



## ***South West Herts Partnership Summer Holiday Planner 2025***



***A comprehensive guide to all things summer holidays! You will find both free and costed ideas for all our service areas, across much of Hertfordshire and other accessible areas. The activities cover all ages and contain lots of ideas for families and teens (not all activities will be suitable for young children – please check before booking)***



***How to use –***

***Use the planner to note down days or activities of interest***

***Check your nearest area – Three Rivers, Watford and Hertsmere for an inclusive and wide-ranging guide***

***Other ideas for around the county and beyond are listed underneath***

***There are some activities to keep the kids busy at home on quiet or rainy days and some ideas to help save the pennies at this expensive time***

***If you are struggling with your mental health, please refer to the resources below to support you and remember, if you feel we can be of service, speak to your child's school about a referral***



<i><b>Date</b></i>	<i><b>Activity/ Plans</b></i>	<i><b>Date</b></i>	<i><b>Activity/ Plans</b></i>	<i><b>Date</b></i>	<i><b>Activity/ Plans</b></i>	<i><b>Date</b></i>	<i><b>Activity/ Plans</b></i>
<b>Week 1</b>		<i>Monday 21<sup>st</sup> July</i>		<i>Tuesday 22<sup>nd</sup> July</i>		<i>Wednesday 23<sup>rd</sup> July</i>	
<i>Thursday 24<sup>th</sup> July</i>		<i>Friday 25<sup>th</sup> July</i>		<i>Saturday 26<sup>th</sup> July</i>		<i>Sunday 27<sup>th</sup> July</i>	
<b>Week 2</b>		<i>Monday 28<sup>th</sup> July</i>		<i>Tuesday 29<sup>th</sup> July</i>		<i>Wednesday 30<sup>th</sup> July</i>	
<i>Thursday 31<sup>st</sup> July</i>		<i>Friday 1<sup>st</sup> August</i>		<i>Saturday 2<sup>nd</sup> August</i>		<i>Sunday 3<sup>rd</sup> August</i>	



Week 3		Monday 4th August		Tuesday 5th August		Wednesday 6th August	
Thursday 7th August		Friday 8th August		Saturday 9th August		Sunday 10th August	
Week 4		Monday 11th August		Tuesday. 12th August		Wednesday 13th August	
Thursday 14th August		Friday 15th August		Saturday 16th August		Sunday 17th August	



Week 5		Monday 18 <sup>th</sup> August		Tuesday 19 <sup>th</sup> August		Wednesday 20 <sup>th</sup> August	
Thursday 21 <sup>st</sup> August		Friday 22 <sup>nd</sup> August		Saturday 23 <sup>rd</sup> August		Sunday 24 <sup>th</sup> August	
Week 6		Monday 25 <sup>th</sup> August		Tuesday 26 <sup>th</sup> August		Wednesday 27 <sup>th</sup> August	
Thursday 28 <sup>th</sup> August		Friday 29 <sup>th</sup> August		Saturday 30 <sup>th</sup> August		Sunday 31 <sup>st</sup> August	



BACK TO SCHOOL WEEK		Monday 1st Sept		Tuesday 2 <sup>nd</sup> Sept		Wednesday 3rd Sept	
		Thursday 4th Sept		Friday 5th Sept			





Free and low-cost ideas					
Outdoor			Indoor		
Go to the Park	Go for a Walk	Nature Activity (see local play and & park ranger activities)	Art & Craft (paper mâché/collage drawing/painting)	Make a scrap book/photo scrap book	Play with Lego
Play Hide & Seek	Bike/Scooter Ride	Fun in the Paddling Pool	Play Date	Have an indoor Picnic/Tea party	Visit a museum
Build a Fort in the Garden	Visit Skate Park	Visit a splash park	Build an Indoor Camp	Read	Play Eye Spy
Outdoor Treasure Hunt/ Geocaching	Camp out in the garden	Gardening	Indoor Treasure Hunt	Movie & Popcorn	Help Make Dinner/ Cooking/ Baking
Create an Obstacle Course	Outdoor Sport (Tennis/Football/ Rounders etc.)	Picnic	Play Dressing Up	Look at old photo's	Play Hide & Seek
Play Date	Nature Trail	Adventure playground	Play Board Games	Play Come Dine with Me	Library

