

Christmas Holiday Support Pack for Families

Keeping children entertained, fed and happy over the Christmas Break can feel quite daunting!

We have collated some activity ideas and family days out, a lot of these are free or inexpensive giving you plenty of ideas for staying busy this Christmas as well as some signposting of support.



Wessex
Learning Trust
We Learn Together!

Ideas for feeding hungry little mouths

- [Cheddar Valley Foodbank](#)
- [Highbridge Area Foodbank](#)
- [Where Kids can eat free or cheaply this Christmas](#)
- [Budget Christmas dinner recipes - BBC Food](#)



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING CHRISTMAS 2024
moneysavingcentral.co.uk/kids-eat-free

MORRISONS
Spend £5 from the hot menu and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

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

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

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

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

TRAVELODGE & 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.

TGI FRIDAYS
Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

EMBER INNS
Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE
One child (under 10) eats free every day Monday 23rd December 2024 to Friday 3rd January 2025.

LAS IGUANAS
Download the app and join 'My Las Iguanas' for free meals for mini Iguanas. Niños get a main, two sides and a dessert with every adult main (or three tapas dishes) purchased.

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds, All Day Thursdays

TABLE TABLE
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

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

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

HUNGRY HORSE
Kids eat for £1 on Mondays

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

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Activities for children with disabilities or other additional needs



Activity Calendar
Community Inclusion and Activity Team
Christmas Holidays
Saturday 21 Dec - 3 Jan 2025

Somerset Council

For ALL children and young people in Somerset with a disability or additional needs
*You DO NOT have to be referred to any service to access these activities, unless otherwise stated.

Somerset Council activity calendar has a range of activities to book over the Christmas Break. There is a small charge for most activities, but many are very cheap!

Download the calendar [Calendar-xmas-2024.pdf](#)

Free activity club day passes for children with disabilities and learning needs



FREE Activity DAY PASSES
Community Inclusion and Activity Team

Available all year round for ALL families in Somerset with a child or young person with a disability or additional need

HESTERCOMBE
www.hestercombe.com
Hestercombe Road,
Taunton TA2 8LG
FAMILY PASS
2 adults, 5 children

Puxton Park
www.puxton.co.uk
Cowslip Lane, Hewish,
BS24 6AH
Tickets are at the reduced cost of **£4 per person** with no restriction on family size. Please email the CIA Team to book tickets

COURT FARM
www.courtfarmcountrypark.co.uk
Court Farm Country Park
Wolvershill Road, Banwell,
BS29 6DL
FAMILY PASS
2 adults, 2 children

Abbotsbury
www.abbotsbury-tourism.co.uk
Swannery & Subtropical Gardens
Church Street, Abbotsbury,
Dorset, DT3 4JJ
FAMILY PASS
2 adults, 3 children

Noah's Ark ZOO
www.noahsarkzooofarm.co.uk
Clevedon Road, Wraxall,
Bristol, BS48 1PG
FAMILY PASS
2 adults, 2 children
Please Note: the park is NOT normally open on Sundays

WILD PLACE
www.wildplace.org.uk
Junction 17, M5 Cribbs
Causeway, BS10 7TP
FAMILY PASS
2 adults, 3 children

FERNE ANIMAL SANCTUARY
www.ferneanimalsanctuary.org
Wambrook, Chard, TA20 3DH
FAMILY PASS
2 adults, 3 children

How does it work?

1. Choose a place to visit
2. Choose a date
3. Email ciateam@somerset.gov.uk with your child's name, disability, which pass you would like and on what date
4. We will check our diary & if it's free, we will take some details & book you in

Other great deals and discounts you may be interested in...

Max Card

For children and young people aged 0-25 years with a disability or additional need. A **FREE** card for Somerset families which gives access to many discounts and concessionary rates at attractions across the UK.

Cards are only available via the Community Inclusion & Activity Team. email: ciateam@somerset.gov.uk

All info about places signed up to the Max Card can be found at: www.mymaxcard.co.uk

They also have information on: Facebook [mymaxcard](https://www.facebook.com/mymaxcard) Twitter [@mymaxcard](https://twitter.com/mymaxcard)

CEA CARD

A national scheme for UK cinemas. The card enables a disabled cinema guest to receive a **FREE** ticket for someone to go with them when they visit a participating cinema.

Participating cinemas also need to ensure they make reasonable adjustments for disabled guests using their cinema.

