

Summer Holiday Support 2025

FLVC's Social Prescribing team has compiled this information to support families through the 6-week holidays.

This pack contains information about free and low-cost activities taking place across Flintshire throughout the school holidays. You will also find other information which you may find useful, including information on the school uniform grants & mental health support.

Some Services on this list have been compiled from online sources. It is in no way an approved or recommended list of providers. The information in this pack is accurate on the date of sending but is subject to change by each of the individual services. FLVC has no knowledge of, and accepts no liability for, the services provided by these businesses, or the individuals involved in that provision.

As some information has come from online sources it has not always been possible to find information bilingually.

Flintshire Local Voluntary Council: Social Prescription Service

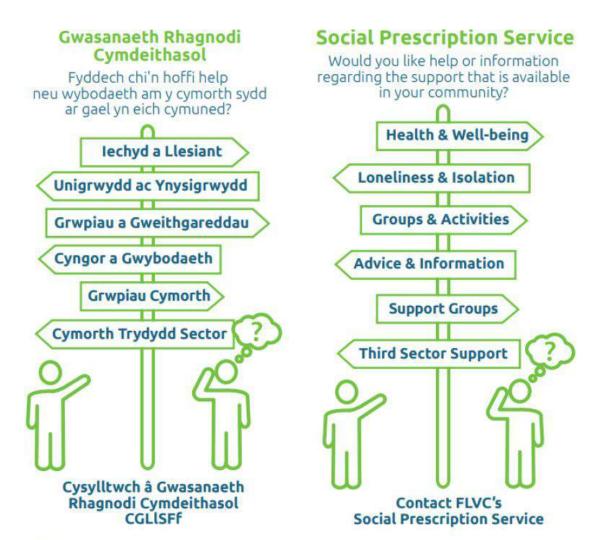


Social Prescribing is all about what will benefit and help improve people's Health and Wellbeing. It can enable people to gain more choice and control over what matters and what happens to them.

We could help you if you:

- Feel socially isolated
- Want help finding services which can help you
- Need to discuss support which may be available for you and your family

Our team will listen without judgement and work with you to find activities and community services to support you.





Free and Low Cost Activities for Families

Move Wild - Play Wild This Summer Holiday

Permisison to play - Family Movement Sessions.

4 week programme

- Movement in nature for mobility and strength
- Peer support and coaching
- Fireside Workshop
- Health Discussions
- Beginner-friendly
- Nature connection
- Family time



10.00-12.00 OR 13.00-15.00

Q 01352 758700

Rowley's Dr, Shotton, Deeside CH5 1PY

pfy@careandrepairnew.co.uk





Booking required: https://bookwhen.com/placeforyou



Movements

- Balancing
- Core Stability
- Hanging
- Lifting
- Carrying
- Falling
- Getting up/Getting Down
- Crawling
- Games





Place for you Lle i chi



A 4-week outdoor nature movement program for families to get involved with. It is free to attend we just ask people to book a space on the program which can be done through https://bookwhen.com/placeforyou or through emailing us at pfg/gcareandrepairnew.co.uk







FREE Summer Lego session

For families with children with additional needs and disabilities:

Primary school age from 6 to 11 years

10.00 am - 12 Noon

Tuesday 22nd July and Tuesday 5th August

Booking is essential as places are limited.

To book contact Sian: email - admin@standnw.org

Ysgol Plas Brondyffryn Secondary Tyr Ysgol Gwynfryn Site Nantglyn, Denbigh, Denbighshire, LL16 4ST

Meet us at the main entrance to the building

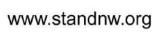
(Same site as the Denbigh children's centre – turn right for the centre, but head straight up to the top of the road)

An adult from each family must stay for the duration of each session. Children are the responsibility of the parents throughout the session

Bring your imagination and we will do the rest















Sesiwn Lego Haf AM DDIM

Ar gyfer teuluoedd â phlant ag anghenion ychwanegol ac anableddau:

Oedran ysgol gynradd o 6 i 11 oed

10.00 y bore - 12 canol dydd

Dydd Mawrth 22ain Gorffennaf a dydd Mawrth 5ed Awst

Mae archebu'n hanfodol gan fod llefydd yn gyfyngedig. I archebu cysylltwch hefo Sian: e-bost – admin@standnw.org

Ysgol Uwchradd Plas Brondyffryn, safle Tŷ'r Ysgol Gwynfryn, Nantglyn, Dinbych, Sir Ddinbych. LL16 4ST

Dewch i gyfarfod hefo ni wrth brif fynedfa'r adeilad.