Cost Money £££					
<b>Playschemes</b>	<b>Zoo/Safari Park</b>	<b>Go Camping</b>	<b>Swimming</b>	<b>Bowling</b>	<b>Cinema</b>
<b>A day out at a Theme Park</b>	<b>A Trip to the Seaside</b>	<b>Visit a Children's Farm</b>	<b>Soft Play Centre</b>	<b>Gym/Leisure Centre Activities</b>	<b>Funfair</b>
<b>Crazy Golf</b>	<b>A visit to a National Trust site</b>	<b>Go-Karting</b>	<b>Escape room</b>	<b>Climbing Wall</b>	<b>Trampolining</b>





# 30 Day LEGO Challenge

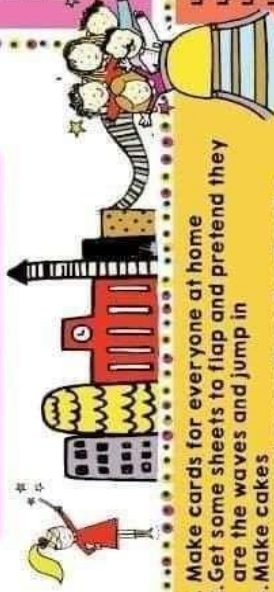
Follow the instructions for each day. The only rule is to have fun and use your imagination!

				Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.	
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.	
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile.			What was your favorite day?



# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga [www.roberrivest.com](http://www.roberrivest.com)
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house through their paces
58. Make a fitness routine and put your family
59. Using vegetables, make characters
60. Dance and sing to Kneaps up Mather Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



## BY SWHP AREA:

### ALL AREAS:

- ☀ <https://gameonsportscoaching.co.uk/holiday-courses/>
- ☀ [Holiday Camps - Xtra Time](#)
- ☀ <https://www.servicesforyoungpeople.org/support-for-young-people/holiday-activity-programme-summer-2025/>
- ☀ [Find Your Nearest JAG Activity Club | Junior Adventures Group](#)
- ☀ <https://freetimewiththekids.com/whats-on-in-the-summer-holidays-hertfordshire/>
- ☀ <https://www.campbeaumont.co.uk/county/hertfordshire-day-camps>
- ☀ <https://sportinherts.org.uk/herts-summer-parks-returns-for-2025-n1238>
- ☀ [https://www.parksherts.co.uk/parks/?show\\_all=1](https://www.parksherts.co.uk/parks/?show_all=1)
- ☀ [https://www.cineworld.co.uk/static/en/uk/offers-and-promotions/%C2%A31-family-films?utm\\_source=Social Post&utm\\_medium=Social Post&utm\\_campaign=%C2%A31 Family Films](https://www.cineworld.co.uk/static/en/uk/offers-and-promotions/%C2%A31-family-films?utm_source=Social+Post&utm_medium=Social+Post&utm_campaign=%C2%A31+Family+Films) – Cineworld £1 Family Films

### SUMMER ACTIVITIES IN THREE RIVERS

Please see the links below for a full list of activities taking place in Three Rivers over the summer holidays, these are all subject to change

- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture/play/three-rivers-ace> - please check eligibility criteria for reduced rate
- ☀ <https://playwaze.com/play/e1br2nvn5/discover-result?item=PhysicalEventSeries%2F114307-B&type=Activities&communityids=e1br2nvn5&fromCommunity=False> 4 weeks at Yorke Mead School
- ☀ <https://www.watersmeet.co.uk> – films and shows in Rickmansworth
- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture> information about parks and open spaces, activities and more
- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture/sport/outdoor-sports-facilities/skate-parks>

- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture/play-areas>
- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture/arts/photography-walks>  
(suitable for all ages but under 11's must be accompanied by a paying adult)
- ☀ <https://www.servicesforyoungpeople.org/support-for-young-people/youth-projects-in-your-area/three-rivers-projects/>
- ☀ <https://www.colnevalleypark.org.uk/locations/rickmansworth-aquadrome/> The Rickmansworth Aquadrome
- ☀ <https://www.colnevalleypark.org.uk/festival-fortnight/> Colne Valley Festival Fortnight: 18<sup>th</sup> July – 1<sup>st</sup> August
- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture/nature/wildplay> Wild Play! Scavenger hunts, bug hunting and arts and crafts. Children must be accompanied by adults
- ☀ [www.clubspark.lta.org.uk/getset4tennis](http://www.clubspark.lta.org.uk/getset4tennis) GetSet4Tennis – not for profit, inclusive club in Maple Cross
- ☀ <https://www.threerivers.gov.uk/services/leisure-parks-culture/sport/sport-children-and-young-people/park-play> Park Play (2 hours free!)
- ☀ [www.threerivers.gov.uk/services/leisure-parks-culture/play/play-rangers](http://www.threerivers.gov.uk/services/leisure-parks-culture/play/play-rangers) PlayRangers: summer sessions in various locations listed here:
- ☀ <https://woodoaksfarm.com/> Maple Cross
- ☀ [Free swimming for under 19s | Three Rivers District Council](#)
- ☀ [Free gym for under 19s | Three Rivers District Council](#)
- ☀ [Playscheme | Three Rivers District Council](#)
- ☀ [Watford Three Rivers Health Walks](#)



## SUMMER ACTIVITIES IN **WATFORD**

Please look at the links below for a full list of all updated information and activities taking place in Watford over the summer holidays.

- ☀ <https://www.watfordactually.com>
- ☀ <https://watfringe.co.uk/> suitable for ALL ages
- ☀ <https://www.watfordevents.com/big-screen-town-centre>
- ☀ <https://www.watfordevents.com/big-screen-knitsford>
- ☀ <https://www.watfordactually.com/big-beach> 15 -31<sup>st</sup> Aug
- ☀ <https://www.eyemusic.org.uk/> Colourscape 16<sup>th</sup> – 25<sup>th</sup> August
- ☀ <https://www.hertspride.org/> 30<sup>th</sup> Aug – Cassiobury Park
- ☀ <https://watfordcommunityfamilyfunday.org/> Watford Community Family Funday 16<sup>th</sup> August
- ☀ <https://mojofusion.org/watford-carnival/> Watford Carnival 2<sup>nd</sup> Aug
- ☀ <https://www.watfordmarket.co.uk/events> including market lates, Sundays and specials
- ☀ <https://raring2go.co.uk/area/watford/whats-on/>
- ☀ <https://www.watford.gov.uk/cassioburypark> - splash pools, cafes, miniature railways
- ☀ <https://www.oxheyactivitypark.co.uk/> - learn to skate, eat and play
- ☀ <http://www.cassioburyfarm.co.uk/open-days-events/>
- ☀ <https://www.eventbrite.co.uk/d/united-kingdom--watford/events/>
- ☀ <https://www.watfordfccsetrusthttps://randomcafewatford.com/>
- ☀ <https://theclarendon.regal.co.uk/whats-on-in-watford-this-summer-holidays/> Info about the ATRIA Summer Bonanza, Cassiobury Park and open-air cinema
- ☀ <https://www.lets-play.org.uk/locations/watford-woodside-leisure-centre/> Woodside Leisure Centre





## SUMMER ACTIVITIES IN **HERTSMERE**







Please see the links below for a list of all activities taking place in Hertsmere over the summer holidays. These are all subject to change



- ☀ <https://www.radlettcentre.co.uk/> Performances in Radlett
- ☀ <https://www.servicesforyoungpeople.org/support-for-young-people/youth-projects-in-your-area/hertsmere-projects/>
- ☀ <https://www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx> What's on at your local family center
- ☀ <https://www.hertsmere.gov.uk/Parks-and-Leisure/Parks-and-Leisure.aspx> Hertsmere open spaces, museums and theatre
- ☀ <https://aldenham-pc.gov.uk/apcevents/> Including Summertime Radlett, Films in the park and SEN coffee mornings
- ☀ <https://www.thehertsmere.co.uk/coaching-2/junior-packages/junior-holiday-camps/>
- ☀ <https://www.hertsmeremencap.org.uk/childrens-holiday-club/>
- ☀ [https://www.facebook.com/parkeventsherts/?locale=en\\_GB](https://www.facebook.com/parkeventsherts/?locale=en_GB) Information about festivals, family days and food markets
- ☀ <https://www.eventbrite.co.uk/e/movies-in-the-park-bushey-300pm-tickets-1411099198689> movies in the park Bushey



