



# Wessex Learning Trust

We Learn Together!

# Summer Holiday 2025 Support Pack for Families

Summer 2025 is here and for some families this can feel overwhelming.  
Keeping children entertained, fed and happy over the summer holidays can feel quite daunting.

We have collated some activity ideas and family days out, a lot of these are free or inexpensive giving you plenty of ideas for staying busy and active this Summer.

# Helping Hands for Hungry Tummies

- [Places Where Kids Eat Free or for Less](#)
- [Bills Restaurants Kids Eat free Mon - Fri all Summer 2025](#)
- [Cheap Family Meal Recipes](#)
- [Cheddar Valley Foodbank](#)
- [Highbridge & Burnham Area Foodbank](#)
- [Bridgwater Foodbank](#)

PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025 moneysavingcentral.co.uk/kids-eat-free	
<b>ANGUS STEAKHOUSE</b> Kids under 8 eat FREE daily, 12pm to 5pm	<b>MARCO PIERRE WHITE</b> Kids under 12 Eat FREE daily with an adult spend
<b>ASDA</b> Kids eat for £1 daily, with no adult spend	<b>MORRISONS</b> Kids Eat FREE all day, every day with a £5 spend
<b>ASK ITALIAN</b> Kids under 10 eat for £1 during school holidays	<b>PAUSA CAFE @ DUNELM</b> Kids eat FREE with every £4 spend after 3pm
<b>BEEFEATER</b> Kids Eat FREE with Newsletter Voucher this Summer	<b>PREMIER INN &amp; TRAVELODGE</b> 2 kids eat for FREE with 1 adult breakfast
<b>BELLA ITALIA</b> Children eat for £1 with any adult main	<b>PRETO</b> Kids up to age 10 eat free with 1 paying adult
<b>BILLS</b> Kids Eat Free weekdays, 21st July – 29th Sept	<b>PUREZZA</b> Kids under 10 get free pizza with every adult meal
<b>BREWERS FAYRE</b> Kids Eat FREE with Newsletter Voucher this Summer	<b>SA BRAINS PUBS</b> Kids eat for £1 on Wednesdays
<b>BREWDOG</b> 2 Kids eat free with 1 adult, 19th July - 31st August	<b>SIZZLING PUBS</b> Kids eat for £1, Every Monday to Friday, 3 - 7pm
<b>BURGER KING</b> From 28th July - 31st August, Kids Eat Free (via app)	<b>TABLE TABLE</b> 2 Kids Eat free breakfast daily with 1 paying adult
<b>CHIQUITO</b> Kids eat FREE Daily Until August 31st	<b>TESCO</b> Kids Eat FREE with a 60p spend until Aug 31st
<b>DOBBIES GARDEN CENTRES</b> Kids eat for £1 with an adult breakfast or lunch	<b>TGI FRIDAYS</b> Kids Eat Free with any adult meal (Via App)
<b>FRANKIE &amp; BENNY'S</b> Kids Eat Free from 14 <sup>th</sup> July – 31 <sup>st</sup> August 2025	<b>THE REAL GREEK</b> Kids under 12 eat FREE Sundays with £10 spend
<b>FUTURE INNS</b> Under 5s eat for free with any adult meal	<b>TOBY CARVERY</b> Kids eat for £1 all day (weekdays) until Aug 29th
<b>GORDON RAMSEY RESTAURANTS</b> Kids under 10 eat FREE all day, every day	<b>WHITBREAD INNS</b> 2 kids eat for FREE with 1 adult breakfast
<b>HUNGRY HORSE</b> Kids eat for £1 on Mondays	<b>YO! SUSHI</b> Kids eat free all day (weekdays) in school holidays
<b>IKEA</b> Kids get a meal from 95p daily from 11am	<b>ZIZZI</b> Kids eat free this summer holidays (ex Saturdays)
<b>LAS IGUANAS</b> Kids under 12 eat FREE with 'My Las Iguanas' App	



# Activities for Children with Additional Needs

Somerset Council's activity calendar offers a wide range of events to book for every day of the summer holidays. Most activities have a small charge, but many are very affordable!