(Yr un safle â chanolfan blant Dinbych – trowch i'r dde am y ganolfan, ond ewch yn syth i fyny i ben y ffordd)

Rhaid i oedolyn o bob teulu aros trwy gydol pob sesiwn. Cyfrifoldeb y rhieni yw'r plant drwy gydol y sesiwn.

Dewch â'ch dychymyg a byddwn ni'n gwneud y gweddill.





www.standnw.org









FREE Nature themed activity session

For families with children with additional needs and disabilities

Tuesday 26th August

Come and have some fun and meet the Gruffalo and the Hungry Caterpillar.

Take part in a selection of play activities including sensory play, crafts, songs and a story. There will be a variety of stations to explore including Gruffalo and Hungry Caterpillar themed

10.00 – 11.30 am: Early years aged children up to and including 5 years

1.00 – 2.30 pm: Primary aged children from 6 years up to and including 11 years

Booking is essential as places are limited.

To book contact Sian: email – admin@standnw.org

Ysgol Plas Brondyffryn Secondary Tyr Ysgol Gwynfryn Site Nantglyn, Denbigh, Denbighshire, LL16 4ST

Meet us at the main entrance to the building

(Same site as the Denbigh children's centre – turn right for the centre, but head straight up to the top of the road)

Children are the responsibility of the parents throughout the session.

www.standnw.org







Sesiwn gweithgareddau AM DDIM ar thema Natur

Ar gyfer teuluoedd â phlant ag anghenion ychwanegol ac anableddau

Dydd Mawrth 26^{ain} Awst

Dewch i gael hwyl a chyfarfod â'r Gryffalo a'r Lindysyn Llwglyd.

Cymerwch ran mewn detholiad o weithgareddau chwarae gan gynnwys chwarae synhwyraidd, crefftau, caneuon a stori. Bydd amrywiaeth o orsafoedd i'w harchwilio gan gynnwys rhai ar thema'r Gryffalo a'r Lindysyn Llwglyd.

10.00 – 11.30 y bore: Plant oedran blynyddoedd cynnar hyd at ac yn cynnwys 5 oed

1.00 – 2.30 y prynhawn: Plant oedran cynradd o 6 oed hyd at ac yn cynnwys 11 oed

Mae archebu'n hanfodol gan fod llefydd yn gyfyngedig.

I archebu cysylltwch hefo Sian: e-bost – admin@standnw.org

Ysgol Uwchradd Plas Brondyffryn, safle Tŷ'r Ysgol Gwynfryn, Nantglyn, Dinbych, Sir Ddinbych. LL16 4ST

Dewch i gyfarfod hefo ni wrth brif fynedfa'r adeilad.

(Yr un safle â chanolfan blant Dinbych – trowch i'r dde am y ganolfan, ond ewch yn syth i fyny i ben y ffordd)

Cyfrifoldeb y rhieni yw'r plant drwy gydol y sesiwn

www.standnw.org



Amgueddfa

Gweithgareddau i'r Teulu

Dydd Iau 24 Gorffennaf, 2pm-4.30pm:

> Gerddi Fictoraidd Bychain

Museum

Family Activities

Thursday 24th July 2pm-4.30pm:

Miniature Victorian Gardens







Amgueddfa yr Wyddgrug

Gwneud Gardd Fictoraidd Fechan

£1



Mold Museum

Make a Victorian miniature garden!

£1



SUMMER EVENTS AT FLINTSHIRE



THUR JUL 24TH

BUTTERFLY CRAFTS

Make your own butterfly wings and explore the nature reserves real life butterflies.

1PM - 3PM



OUTDOOR EXPLORERS

Make insect inspired art with bubbles and help our reserve officers search for mini beasts.

1PM - 3 PM



FLOWER POWER

Flower trail around Rhydymwyn with an exciting hapa zome craft.

1PM - 3 PM



THUR FLORAL FUN

Collect as many different colours as you can on the reserve and turn them into art!

1PM - 3 PM

TUE AUG 12 TH

ALL ABOUT BIRDS

Join us for a family friendly bird watch. Create your own collage of all the birds you see.

1PM - 3 PM



OPEN DAY

Come and take a look around Lane End nature reserve and learn about the work we do on the reserve.