The card costs £6 and is valid for 1 year from the date of purchase. The card can be used by people aged 8 and over.

For more information visit: www.ceacard.co.uk

Changing Places

These are accessible toilet facilities which include a height adjustable changing bed, hoist and wheelchair accessible toilet.

We are working hard to get more places to register their facilities, please visit the National Changing Places website for more information. www.changing-places.org





Changing Places

Important Information

- Passes are available on a first come, first served basis. Please note you may not get your first choice
- Please give us 5 working days to process your request
- The carer will need to take proof of the child's disability as they may need to show this to the venue
- We are only able to offer 1 pass per young person per week

* Information is correct at time of print, please visit website to find details of most up to date prices.

Community Inclusion and Activity Team

How to book

- To book a free pass, Email ciateam@somerset.gov.uk with your child's name, disability, which pass you would like and on what date
- It operates on a 'first come first serve basis' so you may not get your first choice
- Book early to avoid disappointment! (Preferably 5 days before)

Parent Guide: Managing Big Emotions at Christmas

Anger

Christmas can be a very stressful time and there can be lots of things that trigger our anger, for example having to spend time with particular people, trying to co-parent or financial restraints. Whatever the reasons, anger can be tricky to manage and is probably the emotion that can have the biggest impact on those around us. We all know what anger can look and feel like; shouting, crying, feeling hot or trapped or becoming sullen and uncommunicative - we all try to manage anger in different ways to reduce it and not always in positive ways. Younger children will tend towards tantrums and in some cases aggression to release their feelings, while in some cases adults and teenagers may try to manage their need to react similarly through the use of substances.

How can anger be managed positively?

Yourself	Others
Check in with your feelings regularly and learn to notice when your anger is starting to bubble.	Give children time and space to calm down. Either in their room or a particular area in your home.
Try to stop and slow down, and focus on your breathing.	Encourage them to burn off their emotions with some exercise e.g. jumping jacks, jogging etc.
Find strategies to help you relax e.g. meditation, taking a warm bath or shower, go for a walk.	Don't try to talk to them about their feelings unless they have calmed down. Do so in a non-confrontational way.
Problem Solve: First, make a plan - how are you going to handle the problem? Then, reflect and check your progress along the way - is your plan working? Finally, be kind to yourself - the problem may not improve or resolve straight away.	Support them to problem solve, identify the problem and help them to come up with a solution.
Identify hot spots that cause your anger. You could plan to avoid certain activities that cause anger if you can.	With teenagers try to take them out of the situation, go for a coffee or a walk together so that you can talk in a non-judgemental way.

Anxiety

Christmas can be stressful for many reasons- you may be worried about money or practicalities. It's also a time when people can be forced to socialise, which is fun for some but for others it can be challenging. If you have tense relationships within your family, having to engage in these more than other times of the year can also be a cause of anxiety.

What It might look like:

In adults

- Being irritable
- Struggling to concentrate
- Fidgeting/signs of being on edge
- Not sleeping/inconsistent sleep

In children

- Not eating
- Outbursts
- Unable to settle



How can you support yourself/others?

Yourself	Others
Make time for mindfulness - try to spend some time each day engaged in a mindful activity whether it's meditation, exercise or journaling.	Share some mindfulness practices with children - teach them how to meditate or carry out some yoga or breathing exercises.
Talk to someone - this doesn't have to be a professional, it may be a friend or family member or a helpline.	Ask that person how they're feeling. If you suspect you know the cause of their anxiety, ask in a sensitive way how they are feeling at this time.
Try to enjoy some screen-free activities, such as, reading a book, baking or dancing to some Christmas tunes.	
Enjoy some calm quiet Christmas activities, for example seeing some local Christmas lights or a carol concert or cuddling up on your own or with family/friends with a warm drink and a Christmas film.	
Set boundaries - if socialising is the cause of anxiety pick 2-3 key social engagements to participate in and only go to those. If the issue is a specific relationship, limit the time you spend engaging with it.	

Christmas Mindfulness Activities



Christmas Dancing Boogie Woogie



Dancing is active and can make you feel happy and buzzy. For mindful dancing, choose music that is calm rather than bouncy to help you relax and wind down. You could use music that is full of Christmas joy as well as being calming. Find the rhythm, keep soft, sway and move in a way that helps you to stay present and in the moment.



