

Summer 2025 safety advice/guide


Keep active and get outside [Holiday Clubs & Activities - Lincs Inspire](#)

EMBRACE THE HEAT

- ☐ Go to the pool
- ☐ Go on a hike or walk
- ☐ Go to the lake or beach
- ☐ Have a picnic or BBQ
- ☐ Attend cultural events
- ☐ Go to a farmer's market
- ☐ Play sports
- ☐ Draw with chalk

BEAT THE HEAT

- ☐ Bake or cook
- ☐ Workout
- ☐ Do some DIYs or crafts
- ☐ Watch movie or TV show
- ☐ Play some board games
- ☐ Do a puzzle
- ☐ Write
- ☐ Read
- ☐ Relax



Make safe choices



Switch off from devices



PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free

<p>ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm</p> <p>ASDA Kids eat for £1 daily, with no adult spend</p> <p>ASK ITALIAN Kids under 10 eat for £1 during school holidays</p> <p>BEEFEATER Kids Eat FREE with Newsletter Voucher this Summer</p> <p>BELLA ITALIA Children eat for £1 with any adult main</p> <p>BILLS Kids Eat Free weekdays, 21st July – 29th Sept</p> <p>BREWERS FAYRE Kids Eat FREE with Newsletter Voucher this Summer</p> <p>BREWDOG 2 Kids eat free with 1 adult, 19th July – 31st August</p> <p>BURGER KING From 28th July - 31st August, Kids Eat Free (via app)</p> <p>CHIQUITO Kids eat FREE Daily Until August 31st</p> <p>DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch</p> <p>FRANKIE & BENNY'S Kids Eat Free from 14th July – 31st August 2025</p> <p>FUTURE INNS Under 5s eat for free with any adult meal</p> <p>GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day</p> <p>HARVESTER Kids eat for £1, Mon - Fri via the App</p> <p>HUNGRY HORSE Kids eat for £1 on Mondays</p> <p>IKEA Kids get a meal from 95p daily from 11am</p>	<p>LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App</p> <p>MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend</p> <p>MORRISONS Kids Eat FREE all day, every day with a £5 spend</p> <p>PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend after 3pm</p> <p>PREMIER INN & TRAVELODGE 2 kids eat for FREE with 1 adult breakfast</p> <p>PRETO Kids up to age 10 eat free with 1 paying adult</p> <p>PUREZZA Kids under 10 get free pizza with every adult meal</p> <p>SA BRAINS PUBS Kids eat for £1 on Wednesdays</p> <p>SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm</p> <p>TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult</p> <p>TESCO Kids Eat FREE with a 60p spend until Aug 31st</p> <p>TGI FRIDAYS Kids Eat Free with any adult meal (Via App)</p> <p>THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend</p> <p>TOBY CARVERY Kids eat for £1 all day (weekdays) until Aug 29th</p> <p>WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast</p> <p>YO! SUSHI Kids eat free all day (weekdays) in school holidays</p> <p>ZIZZI Kids eat free this summer holidays (ex Saturdays)</p>
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Childline- 0800 1111 www.childline.org.uk

NSPCC- 0808 800 5000 www.nspcc.org.uk

Young Minds Matter-
www.youngminds.org.uk

Compass Go- www.compass-uk.org



HAVE A GREAT SUMMER!