10AM - 12PM OR 1PM - 3PM



DEN BUILDING

Come and learn how to build your own natural den!

1PM - 3 PM

LOCATION

LANE END, CH7 3FB

RHYDYMWYN, CH7 5HQ

Booking essential. Please wear suitable outdoor footwear.

To book contact: info@wild-ground.org.uk 01978 757524



www.wild-ground.org.uk









NATURE SPOTTING

Join us for a guided walk at Broadoak woodland for an afternoon of tree identification and nature spotting. Meet at the gates at Hollowbrook drive.

1 PM - 3 PM



WILDLIFE WALK

Come and take a walk with us down Llwyni Valley for a nature spotting afternoon and some litter picking. Meet at the garages on Cotterell close.

1PM - 3 PM



WILLOW CRAFTS

Come and weave some willow into natural shapes. Meet at the Community Garden behind Connah's Quay job Centre

1PM - 3 PM

Booking essential. Please wear suitable outdoor footwear.

To book contact:

info@wild-ground.org.uk / 01978 757524









SUMMER EVENTS DIGWYDDIADAU'R HAF

AT GLASCOED, LL17 0JA YNG NGHLASCOED





NATURE PHOTO BOOTH

Make your own photo frame to capture different colours and shapes in nature. Afterwards, make some dragonfly themed keyrings to take home.

1PM - 3 PM



MAM BWTH LLUNIAU NATUR

Dewch i greu ffrâm ffotograffau er mwyn cofnodi lliwiau a siapiau byd natur. Yna, bydd cyfle i greu torch allwedd 'gwas y neidr' i fynd adref gyda chi.

1 YP - 3 YP



NOCTURNAL WALK

Join us as we walk through Glascoed Nature Reserve at dusk to spot and identify bats as well as any other nocturnal animals.

8:30 PM - 10PM



MAW TAITH GYDA'R NOS

Ymunwch â ni am daith gyda'r nos yng Ngwarchodfa Natur Glascoed i weld ystlumod ac unrhyw anifeiliaid y nos eraill.

1YP - 3YP

Booking essential. Please wear suitable outdoor footwear. Rhaid archebu lle. Gwisgwch esgidiau addas.

To book contact: I archebu cysylltwch â: info@wild-ground.org.uk / 01978 757524



www.wild-ground.org.uk









BUG HOTELS

Come and explore Stryt Las Nature Reserve, and discover what bugs are living here. Create your own mini bug hotel to take home for the bugs in your garden.

1PM - 3PM



GWESTAI TRYCHFILOD

Dewch am dro yng Ngwarchodfa Natur Stryt Las, i ddarganfod pa drychfilod sy'n byw yma. Cyfle i greu gwesty trychfilod ar gyfer eich gardd.

1YP - 3YP



Booking essential. Please wear suitable outdoor footwear. Rhaid archebu lle. Gwisgwch esgidiau addas.

To book contact:

I archebu cysylltwch â: info@wild-ground.org.uk / 01978 757524











Free Swimming Timetable 2024

For Young People Aged 16 Years And Under

In Flintshire, free junior sessions for young people are available across the five swimming pools in Buckley, Connah's Quay, Flint, Holywell and Mold throughout the year.

BUCKLEY LEISURE CENTRE (Aura Wales)

Call 01352 704290 or visit www.aura.wales

SAT

1:15 - 2:15pm

CONNAH'S QUAY [Cambrian Aquatic Sports Centre]

Call 01244 956595

SUN

12:00 - 3:00pm

JADE JONES PAVILION FLINT (Aura Wales)

Call 01352 704301 or visit www.aura.wales

SAT

2:45 - 4:00pm

HOLYWELL LEISURE CENTRE (Community Managed)

Call 01352 355100 or visit www.holywellleisurecentre.com

SAT

12:00 - 1:00pm

MOLD LEISURE CENTRE (Aura Wales)

Call 01352 704330 or visit www.aura.wales

SUN

10:45 - 11:45am























PARTY IN THE PARK

SATURDAY 26TH JULY 2025 11AM - 4PM

a fron park & holywell leisure centre

park activities include:

restling show (with meet and greet) bmx coaching skateboard coaching archery sessions axe throwing sessions climbing wall dj/karaoke bushcraft inflatable assault course crown green bowling community stalls face painting glitter tattoos ice cream van burger van coffee van free lunch packs for

children

léisure centre activities include:

bouncy castle
free access to gym
badmington
squash
5 a side football
soft play
pool inflatable disco (1.302.30pm)
free junior swim (12pm-1pm)
tug of war
exclusive gym deal (20% off)
free hotdogs courtesy of
Rosie'z