Touching Christmas



Make yourself a special sensory bag of Christmas textures. Go around your home collecting bits of tinsel, ribbon, pine cones, ornaments and other Christmasy items. Have fun finding the items. Put them in a bag and then when you need calm, sit with the bag, feeling, touching and sensing each item.



Gratitude Ornaments



Making your own decorations is a wonderful way to be mindful at Christmas. Choose a style that suits you, whether it is paper or 3D. Settle yourself down with what you need and then enjoy a good hour or two of making time. Each time focus on one thing you are really grateful for and what difference it has made to you.



Let it Snow



Find a snow globe and set it somewhere pretty - maybe somewhere the light can catch it, whether that's daylight or Christmas lights. Gently shake the snow globe and then let all the tiny snowflakes fall. Watch the dance the snowflake makes before it settles. Let your thoughts settle like the snowflakes.



Christmas Budget Bucket List

- Family game night
- Make Christmas decorations from old wrapping paper and cards.
- Make a Christmas bird feeder.
- Have a Christmas movie night.
- Do some random acts of kindness.
- Visit a garden centre.
- Go for a walk to see some Christmas lights.
- Bake biscuits or mince pies for your family, friends and neighbours.
- Donate old toys
- Have a Christmas story night.
- Go to listen to Christmas Eve carols.
- Go for a walk on a frosty day.
- Write letters to Santa.
- Decorate a jumper to make it more festive.
- Sing along to Christmas songs as a family.
- Enjoy warm Christmas drinks with friends.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



visit [twinkl.com](https://www.twinkl.com)



Christmas Scavenger Hunt



- | | |
|--|--|
| <input type="checkbox"/> Christmas Lights | <input type="checkbox"/> Santa's Present Bag  |
| <input type="checkbox"/> Rudolph  | <input type="checkbox"/> Giant Ornaments |
| <input type="checkbox"/> Candy Canes | <input type="checkbox"/> Moving Figures |
| <input type="checkbox"/> Presents  | <input type="checkbox"/> Stockings  |
| <input type="checkbox"/> Penguin | <input type="checkbox"/> White Lights |
| <input type="checkbox"/> Train | <input type="checkbox"/> Colored Lights |
| <input type="checkbox"/> Polar Bear | <input type="checkbox"/> Star  |
| <input type="checkbox"/> Fake Snow | <input type="checkbox"/> Nativity Set |
| <input type="checkbox"/> Real Snow  | <input type="checkbox"/> Christmas Tree  |
| <input type="checkbox"/> North Pole Sign | <input type="checkbox"/> House with no decorations |
| <input type="checkbox"/> Elves | <input type="checkbox"/> House with music playing outside |

<https://ladyandtheblog.com>



Activities in the build up to Christmas at The Space in Cheddar



December Youth Club
The Space
METHODIST CHURCH HALL, CLIFF STREET, CHEDDAR

03/12/24 CHRISTMAS QUIZ AND BINGO **QUIZ TIME!!!**

10/12/24 CHRISTMAS DECORATIONS  

17/12/24 CHRISTMAS PARTY  **jingle**
with
mint

24/12/24 CHRISTMAS EVE MERRY CHRISTMAS WITH LOVE THE YOUTH CLUB TEAM 
♥ WITH LOVE ♥

TUESDAYS 6:30 - 8:30PM

TO REGISTER PLEASE VISIT: www.thespacewessex.org.uk/our-services/youth-activities/youth-club-application-form/ 

THE SPACE 

Kings Fitness & Leisure Christmas activities

Kings Fitness & Leisure Centre in Cheddar are offering a wide range of activities for families and children over the Christmas break, pick up a copy of their Christmas brochure at reception or click [HERE](#) to view it.



FESTIVE OPENING TIMES

Our Opening Times for this festive season varies, please check the website for the latest information.

	KINGS FITNESS & LEISURE	LATTITUDE COFFEE SHOP	BEAUTY BY KIMBERLY
Monday 23rd December	06.00 - 22.00	09.00 - 18.00	CLOSED
Tuesday 24th December	08.00 - 14.00	09.00 - 14.00	CLOSED
Wednesday 25th December	CLOSED	CLOSED	CLOSED
Thursday 26th December	CLOSED	CLOSED	CLOSED
Friday 27th December	07.00 - 19.00	CLOSED	09.00 - 17.00
Saturday 28th December	08.00 - 18.00	CLOSED	09.00 - 14.00
Sunday 29th December	08.00 - 18.00	CLOSED	CLOSED
Monday 30th December	07.00 - 19.00	CLOSED	CLOSED
Tuesday 31st December	08.00 - 14.00	CLOSED	10.00 - 14.00
Wednesday 1st January	CLOSED	CLOSED	CLOSED
Thursday 2nd January	06.00 - 22.00	09.00 - 19.00	12.00 - 20.00
Friday 3rd January	06.00 - 22.00	09.00 - 19.00	09.00 - 18.00
Saturday 4th January	08.00 - 18.00	08.00 - 15.00	09.00 - 14.00
Sunday 5th January	08.00 - 18.00	09.30 - 14.30	CLOSED

Correct at the time of publication.