[Click to download](#)





# Free Activity Day Passes for Children with Disabilities or SEN

To book a free pass, email: [cia@somerset.gov.uk](mailto:cia@somerset.gov.uk)

Passes are issued on a first come, first served basis, so your first choice may not be available.

We recommend booking at least 5 days in advance to avoid disappointment!

[Click Here](#)

**FREE Activity DAY PASSES**  
Community Inclusion and Activity Team

Available all year round for ALL families in Somerset with a child or young person with a disability or additional need

**HESTERCOMBE**  
www.hestercombe.com  
Hestercombe Road,  
Taunton TA2 8LG  
**FAMILY PASS**  
2 adults, 5 children

**Puxton Park**  
www.puxton.co.uk  
Cowslip Lane, Hewish,  
BS24 6AH  
Tickets are at the reduced cost of £4 per person with a maximum of 5 people. Please email the CIA Team to book tickets.

**COURT FARM**  
www.courtfarmcountrypark.co.uk  
Court Farm Country Park  
Wolverhill Road, Barwell,  
BS29 6DL  
**FAMILY PASS**  
2 adults, 2 children

**Abbotsbury**  
www.abbotsbury-tourism.co.uk  
Swannery & Subtropical Gardens  
Church Street, Abbotsbury,  
Dorset, DT3 4JJ  
**FAMILY PASS**  
2 adults, 3 children

**Noah's Ark ZOO**  
www.noahsarkzooofarm.co.uk  
Clevedon Road, Wraxall,  
Bristol, BS48 1PG  
**FAMILY PASS**  
2 adults, 2 children  
Please Note: The park is NOT normally open on Sundays

**WILD PLACE**  
www.wildplace.org.uk  
Junction 17, M5 Cribbs  
Causeway, BS10 7TP  
**FAMILY PASS**  
2 adults, 3 children

**FERNE ANIMAL SANCTUARY**  
www.ferneanimalsanctuary.org  
Wambrook, Chard, TA20 3DH  
**FAMILY PASS**  
2 adults, 3 children

**How does it work?**

1. Choose a place to visit
2. Choose a date
3. Email [ciateam@somerset.gov.uk](mailto:ciateam@somerset.gov.uk) with your child's name, disability, which pass you would like and on what date
4. We will check our diary & if it's free, we will take some details & book you in



# Free or Low Cost Playdays



**Bridgwater Playday**

St Matthews Field,  
TA6 7BT  
Wednesday 30 July  
2025  
10.00am - 3.00pm

A free event for children and families

Children must be accompanied by an adult  
Parking available on site at £1 per car  
Please note photos will be taken for publicity purposes  
Dogs must be kept on a lead and litter picked up



**AMMERDOWN FAMILY FUN DAY!**  
AUGUST BANK HOLIDAY MONDAY  
1PM - 4PM  
FREE ADMISSION

THE AMMERDOWN CENTRE AMMERDOWN PARK BA3 5SW



Together Pussycat CIC  
Action Pussycat  
Riverside Holiday Village

**Penny Party in the Park**  
Thursday 24th July  
Riverside Holiday Village  
11am to 2pm

Kindly sponsored by 

**Live Family Entertainment**  
Rides  
Circus Skills  
Face Painting  
Demos - Craft Activities  
Food and Drink  
Swimming pool  
On site parking  
Local artisans  
and more

Riverside Holiday Village,  
Bleadon

[www.facebook.com/actionkidsparty](http://www.facebook.com/actionkidsparty)



ADMISSION  
ADULTS £3  
KIDS GO FREE

**MEGA MASCOT FUN DAY**

CRAFT & FOOD STALLS,  
CHILDRENS RIDES,  
INFLATABLES  
KIDS ENTERTAINMENT  
& SO MUCH MORE

SPECIAL OCCASION MASCOTS

CAR BOOT SALE - Pitches from £10

**WED 30 JULY & WED 27 AUGUST**

**BASC SPORTS GROUND**  
STODDENS ROAD, BURNHAM ON SEA, TA8 2BS

**OPEN FROM 11AM TO 4PM**



# Activities Run by The SPACE in Cheddar

[Click for more information](#)

The SPACE is a local support hub for children and young people, offering a safe and inclusive environment for play, creativity, and social connection for adults and children.