FUN FOR ALL THE



Programme subject to change

CYNGOR TREF TREFFYNNON HOLYWELL TOWN COUNCIL

SUMMER EVENTS

AT QUAYSCAPE GARDEN, WEPRE DRIVE, CONNAH'S QUAY, CH5 4HA











WED JUL 30™

BIG BUTTERFLY COUNT WITH POLLINATOR ACTIVITY

Discover nature on your doorstep and help contribute to the Big Butterfly Count 2025 (Butterfly Conservation Trust) at Quayscape Gardens and learn more about the pollinators that help look after our gardens.

1:30 PM - 3:30 PM



OUTDOOR STORYTIME WITH BUG HUNT

Come and listen to a story all about insects in our lovely gardens, and then see how many we can find with a bug hunt through our mini meadow.

1:30 PM - 3:30 PM



BUG HOTEL BUILDING

Learn how to make space in your garden for insects with a bug hotel building activity using natural and recycled materials.

1:30 PM - 3:30 PM



FAMILY BUSHCRAFT

Learn how to safely build a fire and cook outdoors with us!
Under 18s must be supervised by an adult at all times. Please contact us with any allergen details/dietary requirements upon booking.

1:30 PM - 3:30 PM



BOOKING ESSENTIAL. PLEASE EMAIL:

RUTH.ARMSTRONG@GROUNDWORKNORTHWALES.ORG.UK





www.groundworknorthwales.org.uk

DIGWYDDIADAU'R HAF

YNG NGERDDI'R CEI, WEPRE DRIVE, CEI CONNAH, CH5 4HA











MER GORFF 30^{AIN}

CYFRIF GLÖYNNOD BYW A GWEITHGAREDD PEILLIO

Dewch i ddarganfod natur ar garreg y drws a helpu i gyfrannu at ddigwyddiad 'Big Butterfly Count 2025' (Ymddiriedolaeth Cadwraeth Glöynnod Byw) yng Ngerddi'r Cei a dysgu rhagor am y peillwyr sy'n helpu i ofalu am ein gerddi.

1:30 PM - 3:30 PM



AMSER STORI YN YR AWYR AGORED A HELFA DRYCHFILOD

Dewch i wrando ar stori am drychfilod yn ein gerddi hyfryd, yna ymunwch â helfa drychfilod yn ein dôl fach.

1:30 PM - 3:30 PM





ADEILADU GWESTY TRYCHFILOD

Dysgwch sut i greu lle yn eich gardd ar gyfer trychfilod yn ein gweithgaredd adeiladu gwesty trychfilod o ddefnyddiau naturiol ac wedi'u hailgylchu.

1:30 PM - 3:30 PM



GWYLLT-GREFFT I'R TEULU

Dysgwch sut i greu tân a choginio yn ddiogel yn yr awyr agored! Rhaid i bob unigolyn dan 18 oed fod dan oruchwyliaeth oedolyn bob amser. Pan fyddwch yn archebu, rhowch wybod i ni os oes gennych unrhyw alergeddau/gofynion deietegol.



1:30 PM - 3:30 PM

RHAID ARCHEBU LLE. I ARCHEBU CYSYLLTWCH Â:

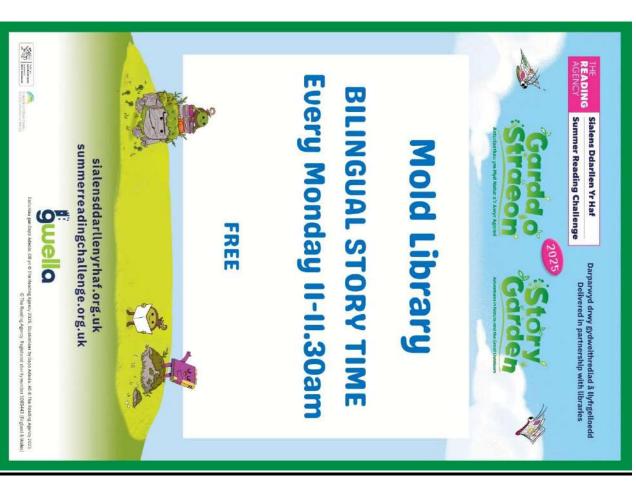
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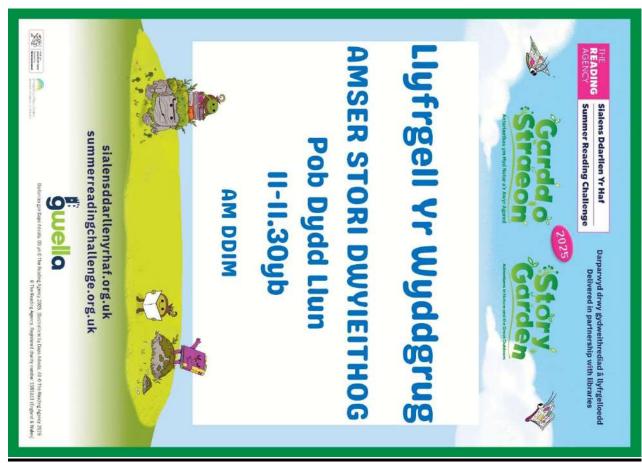






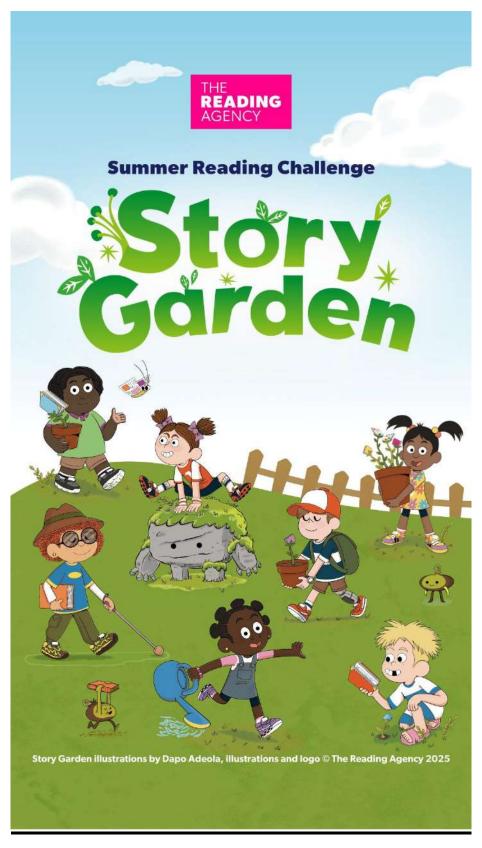
www.groundworknorthwales.org.uk











Sign up for free at your local library – get a certificate and a medal if you complete the challenge







SAFLEOEDD 3 WYTHNOS / 3 WEEK SITES

LLEOLIADAU / LOCATIONS

LLEOLIADAU / LOCATIONS

LLEOLIADAU / LOCATIONS



Wythnosau 1 - 3 / Weeks 1 - 3

AM: 10:30 - 12:30

Parc Lyme Grove Park

Bwcle / Buckley

Gwernaffield Cae Cwt Sgowtiaid / Scout Hut Field

Cae Chwarae / Playing Field Sandycroft

Pontybodkin Parc Coed Talon Park (Llun - Mer / Mon - Wed) Cymau Parc Chwarae / Play Park (lau - Gwe / Thur - Fri)

Llaneurgain / Northop Ysgol Owen Jones

PM: 2:00 - 4:00

Bwcle / Buckley Ysgol Westwood

Yr Wyddgrug / Mold Gas Lane

Y Willows / The Willows Yr Hôb / Hope

Abermorddu Ysgol Abermorddu (Llun - Mer / Mon - Wed

Ffrith Ardal Chwarae / Play Area (lau - Gwe / Thur - Fri)

Penyffordd Ardal Chwarae / Play Area (H)

Wythnosau 4 - 6 / Weeks 4 - 6

AM: 10:30 - 12:30

LLEOLIADAU / LOCATIONS

Bwcle / Buckley Common Yr Wyddgrug / Mold Parkfields

Saltney Rhodfa Parc / Park Avenue Ardal Chwarae / Play Area Sychdyn

PM: 2:00 - 4:00

Bwcle / Buckley Parc Drury Park

Ardal Chwarae / Play Area Gwernymynydd Rhodfa Brookes Avenue Brychdyn / Broughton





