



Wellbeing Newsletter

Edition 1: Summer 2024

Welcome to our first wellbeing newsletter! In this edition, we will be sharing ideas on how to look after your wellbeing over the summer holidays. We have included lots of ideas to help keep you busy and active, as well as looking after your emotional wellbeing. We hope you have a wonderful summer!

1. Things to do on a budget



<https://www.moneysavingexpert.com/deals/cinema-tips-and-tricks/> for information about deals on cinema tickets.



<https://www.barnsley-museums.com/digital/family-activities/holiday-activities/summer-holiday-purse-friendly-fun> for information about purse friendly fun.



<https://www.kidspass.co.uk/> for over 1000 discounts on Zoos, Theme Parks, Cinemas, Restaurants and more.



<https://yorkshiretots.com/free-days-out-in-yorkshire/> for ideas on free days out.



2. Outdoor Activities



Visit the country park and gardens every day from 8am-8pm.

Parking is £5 for the day or £1 for 2 hours.

Bus number 94/94a from Barnsley interchange.

Guardians of Bird Island

Guardians of Bird Island is an exciting new sculptural trail for Cannon Hall Park and Gardens, arriving in July 2024. It includes two large Gateway Guardian sculptures overlooking the lake, and seven smaller character pieces that form a story walk along the woodland bank of 'Bird Island'.

FROM JULY

Free, drop-in | More info at www.guardiansofbirdisland.co.uk



Open every day from 10am.

Parking is £3 for the day or £1 per hour.

Bus number 67 from Barnsley interchange.

Leaf Magic

Can you tell an oak leaf from a hazel? Follow the leaf trail and see if you can find all the leaf markers. See if you can spot all the species represented in the living trees along the way.

SAT 25 MAY

Throughout the summer
10am-12pm & 1pm-3pm
Free, drop in
Pick up a free trail leaflet from the Gift Shop.

Enchanted Envelopes and Pebble Poems

Make your own messages for the woodland sprites and fairies using natural materials.

THUR 22 & 29 AUG

10am-12pm & 1pm-3pm |
£3 per child
Booking essential on Art Tickets.





Open every day from 10am – 4pm.

Free parking.

Bus number 66 from Barnsley interchange.

Elsecar by the Sea Trail

Summer Trail inspired by the incredible story of the 'seaside resort at the heart of the Yorkshire coalfield'; search out hidden seaside objects and collect words to make a popular summer song.

TUE 23 JUL-SUN 1 SEP

Free, drop-in during museum opening hours

Elsecar park is also just a short walk away. There is lots to do in the park to keep you busy all day – Play area, crazy golf, sand pit, nature reserve, cafe and much more.



Wentworth Castle Gardens

Open every day 10-5pm.

Parking is free.

Admission is charged at £15 for a family ticket. But keep a look out, as the National Trust often offer free family passes.

Bus numbers 24 & 34 from Barnsley interchange.

Summer of Play

With a fairy-tale castle, secret gardens and winding wilderness paths, Wentworth Castle Gardens is the perfect setting. Look out for archery on selected days.

20 JUL-1 SEP

Daily from 10am

Sensory Trail at Wentworth Castle Gardens

Experience the garden anew with this sensory trail designed for people, of all abilities, to use their senses in both familiar and unusual ways. Take a relaxed approach to discovering the wonders of nature. Return to it time and again and gain fresh experiences prompted by changing weathers and changing seasons.

EVERY DAY

10am-3.30pm | Pick up your map or download online.



3. Connect with nature

Download the Trans Pennine Trail Kids Activity Pack for some great activity ideas.

<https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/#:~:text=Activity%20Packs&text=We%20have%20plenty%20of%20fun,Birthday%20with%20some%20fun%20activities.>



Wild Challenge

Take part in the RSPBs Wild Challenge.

Find out more at; <https://rspb.org.uk/helping-nature/what-you-can-do/activities/wild-challenge>



For more ideas, visit Barnsley Healthy Holidays;

<https://www.barnsley.gov.uk/services/health-and-wellbeing/children-young-people-and-families/healthy-holidays/staying-active-and-things-to-do/>

Use the following link to book to attend a holiday club;

<https://www.barnsley.gov.uk/healthy-holidays-booking?sfnsn=scwspmo>



4. Indoor Activities



GOLF SUMMER HOLIDAY CLUB

RUN BY OUR IN HOUSE PGA PROFESSIONAL GOLFER EACH DAY WILL BE FILLED WITH CHALLENGES, COMPETITIONS AND IMPROVEMENT SESSIONS.

