

Summer Holiday Family Activity and Support Information 2023



It's Summer Holidays again and we know keeping the family entertained can be hard, especially as we might not have much, if any, spare money to spend. We have put together some information about free activities in the local area and some family support information in case it is needed over the holidays.

Free Local Activities

Libraries

There are lots of free events on at local libraries over the summer from lego sessions, science and engineering to Anime and Manga and story time. Follow the link below to have a look at what's on in a library near you.

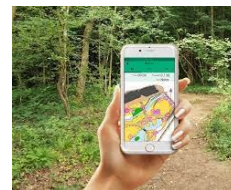
<https://events.lancashire.gov.uk/search/index.asp>



Orienteering

Get some fresh air with an orienteering course. Go Orienteering have some great orienteering courses permanently set up in some local parks. Have a look at the website for local parks, most are free to access and download.

www.goorienteering.org.uk/



Reading Heroes

Lancashire Library Services are running Reading Heroes this summer. Reading Heroes is the brand-new summer reading programme offered in all libraries across Lancashire, which encourages children aged 4 to 12 (although not exclusively) to keep reading through the summer holidays, offering prizes for those who manage to read 5 books over the summer, and additional incentives for those who manage to also complete a number of challenges. If you join at Kingsfold Library then you will get free entry to Lancashire Museums too!

<https://www.lancashire.gov.uk/libraries-and-archives/libraries/lancs-reading-heroes/>



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Visit Preston

Visit Preston has listed some great ideas for getting out and about in Preston this summer. Have a look at their summer 2023 blog for some ideas. They also have a list of events going on at the Flag Market and elsewhere around the city. Have a look at the city centre statue walk for details of a 1.5 mile walk looking at the city's statues.

[www.visitpreston.com/
things-to-see-and-do/
Preston-City-Centre-
Statue-Trail](http://www.visitpreston.com/things-to-see-and-do/Preston-City-Centre-Statue-Trail)



Beach Art at Lytham

Get your creative juices flowing, grab your buckets and spades and join in on the beach to create some 'fin-tastic' marine-themed sand sculptures.

26th July 2023

North Beach Car Park, Clifton Drive
North, Lytham St Annes, Lancashire, FY8
2TR



[www.visitlancashire.com/whats-on/
beach-art-p1056270](http://www.visitlancashire.com/whats-on/beach-art-p1056270)

Websites to find out what's going on!

Here are some good websites to help keep you informed about events in the local area:

"What's On?"
IN THE AREA

<https://www.visitpreston.com/whats-on/events-calendar>

www.visitlancashire.com/whats-on/family-events

www.dayoutwiththekids.co.uk

www.brockholes.org

www.blogpreston.co.uk



Keep your eye on local facebook pages too for posts on there, a great facebook page is 'what's on in Preston'. It has lots of up to date information about holiday clubs and activities taking place locally.

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Holiday Activities and Food Scheme (HAF)

Don't forget, if your child receives free school meals then they can attend the HAF scheme which allows up to 16 days (4 hours per day) childcare over the summer holidays with food included. There are loads of different sessions they can attend from football and multi sports to arts and crafts and drama. Have a look at the websites below:

If you live in South Ribble: www.southribble.gov.uk/haf

If you live in Preston: www.getstuckin.org.uk/

If you live outside these areas have a look here to find your local scheme:

www.lancashire.gov.uk/children-education-families/school-holiday-activities/



Financial Support Advice

Citizens Advice: information and advice relating to debt, fuel vouchers, household support fund and food banks.

If you live in South Ribble:

www.citizensadvice.lancashirewest.org.uk

Telephone: 0808 278 7880

If you live in Preston:

www.citizensadvice.org.uk

Telephone: 0300 330 1172

Your local Child and Family centre could also offer some help, support and guidance on financial matters including information about getting back to work and food banks. Find your nearest centre at:

www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/



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Food Banks

If you find you need access to a food bank over the holidays please contact your local citizens advice centre (see previous page for contact details). They will be able to direct you to your nearest one and will complete a referral for you if the food bank requires one. Below is a list of some local food banks:

Penwortham Food Bank, Friday 9:30—12pm.
Penwortham Community Centre, Kingsfold Drive, PR1 9EQ. No referral needed.

Phone: 01772 750533

Email: penworthamfoodbank@gmail.com

Leyland Food Bank, Monday to Thursday 10am—12pm. St Mary's Community Centre, Broadfield Avenue, Leyland, PR25 1PD

Email: leylandfoodbank@yahoo.com

New Day Church Food Hub. For families living in the PR5 5 postcode area. Wednesday 10am—15:00pm. Ward Street, Lostock Hall, PR5 5HR. Phone: 01772 461 454

Email: foodhub@newdaychurch.uk

£2.50 a visit for up to 15 quality items. Referral needed, school can make a referral.

The Base Community Shop. For families living in Leyland area. Wednesday 10am—5pm. Bannister Drive, Leyland, PR25 2GD.

Phone: 01772 422 039

Email: andrea@keycharity.org.uk

£2.50 a visit for up to 10 items.

Noor Food Bank, Noor Hall, Noor Street, Preston, PR1 1QS

www.noorfoodbank.co.uk

Self referral and request for help form can be found on the website.

Salvation Army Food Bank Preston:

www.salvationarmy.org.uk/preston

You will need a referral to access this food bank. Citizens advice can help anyone who needs a referral for this foodbank.

Child and Family Wellbeing Service (CFW)

Your local CFW can offer loads of support and advice to families over the holidays. They also run lots of groups for children including nurture groups and parenting support groups. Have a look at the website below to find details of your local children's centre. They are friendly and always willing to help families in need.

<https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/>

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Mental Health

Yours and your children's mental health is really important and it can be difficult to know where to go when things get tough. Here is a list of some good websites for supporting mental health and ways you can access support.

www.healthyyoungminds!sc.co.uk/home

This is an NHS website where you can find lots of information about children and young people's mental health and emotional wellbeing. It has links to lots of local services and advice on a number of different issues.

www.camhs-resources.co.uk/downloads

This is a collection of downloadable self-help guides. Some are aimed at adults but the ideas and suggestions in them can still be relevant for young people and parents.

www.camhs-resources.co.uk/websites

One of the most comprehensive lists of mental health websites we have found.

Contact your GP or NHS 111 if you have concerns about your child's or an adults mental health. If you have serious and immediate concerns visit the Accident and Emergency department at your local hospital or call 999.

We hope you all have a happy and healthy summer holiday. We can't wait to see you all back on 4th September! (Years 1 to 6) and we look forward to welcoming our new Reception children on their start date.



Healthy Hearts
Healthy Bodies
Healthy Minds