**SUMMER HOLIDAY ACTIVITIES 2025**

THESE ACTIVITIES ARE ONLY FOR CHILDREN AND YOUNG PEOPLE WHO LIVE OR ARE EDUCATED IN THE CHEDDAR VALLEY AREA

**MONDAY 28<sup>TH</sup> JULY  
MONDAY 11<sup>TH</sup> AUGUST  
MONDAY 25<sup>TH</sup> AUGUST**

**GOACTIVE [AT] CHEDDAR WOODS RESORT & SPA**

THE CONTENT OF THESE SESSIONS WILL BE CONFIRMED CLOSER TO THE TIME

🕒 11.30AM-1.30PM 🏷️ £10 PP

AGE 8+

**FRIDAY 25<sup>TH</sup> JULY  
FRIDAY 8<sup>TH</sup> AUGUST  
FRIDAY 22<sup>ND</sup> AUGUST**

**POOL PARTY [AT] KINGS FITNESS & LEISURE**

SWIMMING, INFLATABLES - FUN WITH FRIENDS

🕒 9.45AM-11.15AM 🏷️ £5 PP

AGE 8+

\*PLEASE USE OUR NEW BOOKING SYSTEM TO RESERVE YOUR SPACE  
OR GO TO [HTTPS://THE-SPACE-SOMERSET.PEMBEE.APP/](https://the-space-somerset.pembee.app/)



**SUMMER YOUTH CLUB WITH THE SPACE**

EVERY TUESDAY 6:30-8:30

[AT] THE COMMUNITY GARDEN

£2 PP

PETTRUTH PADDOCKS LABOURHAM DRIVE, CHEDDAR, BS27 3FS

OUTDOOR FREE PLAY & PROJECTS EVERY WEEK

DRINKS & SNACKS INCLUDED

TO SECURE YOUR PLACE - BOOK HERE





**THE SPACE** EMPOWERING MINDS. STRENGTHENING COMMUNITIES. INSPIRING CHANGE.

VBOORMAN@THESPACESOMERSET.ORG.UK  
[WWW.THESPACESOMERSET.ORG.UK](http://WWW.THESPACESOMERSET.ORG.UK)



# Coffee [AT] The Hub in Cheddar (The SPACE)



## THE SPACE ✨ PARENT & CARER COFFEE & CHAT ☕

HOSTED BY ONE OF OUR FRIENDLY, TRAINED MEMBERS OF THE TEAM, WE'RE INVITING ALL PARENTS AND CARERS TO JOIN US FOR A RELAXED COFFEE AND CHAT THIS SUMMER.



📍 COFFEE [AT] THE HUB, CHEDDAR

🕒 10AM – 12PM

🧶 CRAFT ACTIVITIES FOR KIDS AVAILABLE! ✨

📅 DROP-IN ON ANY OF THE FOLLOWING DATES:

- TUESDAY 19TH AUGUST & THURSDAY 21ST AUGUST
- TUESDAY 26TH AUGUST & THURSDAY 28TH AUGUST
- TUESDAY 2ND SEPTEMBER & THURSDAY 4TH SEPTEMBER

COME FOR SUPPORT, ADVICE, INFORMATION — OR JUST A FRIENDLY FACE AND A CUPPA.  
NO NEED TO BOOK, JUST POP IN!