## Further afield....

 Denotes family friendly walks/trails

- ☀ <https://www.nhm.ac.uk/visit/tring.html> Tring Museum, see website for updated opening and online activities:
- ☀ <https://www.hertswildlifetrust.org.uk/nature-reserves/rye-meads> Rye Meads Nature Reserve: 
- ☀ <https://heartwood.woodlandtrust.org.uk/> 
- ☀ <https://www.henry-moore.org/visit/henry-moore-studios-gardens> Henry Moore Studios and Garden
- ☀ <https://www.nationaltrust.org.uk/shaws-corner> - Shaw's Corner
- ☀ <https://hitchinlavender.com/> Hitchin Lavender  -
- ☀ <https://www.dehavillandmuseum.co.uk/> - De Havilland Aircraft Museum
- ☀ <https://scotts-grotto.org/> - Scotts Grotto
- ☀ <https://www.queenelizabetholympicpark.co.uk/play-parks-london-queen-elizabeth-olympic-park>  
In the north of the Park, the Tumbling Bay playground features rock pools, sand pits, tall treehouses, and wobbly bridges, as well as slides, swings and plenty of space to run about
- ☀ <https://www.hertswildlifetrust.org.uk> - Herts Wildlife Trust: Including Ride Wild Challenge
- ☀ <http://ruisliplido.com/> Ruislip Lido: woodland walks, miniature railway, café and splash park 
- ☀ <https://www.knebworthhouse.com/> Knebworth House: Please see website for current events including DogFest, the Luna Open Air Cinema and the Classic Motor Show
- ☀ <https://aldenhamcountrypark.co.uk/>  Aldenham Country Park – camping, glamping, walks and a farm. See website for details and available activities
- ☀ <https://www.forestryengland.uk/> find a local forest 

- ☀ <https://chilternsociety.org.uk/our-sites/whiteleaf-hill/> Whiteleaf Hill HP27 0LH (near Princes Risborough) 
- ☀ [www.nationaltrust.org.uk/ashridge-estate/features/ivinghoe-beacon-at-ashridge-estate](http://www.nationaltrust.org.uk/ashridge-estate/features/ivinghoe-beacon-at-ashridge-estate) Ivinghoe Beacon 
- ☀ <https://www.nationaltrust.org.uk/chilterns-countryside/features/coombe-hill> Coombe Hill (near Wendover) 
- ☀ <https://www.parksherts.co.uk/> parks
- ☀ [http://www.alltrails.com:](http://www.alltrails.com/) Family friendly walks 
- ☀ <https://www.enjoystalbans.com/whats-on/> - Events in St Albans, see website for updates
- ☀ <https://hertfordshirezoo.com/> events at Hertfordshire zoo
- ☀ <https://www.english-heritage.org.uk/> - Berkhamsted Castle
- ☀ <https://celticharmony.org/events/> Small open air museum with lot of activities and a stone age trail
- ☀ <https://goape.co.uk/> - Go Ape! (various sites)
- ☀ <https://www.homefarmglamping.com/whats-on> Home Farm Elstree
- ☀ <https://jordansmill.com> - Jordans Mill, a food heritage attraction
- ☀ <https://waddesdon.org.uk/whats-on> Waddesdon Manor
- ☀ <https://bucksrailcentre.org/events/day-out-with-thomas/> Buckinghamshire Railway Centre
- ☀ <https://www.hertford.gov.uk/events-listings/children-s-summer-trail-1/> Children's summer trail In Hertford





Open air cinemas:



+ <https://www.sundowncinema.co.uk/>

+ <https://www.thelunacinema.com/>

+ <https://www.eventbrite.co.uk/e/movies-in-the-park-bushey-tickets-316588834727>

+ <https://www.thegrove.co.uk/whats-on/school-holidays/summer-holidays/>

+ <https://www.visitherts.co.uk/visit-herts-blog/herts-outdoor-cinema-and-theatre/>