SAFLEOEDD 6 WYTHNOS / 6 WEEK SITES



AM: 10:30 - 12:30

Cei Connah / Connah's Quay Maes Glas / Greenfield

Carmel

Castell Y Fflint / Flint Castle

Caerwys

Y Fflint / Flint

Mynydd y Fflint / Flint Mountain

Sealand Manor

Mancot

Coed Llai / Leeswood

Northop Hall

Bagillt

Penarlâg / Hawarden

LLEOLIADAU / LOCATIONS

Parc Canolog / Central Park (Quayplay)
Cae Canolfan Cymunedol / Community

Ysgol Bro Carmel

Centre Field

O flaen y castell / In front of the castle

Sefydliad Coffa / Memorial Institute

Coed Onn

Ardal Chwarae / Play Area

Ardal Chwarae / Play Area

Caeau Chwarae / Playing Fields

Parc Phoenix Park

Ardal Hamdden / Rec Ground

Ffordd Fictoria / Victoria Road

Level Road

PM: 2:00 - 4:00

Holway

Shotton

Mynydd Isa / Pentre Cythrel / New Brighton*

'Wythnos 1 - NB Llun - Mercher & MI lau - Gwener - Wythnos 2 MI - Llun - Mercher NB lau - Gwener ac yna bob yn ail wythnos. / Week 1 - NB Mon - Weds & MI Thurs- Fri - Week 2 MI - Mon - Weds NB Thurs - Fri and then alternate weekly.

Mostyn

Carmel

Y Fflint / Flint

Y Fflint / Flint

Garden City

Aston

Penyffordd

Rhosesmor

Bagillt

Penarlâg / Hawarden

LLEOLIADAU / LOCATIONS

Meadowbank

Cae Clwb 33 Club Field

Pentre Cythrel / New Brighton: Parc Chwarae / Play Area. Mynydd Isa: Parc Chwarae Watts Dyke Play Area

Maes Pennant

Ysgol Bro Carmel

Parc Cornist Park

Rhodfa Albert Avenue

Welsh Road

Parc Gary Speed Park

Ardal Chwarae Millstone / Millstone Play Area

Ardal Chwarae / Play Area

Parc Wern Park

Cae Chwarae Gladstone Playing Fields





Cwestiynau Cyffredin

Beth yw chwarae peryglus?

Mae Chwarae Peryglus yn bwysig i ddatblygiad plant, mae'n eu galluogi i herio eu hunain, arbrofi gyda chyfyngiadau, goresgyn ofnau ac archwilio ffiniau. Gall Chwarae Peryglus gynnwys dringo, neidio, cydbwyso, llithro, siglo a mathau eraill o chwarae. Bydd ein tîm yn sicrhau bod eich plentyn yn cael cyfle i gael mynediad at chwarae peryglus dan oruchwyliaeth ddiogel.

Beth yw chwarae mynediad agored dan oruchwyliaeth?

Mae Mynediad Agored yn cyfeirio at allu plant i chwarae'n rhydd a mynychu cynlluniau chwarae a gadael fel y mynnant. Bydd ein staff yn annog plant i aros ar y safle, ond rydym hefyd yn annog rhieni/gwarcheidwaid i drafod eu disgwyliadau gyda'r plentyn cyn mynychu. Mae fyny i chi benderfynu p'un a fydd eich plentyn yn dilyn eich cyfarwyddiadau neu beidio.

Mae Chwarae Dan Oruchwyliaeth yn cyfeirio at gyfrifoldeb y staff. Eu gwaith nhw yw goruchwylio er mwyn sicrhau fod gan blant amgylchedd diogel i chwarae. Cynghorir staff fel rhan o'u hyfforddiant i roi'r hawl i blant chwarae heb ymyrraeth oedolion, gan ymuno os ydynt yn cael eu gwahodd i wneud hynny.

A oes rhaid i mi adael fy mhlentyn?

Nag oes, mae croeso i chi aros o gwmpas gyda'ch plentyn, a chewch ddod â phicnic gyda chi a mwynhau cymdeithasu gydag eraill.

Ble a phryd mae'r Cynlluniau Chwarae'n cael eu cynnal?

Mae sesiynau bore a phrynhawn yn cael eu cynnal ar draws Sir y Fflint, gweler am amseroedd a rhestr o safleoedd.