COFFEE [AT] THE HUB, 1-2 LOWER NORTH STREET,  
CHEDDAR, BS27 3HA (OPPOSITE TESCO EXPRESS)



# Youth Clubs in Street, Wells and Glastonbury

YMCA  
BRUNEL GROUP

BATH | BRISTOL | WILTSHIRE  
EAST & SOUTH SOMERSET

## STREET YOUTH CLUB

**Weekly youth clubs where  
everyone is welcome.**

Mondays & Fridays 7-9pm  
Ages 10-19 | Entry £1 | Term time only

**Hang out with your friends | Meet new  
people | Activities & games | Free food**  
Lots of extra events and trips too!

Venue: Street Young People's Centre, Strode Road, BA16 0AS

we  
welcome all  
young  
people  
aged 10-19



An exciting  
opportunity  
to meet new  
friends & join  
in fun  
activities.

To sign up please access the consent form by scanning the QR code or via the link  
<https://forms.gle/AvNMEj3MqWZv3rux5> Consent must be provided by a parent/carer

For more information contact:  
[JessicaLewin@ymca-bg.org](mailto:JessicaLewin@ymca-bg.org)  
[www.ymca-bg.org](http://www.ymca-bg.org)

**YMCA**

Here for young people  
Here for communities  
Here for you

YMCA  
BRUNEL GROUP

BATH | BRISTOL | WILTSHIRE  
EAST & SOUTH SOMERSET

## WELLS YOUTH CLUB

**An exciting opportunity to  
meet new friends & join in  
fun activities.**

WHEN: Monday Evenings  
6-8pm term time only  
£1 entry

WHERE: Connect centre  
Portway, Wells, BA5 2BA

we  
welcome all  
young  
people  
aged 10-19



let's all  
catch up,  
have fun  
and support  
each other!

To sign up please access the consent form by scanning the QR code or via the link  
<https://forms.gle/AvNMEj3MqWZv3rux5> Consent must be provided by a parent/carer

For more information contact: [NatalieWalton@ymca-bg.org](mailto:NatalieWalton@ymca-bg.org) or  
[AllisonNoble@ymca-bg.org](mailto:AllisonNoble@ymca-bg.org)  
[www.ymca-bg.org](http://www.ymca-bg.org)

**YMCA**

Here for young people  
Here for communities  
Here for you



**Wells City  
Council**

YMCA  
BRUNEL GROUP

BATH | BRISTOL | WILTSHIRE  
EAST & SOUTH SOMERSET

## GLASTONBURY YOUTH CLUBS

**An exciting opportunity to  
meet new friends & join in  
fun activities.**

Mondays 7-9pm: Windmill Hill  
Fridays 7-9pm: Red Brick  
Term-time only | Entry £1

**Weekly youth clubs & extra events and trips**

Hang out with your friends | Meet new people | Activities & games | Free food

we  
welcome all  
young  
people  
aged 10-19



let's all  
catch up,  
have fun  
and support  
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To sign up please access the consent form by scanning the QR code or via the link  
<https://forms.gle/AvNMEj3MqWZv3rux5> Consent must be provided by a parent/carer

**Contact us:**

Glastonbury: [Siobhan.White@ymca-bg.org](mailto:Siobhan.White@ymca-bg.org)  
[www.ymca-bg.org](http://www.ymca-bg.org)

**Find us:**

St Edmunds Hall, Chinnock Road, Glastonbury, BA6 8EW  
Red Brick Building, Moorland Road, Glastonbury, BA1 9F1

**YMCA**

Here for young people  
Here for communities  
Here for you



# More Ideas for Fun Activities and Family Days Out

- Brean Down
- Burnham, Berrow, Brean, Weston or Sand bay beach
- Clevedon seafront, beach, pool and park
- Cheddar Gorge
- Ebbor Gorge
- Glastonbury Tor
- Worlebury woods
- Greatwood (Quantocks)
- Kilve Beach
- Wells cathedral
- Ashton Court
- Somerset space walk Bridgwater and Taunton canal
- Cycle or walk the Strawberry line
- Nature reserves

[SUMMER 2025 GUIDE FOR FAMILIES](#)

[WHAT'S ON IN SOMERSET FOR KIDS: SUMMER HOLIDAYS EVENTS AND DAYS OUT 2025](#)

[WHAT'S ON IN BRISTOL - SUMMER HOLIDAYS 2025](#)

[SUMMER HOLIDAYS IN BRISTOL](#)



# Kings Fitness & Leisure Summer Activities

Kings Fitness & Leisure Centre in Cheddar are offering a wide range of activities for families and children over the Summer, pick up a copy of their Summer brochure at reception or click to download it.