+ <https://www.adventurecinema.co.uk/venues/ashridge-house>





## A guide to festivals, music, comedy and food across Herts and Beds:

- ☆ [National Play Day](#) – South Oxhey Playing Fields, 6<sup>th</sup> August 12-3pm
- ☆ <http://www.flamsteadscarecrowfestival.co.uk> 15/16/17th August
- ☆ <https://www.visitherts.co.uk/visit-herts-blog/festivals-in-hertfordshire-2024/>
- ☆ <https://www.tewinbury.co.uk/farm-yard-in-the-field/> Live music
- ☆ <https://greatbritishfoodfestival.com/knebworth> Knebworth Great British Food Festival; 20/21 Jul
- ☆ <https://www.quarrytheatre.org.uk/bedfringe> Bedford Fringe Festival 23-27th July
- ☆ <https://www.goatfestuk.com/> 22-24 Aug, Codicote
- ☆ <https://hemelfest.co.uk/> 8/9/10 Aug
- ☆ <https://wildcanvas.uk/> 7-26<sup>th</sup> Aug— enjoy a festival feel with food and drink, wellness and activities
- ☆ [https://www.eventbrite.co.uk/e/ware-old-town-live-2025-tickets-996147683537?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.co.uk/e/ware-old-town-live-2025-tickets-996147683537?aff=ebdssbdestsearch&keep_tld=1) 26<sup>th</sup> July, Ware
- ☆ <https://www.eventbrite.co.uk/e/old-skool-garage-music-festival-tickets-1295966232889?aff=ebdssbdestsearch> Old Skool Garage Festival, Bushey 23<sup>rd</sup> Aug
- ☆ <https://eventbrite.co.uk/e/south-indian-heritage-month-celebration-roots-to-routes-tickets-1418348210679?aff=ebdssbdestsearch> South Asian Heritage Celebration 28<sup>th</sup> July
- ☆ <https://www.folkbytheoak.com/> Hatfield 20/7
- ☆ <https://www.stalbanscomedygarden.co.uk/> 24-27 July
- ☆ <https://beningtonlordship.co.uk/47/Chilli-Festival> 23-25 Aug - a spicy day out!



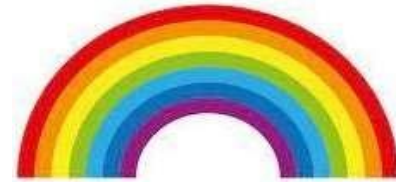


## **LGBTQ+**

<https://www.hertspride.org/>



<https://www.hertsmindnetwork.org/services-for-adults/groups-and-%20activities/online-lgbtq-group/>



## **Reading**



Read books and listen to audiobooks for free – with no overdue charges.

<https://www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx>

**Summer Reading Challenge:** <https://summerreadingchallenge.org.uk/>

- The Summer Reading Challenge website is free to access and a place for children to rate and review the books they are reading as they progress towards their reading goal.
- The website features video content, games, quizzes and digital and downloadable activities to incentivize and encourage children to take part in the Challenge at home.
- Visit your local library website to access children's reading materials and resources including eBooks, audiobooks and comics completely free of charge.



## **Screen time**

Worried about screen time this summer? Some helpful links to support safe and limited use:

<https://ineqe.com/2024/06/20/summertime-screen-time-2024>

<https://www.thepragmaticparent.com/screen-time-rules-for-summer/>





**A bit of extra support** - Ask your School Family Worker or school or visit one of these websites for more information:

**Hertfordshire HAPpy programme**

<https://www.hertfordshire.gov.uk/services/childrens-social-care/news-and-campaigns/happy-holiday-activity-programme.aspx>

HAPpy aims to tackle the triple inequalities of holiday hunger, physical inactivity and social isolation. It supports children aged from 5 to 16 who are eligible for benefits related free school

☆ [www.southwesthertspartnership.org.uk](http://www.southwesthertspartnership.org.uk)

☆ <https://www.home-startherts.org.uk/one-to-one-home-visiting-support-for-parents/> (must have under 5 yo)

☆ <http://dsplarea9.org.uk>

☆ <https://www.watfordfoodbank.co.uk/locations/>



## Cost of Living – help, support, tips & tricks

In these unprecedented times we are dedicated to offering support to all our families and the school communities we work alongside. Below are some links and ideas to support those who are struggling financially.

