The Sherwood Buzz

'Where everyone belongs' March 2024

Mental Health and Wellbeing Newsletter

On a scale of sheep, how are you feeling today?





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free

ASDA
Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO
Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

SAINSBURYS CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS
Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA
Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

COCONUT TREE
One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS
Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS
Two kids can eat free ALL DAY (Weekdays) from Monday 25th March – Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES
At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

IKEA
Kids get a meal from 95p daily from 11am

HUNGRY HORSE
Kids eat for £1 on Mondays

FUTURE INNS
Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Here is a reminder of some useful websites if you need mental health support or information.

Mind
https://www.mind.org.uk/

NottAlone
https://nottalone.org.uk

Young Minds
https://www.youngminds.org.uk/

NHS
https://www.nhs.uk/nhs-services/mental-health-services/

Be U Notts is a free, accessible and convenient mental health and emotional wellbeing support service for people between 0-25 years of age and their parent and carers.

The service provides early interventions for children and young people experiencing **mild to moderate** mental health and emotional wellbeing needs.

Their goal is to facilitate equal access to mental health and emotional wellbeing support for children and young people, in a friendly, non-judgmental and supportive environment.

Since April 2022, Be U is available for people living in Nottingham City and Nottinghamshire County, where support is delivered by **NottAlone**.

The Be U Notts Service will deliver:

- Advice and guidance
- Community drop-in sessions
- 1:1 therapeutic support
- Group sessions
- Online and virtual support
- Peer support groups for children and young people and parents/carers
- Self-harm support
- Self-help/Self-guided care

Parents can self-refer children into the service by contacting;

Website https://www.beusupport.co.uk
Telephone 0115 708 0008

We'd like to wish all our families a Happy Easter and a fantastic Eid to all those celebrating. We look forward to welcoming you back on Monday 15th April