[Click to download](#)





# Kings Fitness & Leisure Summer Activities at Wedmore Pool

Kings Fitness & Leisure Centre in Cheddar are offering a wide range of activities for families and children over the Summer, including outdoor swim sessions at Wedmore Outdoor Pool.

**Scan QR Code to book**





# Top Tips on Connecting with Your Child



## 1. Prioritise Spending Quality Time with your Child

Quality one to one time with your child doesn't need to be long, but sitting down without technology, screens or any other distractions (try putting your phone in another room) for 10-15 minutes a day to engage in a child-led activity encourages connection and makes them feel seen and heard.

Engaging in a child-led activity encourages connection and helps your child feel seen and heard. Let them take the lead; it boosts their confidence and allows you both to enjoy meaningful, uninterrupted time together.





## 2. Bond with Your Child Emotionally

If your child's emotions run high, help them recognise and validate their feelings by labelling their emotions and giving them the space to express themselves freely. Support them through this process. For example:

"I can see you're feeling sad today, that might be tricky to manage. I wonder what's making you feel this way? What could help you feel better?"

Use active listening by giving your child your full attention and allowing them to talk without interruption. Avoid rushing to offer solutions—give them time to explore their feelings and work through possible answers with your support. This builds resilience and confidence in managing emotions over time.

You can also explore emotions together through simple activities:

- Make an emotions collage. Use magazines to cut out pictures and words, then talk about each one: "I wonder if there's been a time when you felt like this?" Share your own experiences, too - this helps normalise emotions and teaches that everyone feels a range of things.
- Play emotion charades. Take turns acting out different emotions using facial expressions and body language. It's a fun, hands-on way to build emotional vocabulary and empathy.
- Use story time. When reading together, pause to talk about how characters might be feeling: "How do you think they felt when that happened?". This helps children understand and relate to a wide range of emotions.





### 3. Have Consistent Routines

We know that routines can slip during the summer holidays with days out, holidays, and having fun. However, try to stick to your child's bedtime routine, even if it's an hour or two later than usual. Children thrive and feel secure with routines, so keeping the bath, brushing teeth, story time, and lights-off routine will help make returning to school in September easier for both you and your child.

### 4. Have Positive Boundaries

When your child is calm and happy, clearly communicate your boundaries and expectations using positive language rather than negative.

For example: "If you put your toys away when asked, you can earn a pom-pom in your reward jar."

Instead of: "If you don't put your toys away, there will be a consequence."

Children respond better to positive boundaries. Make sure your child is listening and understands what's being asked, and ensure the boundaries are age-appropriate.

### 5. Have Fun!

Most importantly, have fun and use the holidays to get to know your children better! Take them to the park, the beach, or the woods. Take photos and create positive memories. Keep a diary or a photo album, digital or physical. You don't need to visit expensive places to create a memorable summer. Have a picnic or a scavenger hunt in your garden. Build a den or make an obstacle course. But above all, remember to have fun with them!





# Beat Summertime Whining with a Simple Parent-Child Contract

## 1. Keep it Simple

DON'T make too many rules.

Choose 3–4 areas that cause the most stress in your family to focus on, such as:

- Sibling conflict
- Bedtime
- Tech time
- Chores

## 2. One Contract Per Child

Let each contract reflect your child's individual needs and interests, every child is different, and that's something to celebrate. For example, summer reading for one child, sports practice for another. This shows your kids that you're not comparing them to each other, but supporting them as unique individuals.

## 3. Limit Technology!

Create a 'Bored Jar' at the start of summer filled with non-technology activities your child can choose when they feel bored.

Stick to healthy limits on screen time and encourage these alternatives.