Sicrhewch eich bod hefyd yn cofrestru eich plentyn ymlaen llaw ar-lein ar gyfer bob safle. Gallwch eu cofrestru ar gyfer nifer o safleoedd os ydych yn dymuno iddynt fynychu mwy nag un.

Nid yw fy mhlentyn yn 5 oed eto?

Yn anffodus rydym ond yn cael goruchwylio plant 5 oed a hŷn, ond mae croeso i chi aros gyda nhw ar y safle.

Frequently Asked Questions

What is risky play?

Risky Play is important to a child's development, it allows the child to challenge themselves, test limits, overcome fear and explore boundaries. Risky play can involve climbing, jumping, balancing, sliding, swinging, sliding and other forms of play. Our team of staff will ensure that your child has the opportunity to access risky play under safe supervision.

What is open access supervised play?

Open Access refers to children being able to freely attend the playschemes and to leave when they want. Our staff will encourage children to stay on site, but we also encourage parents/guardians to discuss their expectations with the child before attending. It is for you to make the judgement that your child will follow your requests.

Supervised Play refers to the responsibility of the staff. They are there in a supervisory capacity to ensure children have a safe environment to play. Staff are advised as part of their training to allow children the right to play without adult intervention but to join in if invited to do so.

Do I have to leave my child?

No, you are more than welcome to stay around on site with your child, bring a picnic and enjoy socialising with others.

Where and what times are the Playschemes running?

We have morning and afternoon sessions across Flintshire, please refer to our list for times and site list

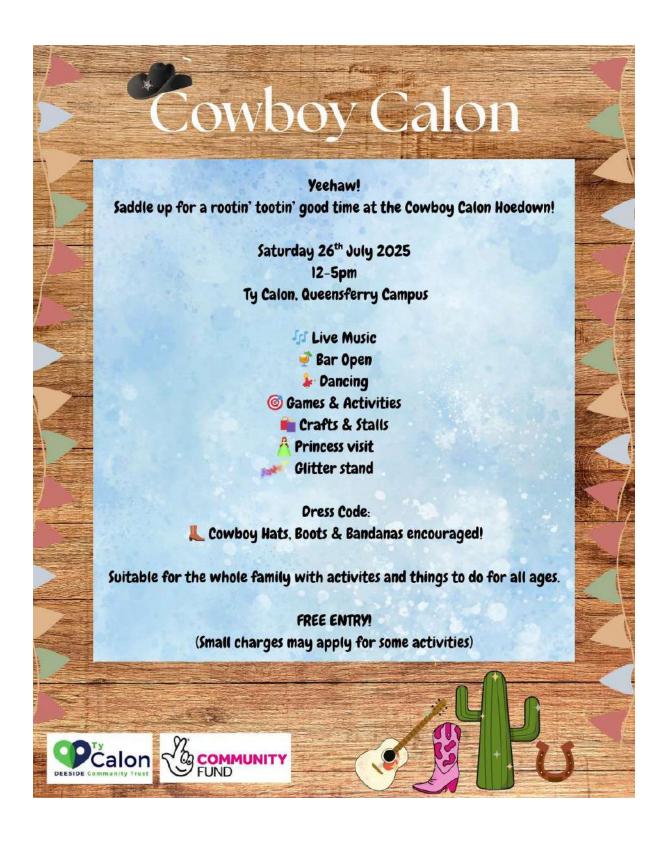
Please also ensure that your pre-register your child online for each site. You can register them for multiple sites if you wish for them to attend more than one.

My child is not 5 yet?

Unfortunately we are only allowed to Supervise children from the age of 5 years and up, but you are more than welcome to stay with them on site.

Do you want a summer full of fun, laughter and playful opportunities for your children? Our summer playschemes offer children the opportunity to play in a freely chosen, self-directed, and intrinsically motivated atmosphere, not led by adults but by children but facilitated and supervised by playworkers.

Register here: https://www.flintshire.gov.uk/en/Resident/Schools/Flintshire-Playscheme/Home.aspx



BOARD GAMES & JIGSAWS





EVERY DAY!!

Adult supervision requiredALL AGES

Caffi Isa Arts & Community Centre Mercia Drive, Mynydd Isa CH7 6UH ///kilt.swung.examiner

email: info@caffi-isa.co.uk











School Uniform Support

You can apply for School Essentials Grant for children starting any of the following years in September 2025:

Reception, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11.

