Download the Geocaching App** -Geocaching is a type of global treasure hunt of people looking for caches, or hidden stashes of objects or **Pokemon Go**
- **Parks are FREE**- you can download geocache or pokemon to make an interactive Treasure Hunt
- **Play days** with friends- take it turns
- **Local Libraries** often have fun weeks during the holidays.
- **Museums** are usually free
- **Loyalty schemes**- Clubcard- go, Henry offers discounts
- **Bus Trips**-£2 bus trips to the coast?
- **Park runs**
- **Den building** at home Indoors and Outdoors
- **Start a Project**- planting veg, making a DIY pond, bug hotel- <https://www.rspb.org.uk/get-involved/activities/nature-on-your-doorstep/garden-activities/create-a-mini-pond/>



Useful websites

Notts Help Yourself - the place to find info and services for Nottinghamshire all in one place

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

Money saving ideas-

<https://moneysavingcentral.co.uk/free-days-out>

Free meals out at cafés and restaurants

<https://www.moneysavingexpert.com/deals/cheap-restaurant-deals/>



Ikea kids eat for 95p or £1.50



No minimum spend. Valid every day of the week

Morrisons Café kids eat 'free'

When an adult buys a main meal. Valid every day



Summer Fun



The poster for 'PLAYDAYS 2024' features a bright yellow background with a smiling sun wearing sunglasses and a bunch of colorful balloons on the left. The title 'PLAYDAYS' is in large, multi-colored letters, with '2024' in pink. Below the title, it says 'Join us for a fun summer!' and '5 EXCITING DAYS FOR FAMILIES'. On the right, there's a blue box with the times '12.00pm - 4.00pm' and a circular photo of a child. The bottom section lists five locations: Chilwell, Eastwood, Stapleford, Kimberley, and Beeston, each with a date, time, and location details. At the bottom, there are logos for the participating town councils and a note about parking and public transport.

PLAYDAYS 2024
Join us for a fun summer!
5 EXCITING DAYS FOR FAMILIES

CHILWELL
Tuesday 30 July
Inham Nook
Recreation Ground,
NG9 4GY

EASTWOOD
Thursday 1 August
Coronation Park,
NG16 3LQ
Supported by
Eastwood Town Council

STAPLEFORD
Monday 5 August
Ilkeston Road Recreation Ground
NG9 8JL
Supported by
Stapleford Town Council

KIMBERLEY
Thursday 8 August
Kimberley School Field,
NG16 1FB
Supported by
Kimberley Town Council
With thanks to Kimberley School

BEESTON
Monday 12 August
Broadgate Park,
NG9 2LN

12.00pm - 4.00pm

Inflatables* / Fair rides* / Arts and crafts / Puppet shows & more
*A small charge may apply to some activities

Free public parking on site
(except Beeston - Use town centre car parks)

Residents are encouraged to walk, cycle,
or use public transport to these events

Eastwood Town Council
Stapleford Town Council
Kimberley Town Council

THE "I'M BORED" JAR

Take a Bike Ride	Paint a picture
Have a Balloon Fight	Write a song
Climb a Tree	Wash the car
Do some chores	Take the dog out
Play a board game	Bake some cookies
Go for a run	Rearrange your room
Invite over friends	Read a book
Put on a play	Play in the water
Invent a new dance	Go for a swim
Make a snack	Take a nap
Clean your room	Learn something new
30 minutes TV time	Practice a sport
Phone a friend	Make up a game
Do a craft	Volunteer
Listen to music	Take Photos
Roll in the grass	Build a fort
Make DIY playdoh	Write a letter

RealAdviceGal.com

What is a Bored Jar?
A jar that contains a number of labels with ideas for activities and things to do when the kids say they're "bored". The idea is for them to pick one out of the jar to do.



Place
2Be

Self Care, give yourself permission.
Taking time for yourself is not selfish. It's self-preservation!

As a parent or carer, it is very easy to prioritise the needs of your family and others ahead of your own well-being.



Create a Self Care Pledge

I am committed to taking care of myself because...

I know I really need to do this when....

Things that make me feel happy, calm, relaxed and fed are...

Things that support my mind, body and spirit are...

Every day I will....

Barriers and obstacles...

Place2Be's school-based support may not be available over the holidays – but there are still lots of ways that you can look after your child's wellbeing and get support.



Parenting Smart

Our Parenting Smart site is full of practical advice and tried and tested tips for parents and carers of primary-age children.

Visit Parenting Smart

<https://parentingsmart.place2be.org.uk>

If you or a family member needs urgent help, please visit our [Urgent Help page](#) for a list of organisations that can provide support.

<https://www.place2be.org.uk/page/get-urgent-help/>



Art Room Activities

A series of free creative projects for primary-age children to make at home with parents or carers.

<https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/activities-from-the-art-room/>



Mental Health services and support

Anxiety UK Helpline/Text Service A helpline that provides friendly support and guidance on how to deal with anxiety and can discuss techniques for immediate short-term relief of anxiety symptoms through to helping you find the right path of action for more long-term support. Call [0344 477 5774](tel:0344 477 5774) from Monday to Friday between 9:30am and 5.30pm, or text [07537 416905](tel:07537 416905) or email support@anxietyuk.org.uk.

Visit the [AnxietyUK](https://www.anxietyuk.org.uk) website for more information about this service.

CALM Zone Helpline A service for **males** in the UK who need to talk or find support. Call [0800 585858](tel:0800 585858) between 5pm and midnight every day of the year. There is also a webchat option available.

Visit [TheCalmZone](https://www.thecalmzone.org.uk) website for more information about these services.

MIND A service offering advice, support and information around mental health issues, including self-harm. Call [0300 123 3393](tel:0300 123 3393) from Monday to Friday between 9am and 6pm, or email info@mind.org.uk.

Visit the [MIND](https://www.mind.org.uk)

One Call Away A helpline for the gypsy/traveller community, offering confidential support for those depressed or suicidal. The service is here to listen, support and talk with you about depression, suicidal thoughts, self harm and anxiety.

You can call, text or WhatsApp Mark on [07393 561 735](tel:07393 561 735) or Caroline on [07748 997 617](tel:07748 997 617). Visit the [AskLily](https://www.asklily.org.uk) website for more information.

Samaritans - Write an email

Sometimes writing down your thoughts and feelings can help you understand them better.

Send your email to jo@samaritans.org and receive a response within 24 hours. Find out more about [how to write an email to Samaritans](https://www.samaritans.org/how-to-write-an-email-to-samaritans).

SHOUT A free, confidential and anonymous text support service. Text 85258 if you are struggling to cope and need to talk, trained Shout Volunteers are here for you, day or night.

Find out more about [GiveUsaShout](https://www.giveusa shout.org).

Side by Side An online community where you can listen, share and be heard. This service is available to everyone over the age of 18 24/7 so you always have someone to connect with day or night. Find out more about [SidebySide](https://www.sidebyside.org.uk).

over
Place
2Be