Every child also gets a free cooked meal every day
23RD JULY - 23RD AUGUST - 2PM - 6PM

For all children who receive means tested free school meals
TO BOOK, GOOGLE - BARNSELEY HEALTHY HOLIDAYS

BARNSELEY GOLF SIMS
UNIT 16B REDRBOOK BUSINESS PARK - S75 1JN



SUMMER E-SPORTS CAMP

AGES 5-12

ACTIVITIES:
COME AND PLAY YOUR FAVOURITE ONLINE GAMES SUCH AS FIFA, ROCKET LEAGUE AND MINECRAFT, EVERY CHILD GETS A FREE MEAL EVERY DAY.

DATES:
23RD JULY - 23RD AUGUST - 9AM-1PM

WHO?
ALL CHILDREN WHO RECEIVE MEANS TESTED FREE SCHOOL MEALS

COST: FREE!
TO BOOK, GOOGLE - BARNSELEY HEALTHY HOLIDAYS



BARNSELEY GOLF SIMS
UNIT 16B REDRBOOK BUSINESS PARK - S75 1JN



YMCA

The YMCA have lots of free summer activities available for children aged 8-14.

<https://www.ymcabarnsley.org.uk/free-summer-activities-august-22-for-8-14s-in-barnsley-north/>



Little Listeners: Mini Vixen

Opera North presents a 40-minute interactive production for families telling the charming story of a Vixen who meets a Fox. As their friendship grows, they discover that working together is vital to protect their home and habitat around them. Pre-show drop-in craft activity and refreshments available.

TUE 30 & WED 31 JULY

Doors open from 1pm | Adult £6, child £5 | In the Deer Shelter & Spencer Wing. Tickets from Art Tickets.



<https://www.experience-barnsley.com/>

Open Tuesday - Friday 10am until 4pm. Saturday 10am until 3:30pm.

In walking distance from Barnsley Interchange.

Free entry.

Experience Barnsley Scavenger Hunt

The Museum is crammed full of weird and wonderful objects! We've picked some of our favourite treasures. Can you spot them all?

FROM 23 JUL

Free, drop-in during Museum opening hours

Treasure Seekers

From hidden Roman hoards to lost books from a bygone age, Experience Barnsley Museum is crammed full with treasure. Calling all treasure hunters and enquiring minds to join us discovering the hidden treasures of Barnsley and making some of your own to take home.

FRI 26 JUL

10.30am-2pm | Free, drop-in

The Big Barnsley Bats & Balls Bash!

Celebrate all things sport at Experience Barnsley Museum at this fun filled, family event. From ferret racing to the ancient game of nipsey, football to traditional school sports day fun, there'll be lots to do for the whole family.

THUR 8 AUG

10am-2pm | Free drop-in

SENsational

Book on this multisensory experience for families with PMLD, autism and who are neurodivergent. Our families said: "Relaxing and stimulating" "All activities provided were great" "Really good for our PMLD children".

WED 7 AUG

11am-12 noon & 1pm-2pm
Free. Places limited, booking essential via Eventbrite.



<https://www.cooper-gallery.com/>

Open Monday – Saturday 10am - 4pm.

In walking distance from Barnsley Interchange.

Free entry.

Paws, Claws, Tales & Roars The Next Generation

A special display of winning artwork from the Fusion Art Competition for Schools 2024, celebrating the talents of children and young people (4-18 years) from across Barnsley.

Supported by the Cooper Gallery Trustees.

UNTIL SAT 4 JAN 2025

Sadler Room | Free entry
Check Gallery for opening times.

Animal Adventures in Wildsmith's World of Wonder

Join our storyteller to embark on an unforgettable adventure. This interactive session combines story and craft suitable for children under 7.

WED 7 & MON 12 AUG

10.30am & 1pm | £3 per child
Book your place on Art Tickets.