Looked after (foster care) children can qualify in any of the above years.

School Essentials is also available to eligible parents of children in a special school, special needs resource base, pupil referral unit (PRU) or children who are 'Educated otherwise than at school' (EOTAS – Must have been arranged by the Local Authority).

In order to be eligible to apply, parents must already be in receipt of, or applying for Free School Meals (eFSM) based on the following income;

- Income Support,
- Income Based Jobseekers Allowance,
- Support under Part VI of the Immigration and Asylum Act 1999,
- Income-related Employment and Support Allowance,
- Child Tax Credit,
- Provided they are not entitled to Working Tax Credit and their annual income does not exceed £16,190,
- Guarantee element of State Pension Credit,
- Working Tax Credit 'run-on' the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit or Universal Credit.
- Universal credit (If earned income is included in the assessment of UC it must be less than £616.66)

The Funding is also available to all looked after children (Foster Care) of compulsory school age and pupils with no recourse to public funds.

For Enquires Email: FreeSchoolMeals@flintshire.gov.uk

You must complete an online form on the Flintshire County Council website to apply.

If you are an Asylum Seeker and/or have no recourse to public funds, please do not try and apply online. Instead, please email us with your name, address, date of birth and contact details, and we will contact you to help you apply.

Kidsbank School Uniform Self Referral

KidsBank offers Uniform support to families who have children aged 4-11 years old, who are experiencing hardship and who live within Chester and the surrounding area. Any family in need of support for primary school uniform can submit a Uniform Referral for their children. They give children's clothing up to size 12-13 years. You can submit a referral for autumn uniform from 2nd June 2025 – 4th August 2025. These referrals will be processed and delivered in the school summer holidays so that it is with you ahead of the new school year.

The Uniform Self Referral Form can be filled in where all of the following applies:

- You are experiencing hardship and need support with uniform items for your children
- You live within Cheshire West & Cheshire or Flintshire
- Your children attend Primary School in Cheshire West & Chester or Flintshire

https://kidsbankchester.com/uniform-self-referral/

Alternative Food Sources

Flintshire Foodbank

Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. Can provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. Please note that this is a crisis support service and your situation will be discussed by the referral agency to enable any additional support needs to be identified.

Foodbank vouchers can be issued from a number of referral agencies within Flintshire. The contact details below are for the Wellbeing Team within the Single Point of Access (SPoA). Foodbank locations and opening times will be given when the voucher is issued.

03000 858 858



FLVC's Social Prescribing Team can provide you with a list of organisations around Flintshire where you can access food for free or at a minimal cost. These are often community fridges or community cafes. To request a copy of the list please contact the social prescribing team on support@flvc.org.uk

Healthy Start Payment

Families can get a pre-paid card that is topped up every 4 weeks with credit to buy healthy food - fruit, vegetables, pulses and milk and infant formula. They can also get free Healthy Start vitamins.

Healthy Start is available to those who are more than 10 weeks pregnant or have a child under four and are in receipt of certain benefits.

Healthy Start cards can be used in retailers that sell food and accept MasterCard.

They can be used to buy:

- cow's milk
- fresh, frozen, and tined fruit and vegetables
- dried and tinned pulses
- first infant formula milk

Fit Fed & Read

The Fit, Fed and Read scheme is running across Flintshire throughout the summer holidays. Children can access free activities and a free meal. Dates and locations are provided in the 'Activities' section of this pack.



PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 21st July - 29th Sept

BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids Eat Free from 14th July - 31st August 2025

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free this summer holidays (ex Saturdays)

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Mental Health Support

Samaritans

You can contact Samaritans 24 hours a day, 365 days a year:

- Call 116 123 (free from any phone)
- Call the Samaritans Welsh Language Line on 0808 164 0123 (7pm-11pm every day)

National Suicide Prevention Helpline UK

Offers a supportive listening service to anyone with thoughts of suicide. You can call the <u>National Suicide Prevention</u> <u>Helpline UK</u>.

0800 689 5652 (6pm to midnight every day).

<u>C.A.L.L.</u>

If you live in Wales, you can call the Community Advice and Listening Line (C.A.L.L.)

• 0800 132 737 (open 24/7) or you can text 'help' followed by a question to 81066.

Childline

Young people can call Childline free on 08001111

111 OPTION 2

• Call 111 Press Option 2 for Mental health support