### Food

Your local foodbank can help with store cupboard essentials; you may need to be referred or give your local food bank a call to find out if they accept self-referrals:

- ☆ [www.hertfordshire.gov.uk/foodsupport](http://www.hertfordshire.gov.uk/foodsupport)
- ☆ <https://www.watfordfoodbank.co.uk/locations/>



### Cheap eating – hints, tips and further support

By storing, freezing, and reheating your food correctly, you can make it go further and save money.

An app that links consumers to food establishments with leftover food that they sell for vastly discounted prices:

<https://toogoodtogo.co.uk/en-gb/>

**Lidl** offer their members coupons and discounts <https://www.lidl.co.uk/lidl-plus>

Download apps for food establishments; they may offer freebies or discounts for new customers

**Olio** - households giving away free food and other items – download the app.

**Asda** - gives lots of ideas for budget friendly meals <https://www.asda.com/good-living/category/budget-meals>

**Tesco**—budget meals and recipes <https://realfood.tesco.com/budget-meals.html>



### SWHP tips for eating on a budget:

- ☆ Meal plan – this avoids waste
- ☆ Visit supermarkets at the end of the day when items are ‘yellow-stickered’ and reduced – some things can be frozen and used at a later date
- ☆ Bulk meals up with wholesome and cheap items such as red lentils and rice
- ☆ Buy supermarket own brand items where possible
- ☆ Homemade soups are a nutritious and cheap way to get your 5 a day – bulk them out with leftover pasta or beans
- ☆ Oats are a cheap and easy breakfast mixed with a banana and milk or water
- ☆ Eggs are a cheap form of protein and can be cooked in multiple ways to prevent food boredom
  - for example, throw leftover veg, or herbs into an omelette
- ☆ Use cheap spice jars to flavour food – paprika, cumin and chilli powder all give food a bit of oomph
- ☆ Eat leftovers for lunch
- ☆ Google cheap recipes – the internet is awash with great ideas!
- ☆ Buy food on offer but don’t be tempted by 3 for 2 or half price offers unless you will actually use the ingredients!
- ☆ Don’t go shopping when hungry – it’s too tempting to buy things you don’t really need!
- ☆ Use cheaper cuts of meat – chicken thighs are a good substitute for breasts; lamb neck and stewing beef need to be cooked for longer but are tasty and cheaper than other cuts
- ☆ Store fruit and veg correctly to stop it going off
- ☆ Use bread from the freezer to stop it going mouldy and being disposed of
- ☆ Use by dates are only a guide if it looks and smells ok it probably is!



## **Energy and Warmth**

- ☆ <https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/help-to-manage-the-cost-of-living>
- ☆ <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>
- ☆ <https://www.hertsmere.gov.uk/Benefits/All-Financial-Support.aspx>
- ☆ <https://energysavingtrust.org.uk/>
- ☆ <https://www.bhbh.org.uk/make-a-referral/>
- ☆ <https://www.yesenergysolutions.co.uk/schemes/east-of-england>
- ☆ <https://ukenergysupport.co.uk/eco3-scheme/>



### **Other ways you can make a small difference in the home**

- ✓ Only fill the kettle with what you need
  - ✓ Spend less time cooking by using your microwave or air fryer
  - ✓ Cook multiple things in the oven at once/batch cook
  - ✓ Wash up in a bowl of warm water
  - ✓ Always try to fill your washing machine
  - ✓ Wash clothes at 30 degrees
  - ✓ Let clothes dry naturally
  - ✓ Spend one minute less in the shower
  - ✓ Turn down your hairdryer and hair straighteners
  - ✓ Get a smart meter installed for free
  - ✓ See how much energy you're using in pounds and pence
  - ✓ Work out which appliances use the most energy
  - ✓ Set a budget
  - ✓ Switch off appliances using a lot of energy
  - ✓ Turn down your thermostat by one degree
- ✓ Close curtains/blinds to stop heat escaping
  - ✓ Keep radiators clear and dust-free
  - ✓ Switch off radiators you're not using
  - ✓ Put tin foil behind radiators to reflect heat back into room