Paws, Claws, Tales & Roars

Join Mama G in our enchanted forest to experience a magical, interactive performance of Brian Wildsmith's new book.

THUR 15 AUG

11am & 1pm | £3 per child
Book your place on Art Tickets.

Bear Bops & Fox Trots

One morning bear finds a cosy cave and goes for a snooze, but before he knows it the cave turns out to be a hot air balloon basket and he is whisked away on a wonderful journey. Join bear as he dances his way from one escapade to another. This dance and movement workshop is suitable for children aged 3-7.

THUR 1 AUG

10.30am & 1pm | £3 per child
Book your place on Art Tickets.

5. Stay at home

There are lots of fun things you can do without leaving the house!



<https://www.ymcabarnsley.org.uk/things-to-do/>

has lots of ideas for things you can do indoors, including active challenges and creative activities.



Follow the links below for more fun ideas;



<https://www.goodhousekeeping.com/life/parenting/g31445865/indoor-activities-for-kids/>



<https://www.netmums.com/activities/100-activities-for-a-rainy-day>



<https://www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/>



<https://www.bbcgoodfood.com/howto/guide/indoor-activities-kids>

6. Kids eat free

ASDA Café; Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required. Asda also provides FREE Ella's baby food pouches for children under 18 months old with any purchase.

Brewers Fayre; Up to two Kids (under 16) eat free, unlimited breakfast with any purchase of an adult's breakfast.

Hungry Horse; Kids eat for £1 when accompanied by a paying adult, on Mondays only at Hungry Horse.

IKEA; Kids can enjoy Kids Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50 every day from 11am.

Morrisons; Kids eat free all day, every day in Morrisons cafes nationwide, daily with every adult meal over £4.49.

Pausa Cafes at Dunelm; During School Holidays, for every £4 spent by an adult in the cafe, kids can enjoy one free mini main, two yummy snacks and a drink - across all menu items.

Premier Inn; At Premier Inn, you can enjoy their all-you-can-eat Breakfast for just £9.99 and up to two kids under 16 eat for free.

Sainsburys Café; Sainsbury's Cafes offer one child hot meal or lunch bag for £1 with any adult main meal purchased over £5.20. This offer is on every day from 11:30am.

Sizzling Pubs; Between 3pm - 7pm (Monday to Friday), kids eat for £1 with the purchase of every 1 adult main meal.

Table Table; Two children under 16 years old can get a free breakfast every day with one paying adult!

Tesco Cafe; One free kids' hot Meal Deal, kids' breakfast or kids' Pick 'n' Mix deal per any adult item purchased in The Café for dine-in only, a child must be present. Clubcard/app required.

TGI Fridays; Kids Eat Free all day every day When 'Stripes Rewards Members' purchase a full priced adult's main meal. If you're not a Rewards Member, just book your table and then simply download the app before your visit.

7. Take care of your mental health and wellbeing

If you're worried about your child's wellbeing over the summer holidays, there are lots of services that may be able to offer advice.



Free, confidential support, help and advice for children and young people for issues related to mental health and emotional wellbeing.

Call; 01226 107377

Further information and support can be found on the [website](http://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/); www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/



H.O.M.E (Helping Our Mental 'Ea~~l~~th) is an early support mental health and emotional wellbeing hub for young people in Barnsley aged between 11 and 25 that provides open access, flexible, early support in a non-judgmental welcoming, safe space.

Call: 01226 213 123

Further information and support can be found on the [website](http://www.chilypep.org.uk/home-barnsley/); www.chilypep.org.uk/home-barnsley/



Call free; 0800 1111

There is lots of support and advice available on the [website](http://www.childline.org.uk); www.childline.org.uk



If you're worried about your own mental health, these services may be able to offer advice and support.

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

Call free, any time, from any phone; 116 123

Email; jo@samaritans.org

Online chat;



Free and confidential mental health support for anyone over 18 and living in Barnsley.

Call; 01226 704090

Email; referrals.eipssbarnsley@nhs.net



Barnsley Talking Therapies

Barnsley NHS Talking Therapies provides free, confidential support for individuals dealing with various mental health conditions.

Call: 01226 644900 (Mon- Fri 9.00am – 5.00pm)

Refer yourself for support;