Remember: boredom fuels creativity!

## 4. Make the Contract 'LAW'

[Date and brief event description go here. Include key details like location, purpose, and who's involved.]

Join us to [main activity or goal]. Whether you're [target audience], this is a great opportunity to [benefit or call to action].

For more information or to get involved, visit: [link or contact info]

## 5. Summer Bedtimes

[Date and brief event description go here. Include key details like location, purpose, and who's involved.]

Join us to [main activity or goal]. Whether you're [target audience], this is a great opportunity to [benefit or call to action].

For more information or to get involved, visit: [link or contact info]

## 6. Give you Kids Some Control

[Date and brief event description go here. Include key details like location, purpose, and who's involved.]

Join us to [main activity or goal]. Whether you're [target audience], this is a great opportunity to [benefit or call to action].

For more information or to get involved, visit: [link or contact info]

## What is a Summer Contract?

It's a simple agreement between parents and children that sets clear expectations for the summer.

Think about:

- Screen time limits
- Bedtime routines
- Responsibilities

Keep it simple, clear, and effective — no surprises, because everything is agreed on together!

## 7. Make it and Stick to it!

[Date and brief event description go here. Include key details like location, purpose, and who's involved.]

Join us to [main activity or goal]. Whether you're [target audience], this is a great opportunity to [benefit or call to action].

For more information or to get involved, visit: [link or contact info]

## 8. Keep it Positive

[Date and brief event description go here. Include key details like location, purpose, and who's involved.]

Join us to [main activity or goal]. Whether you're [target audience], this is a great opportunity to [benefit or call to action].

For more information or to get involved, visit: [link or contact info]

## 9. Remember to HAVE FUN!!





**Wessex**  
Learning Trust

# SUMMER SAFETY & SUPPORT IN SOMERSET



## Young Somerset - Umbrella project (Youth Club and Mentoring)

Call 01278 722100  
to ask more!

Serves young people aged  
between 13 – 17 in Street,  
Taunton, Bridgwater and  
surrounding areas.



Citizens Advice Somerset  
Local Help points  
**0808 278 7842**

Free in-person advice

Street Community Centre (Weds 10 – 1pm)  
Glastonbury Library Thurs (10am – 1pm)



## YMCA Inclusive Youth Clubs

Street and Glastonbury

Open to all Young people.  
Street Youth Club Mon – Fri 7.15pm – 8.45pm  
Glastonbury (2 Venues)  
Windmill Hill (Mondays 7-9pm)  
Red Brick Club (Friday 7.15pm – 8.45pm)



## Food Banks

Trussell Trust - Bridgwater  
07804 119273  
Salvation Army - Street  
01458 448963

Phone:

## Free Bus Travel Across the West of England

First Buses. If unsure ask  
the driver. - Bus route 376



Dates: 19<sup>th</sup> July – 05<sup>th</sup> Sept 2025  
Age 5-15 (No registration or pass  
required)

Happy Healthy Holidays - Summer 2025  
(Ages 5-16) Free activities and food sessions.  
Call 07843 816168 or 01823 653992 to book!



## Mental Health & Crisis Helplines

Childline 0800 11 11 (Age 5+) 9AM - Midnight  
Youngminds (Parents mental health advice)  
0808 802 5544 – Mon – Fri (9.30am – 4.00pm)  
Papyrus 0800 0684141 (Suicide prevention)  
A&E – 999 for a mental health emergency



## Avon and Somerset Police

Emergencies - 999

Non emergencies - 101



## Mental Health & Wellbeing Webinars

Free online Summer  
webinars for parents hosted  
by MHST.  
Find out more online!



## Family Solutions and Children Social Care

**0300 123 2224**

Advice/support for children or families in  
difficulties



# Have a great Summer!

## Emergency Contact Numbers

If you are worried about a child or young person or need some advice please contact:

Children's Social Care – 0300 123 2224

Children and Mental Health services (CAMHS) - 0800 953 9599



**Wessex**  
Learning Trust