## Organisations/other websites who may be able to offer help, tips, advice or support:

- ☆ Hertshelp <https://www.hertshelp.net/hertshelp.aspx>
- ☆ <https://www.watford.gov.uk/cost-living-support/cost-living-support-1/5>
- ☆ Turn to Us Grants <https://grants-search.turn2us.org.uk/grant/hertfordshire-community-foundation-13088>
- ☆ The CAP Money Course <https://capuk.org/get-help/cap-money-course>
- ☆ Citizens Advice <https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>
- ☆ Money Saving Expert <http://www.moneysavingexpert.com>
- ☆ Which Newsletter - *Handy ways to keep family living costs down, and kids of all ages happy*  
<https://signup.which.co.uk/wlp-money-newsletter?internalReferral=thankyoupagesignup-money>

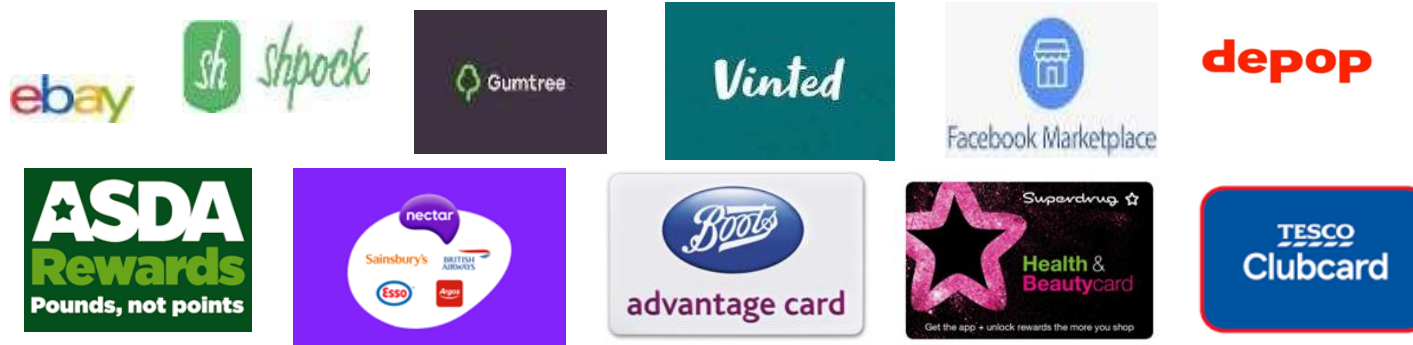
## Period poverty

Food banks may be able to provide sanitary equipment – just ask when you collect your parcel



- ☆ <https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/wasteaware-campaigns/sustainable-periods/sustainable-periods.aspx#%3A~%3Atext%3DDuring%20lockdown%2030%25%20of%20girls%2C%C2%A34940%20over%20a%20lifetime>
- ☆ <http://redboxproject.org/>

## Second-hand shopping/selling and loyalty points



## Cashback sites



## SWHP tips to save pennies

- ❖ Cancel unused subscriptions
- ❖ Sell unused items
- ❖ Use loyalty cards
- ❖ Budget carefully – but realistically
- ❖ Use Groupon and Wowcher to find discounts on days out/presents
- ❖ Shop around
- ❖ Look out for discount codes



- ❖ Use coupons in supermarkets
- ❖ Call your bank or credit card companies if you are unable to make payments – don't ignore building debt
- ❖ Eat seasonal foods – they are cheaper and delicious
- ❖ Plan in advance to get the best prices and discounts

### Keep petrol costs down

- ❖ Keep your tyres pumped
- ❖ Maintain speed and accelerate and brake gently
- ❖ Avoid using a/c
- ❖ Check Google Maps for the most efficient route
- ❖ Avoid unnecessary weight in the vehicle



### Mental Health

Look after yourself; financial worries can have a big impact on your emotional wellbeing.

- ☆ <https://www.hertsmindnetwork.org/>
- ☆ <https://www.samaritans.org/>
- ☆ <https://www.nhs.uk/mental-health/>
- ☆ <https://thesandbox.mindler.co.uk/>
- ☆ <https://www.youngminds.org.uk/>





swhp\_familysupportservice



<https://www.southwesthertspartnership.org.uk/>

