



# Wellbeing Newsletter

Edition 4: Summer 2025

Welcome to the summer edition of our wellbeing newsletter! In this edition, we will be sharing ideas on how to look after your wellbeing over the summer holidays. We have included ideas to help keep you busy and active, money saving tips, as well as ways to look after your emotional wellbeing.

We hope you all 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://visitbarnsley.co.uk/news/unique-and-free-things-to-do-in-barnsley> for information about fun things to do in Barnsley on a budget.



<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.



Open every day from 10am.

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

Bus number 67 from Barnsley interchange.

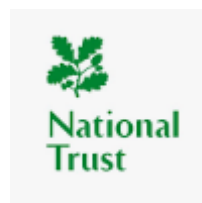


Open every day from 10am – 4pm.

Free parking.

Bus number 66 from Barnsley interchange.

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.



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.



Find out more about activities in Barnsley throughout the summer holidays at <https://visitbarnsley.co.uk/news/barnsley-half-term-summer-2025>

### 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



**BARNSELEY GOLF SIMS**

## SUMMER GOLF HOLIDAY CLUB

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

Every child gets a free cooked meal every day

28TH JULY TO THE 22ND AUGUST - 1PM - 5PM

For all children 7 - 16yo who receive means tested free school meals

**Clubs and balls provided!**

WHATSAPP TO REGISTER INTEREST  
07460305678



**healthy holidays**

## SUMMER XBOX GAMES 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:**  
28TH JULY TO THE 22<sup>ND</sup> AUGUST - 9AM-1PM

**WHO?**  
ALL CHILDREN WHO RECEIVE MEANS TESTED FREE SCHOOL MEALS

**COST: FREE!**  
TO REGISTER INTEREST WHATSAPP : 07460305678



<https://www.experience-barnsley.com/>  
Open Tuesday - Friday 10am until 4pm. Saturday 10am until 3:30pm.  
In walking distance from Barnsley Interchange.  
Free entry.



<https://www.cannon-hall.com/>  
Open 7 days a week, 11am - 4pm.  
Accessible via the 94 & 94a bus services from Barnsley Interchange.



<https://www.cooper-gallery.com/>  
Open Monday – Saturday 10am - 4pm.  
In walking distance from Barnsley Interchange.  
Free entry.

# Summer Singing Development Days

Free of Charge

## Outstanding Vocal Leaders

**FOR CHILDREN AGED  
6 - 13 YEARS OLD**

**NO EXPERIENCE REQUIRED  
ALL WELCOME!**

### **PENISTONE**

MONDAY 18TH AUGUST 2025  
9.00AM - 3.30PM WEST  
ST. JOHN'S COMMUNITY CENTRE, PENISTONE

### **TOWN CENTRE**

THURSDAY 21ST AUGUST 2025  
9.00AM - 3.30PM CENTRAL  
EMMANUEL CHURCH

### **DEARNE VALLEY**

TUESDAY 26TH AUGUST 2025  
9.00AM - 3.30PM EAST  
DEARNE PLAYHOUSE

### **HOYLAND**

TUESDAY 19TH AUGUST  
9.00AM - 3.30PM  
HOYLAND COMMON PRIMARY SCHOOL

ORGANISED BY BARNSELEY YOUTH CHOIR WITH SUPPORT FROM  
BARNSELEY COUNCIL AND THE GREAT CHILDHOODS AMBITION



Barnsley  
Youth Choir



Barnsley - the place  
of possibilities.

Visit the [Barnsley Youth Choir Facebook page](#) for more information on how to register.

## 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/for £1

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

**Ask Italian;** Kids under 10 eat for £1.

**Bella Italia;** Kids eat for £1 with any adult main.

**Burger King;** From 28<sup>th</sup> July to 31<sup>st</sup> August kids eat free via the app.

**Frankie & Benny's;** Kids eat free from 14<sup>th</sup> July to 31<sup>st</sup> August.

**Hungry Horse;** Kids eat for £1, on Mondays only.

**IKEA;** Kids can enjoy a meal for 95p every day from 11am.

**Morrisons;** Kids eat free all day, every day in Morrisons cafes nationwide, daily with a £5 spend.

**Pausa Cafes at Dunelm;** During School Holidays, for every £4 spent by an adult in the café after 3pm, kids eat free.

**Premier Inn & Travelodge;** 2 kids eat for free with 1 adult breakfast.

**Sizzling Pubs;** Between 3pm - 7pm (Monday to Friday ), kids eat for £1.

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

**Tesco Cafe;** Kids eat free with a 60p spend until 31<sup>st</sup> August.

**TGI Fridays;** Kids Eat Free with any adult meal via the app.

**Toby Carvery;** Kids eat for £1 all day, weekdays until 29<sup>th</sup> August.

**Yo! Sushi;** Kids eat free all day on weekdays.

**Zizzi;** Kids eat free excluding Saturday's.

## 7. Take care of your mental health and wellbeing



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; [www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/](http://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/)



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.



Call free; 0800 1111

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



H.O.M.E (Helping Our Mental Health) 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; [www.chilypep.org.uk/home-barnsley/](http://www.chilypep.org.uk/home-barnsley/)



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](mailto:jo@samaritans.org)

Online chat;



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;

