The Sherwood Buzz

'Where everyone belongs' July 2023

Mental Health and Wellbeing Newsletter

Summer Holidays

The end of July marks the start of the long-awaited school summer holidays. For some parents and guardians, you may be looking forward to the holidays as it allows you to spend extended quality time with your children. For others you may look at the holidays with anticipation as you wonder how you are going to make it through? How are you going to keep your child entertained for the whole time? Some of you may even worry about their safety during the holidays. It is completely normal to feel a mixture of emotions.

Some ways to maintain your mental this summer.

Sign up for local activities

Have a look for activities happening in Nottingham. You can find some ideas here Ask Lion - What's On

ASKLiON
FINDING YOU ACTIVITIES AND SUPPORT IN NOTTINGHAM

Get outside

Being outside in nature and getting fresh air can really help improve your mental health. Why not plan daily walks with your child to help get you outside? Or plan some activities outside such as a group sports day or a picnic with friends.

Talk to someone

If you do feel the holidays are getting on top of you, it is much better to reach out and speak to someone. Sometimes just an informal chat with a friend or loved one can help you to offload some of the emotions you may be feeling. However, if you feel that you may be getting too overwhelmed and your mental health is beginning to get on top of you, then you may want to consider speaking to a professional. There is no shame in reaching out and asking for help.

Be Kind to Yourself

Although, for some the summer holidays fly by, for others it can be a very challenging time. Remember to always 'Be Kind to Yourself' throughout this time. Take a breather when you need one and when you can. Speak to yourself kindly.

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



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

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 Mon 24th July - Fri 1st September 2023

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

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

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

M&S
Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafés

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

HUNGRY HORSE
Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

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.

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

MORRISONS
Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available

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

BILLS
2 kids eat FREE Monday - Friday from Monday 24th July – Friday 1st Sept 2023

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

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

SA BRAINS PUBS
Children can eat for £1 with any adult main. Valid All Day Wednesdays

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

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

YO! SUSHI
From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

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

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5 Ways to Wellbeing



Support for Mental Health

Here are some useful websites if you need 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/