1. Create a Christmas bucket list together of fun and relaxing activities.

2. Designate a no screen day – pick 1 day each week with no screens. Go outside and play games or crafts instead

3. Set times for Christmas games and activities.

4. Create an 'I am Bored' jar – fill a jar with fun activity ideas for when your little ones gets bored.



5. Start a Christmas gratitude journal – ask everyone to write down one thing they are grateful for each day.

6. Go for an evening walk and explore the Christmas lights in your neighbourhood.

7. Alternate busy and lazy days – schedule fun days but make sure you schedule in relaxing days and days to just play.

8. Schedule in Christmas film days, or a Christmas music dance evening. Create your own traditions.

Top Tips on connecting with your child over the Christmas Break

1. Spend Quality time with your child as a priority

Quality one to one time with your child doesn't need to be long, but sitting down without technology, screens or any other distractions (you could put your phone in another room) for 10-15 minutes a day to engage in a child-led activity encourages connection and makes them feel seen and heard.

Allow your child to lead the activity, it will boost their confidence, and you will both enjoy spending quality, uninterrupted time together.

2. Bond with your child emotionally

If your child's emotions run high, teach them to recognise and validate their feelings by labelling their emotions and allowing them to express their feelings freely. Christmas time can be a time when your children's emotions are running high. Support them with this, for example:

'I can see you are feeling sad today, that might be tricky to manage. I wonder what it is that's making you feel sad today? What would make you feel better?'

Use active listening with your child, giving them undivided attention to talk without interruption. Avoid rushing to give them solutions, allow your child the time to work out solutions with you. This will really build their resilience and confidence in managing their emotions in the future. You can also explore your child's emotions through different activities:

- Make a Christmas emotions collage with your child. Use pictures and words from magazines to cut and stick then use this collage to create meaningful conversations about their emotions. 'I wonder if there has been a time when you have felt like this?'. Model times when you as an adult have felt these emotions – this will normalize your child's emotions.
- Play emotion charades – act out different emotions. Get them to use the correct facial expressions, body language etc.
- When reading stories use the characters to discuss different emotions 'I wonder how they might be feeling if that happened to them'.

3. Have Consistent Routines

We know that routines will slip over the Christmas break due to days out, Christmas parties and events and having fun, but try and stick to your child's bedtime routine even if this ends up being an hour or two later. Routine is the key.

Children thrive and feel secure with routines, so sticking with your bath, brush teeth, story time and lights off routine will make returning to school in January easier for you and your child.

4. Have Positive Boundaries

When your child is in a calm and happy place, clearly communicate your boundaries and expectations making these positive rather than negative.

For example - *'If you put your toys away when asked you can have a pom pom in your reward jar'*

Rather than *'If you don't put your toys away there will be a consequence'*.

Children will respond better to positive boundaries. Make sure your child is listening and understands what is being asked and make the boundaries age appropriate.

5. Have Fun!

Most importantly have fun and use the Christmas break to get to know your children better! Take photos and create positive memories. Keep a diary or a photo album (digitally). You don't have to take your kids to the most expensive places or buy them the most expensive toys to create a memorable Christmas. Have a craft day, bake something, watch festive films and listen to Christmas music. But above all, remember to have fun with them!



Emergency contact Numbers & Information

Children and social care consultation line – 0300 123 2224- (Monday – Friday 9am – 4pm)

Emergency Duty Team – 0300 123 2327 (out of hours inc weekends)

In an emergency always contact the Police by dialing 999

Support pack for parents managing children and young people substance use at Christmas – Please click [HERE](#)

Cheddar Valley Foodbank

Unit 8, Wessex Business Centre, CHEDDAR, BS27 3EJ

Contact Number - 07922 309369

Email - info@cheddarvalley.foodbank.org.uk

Cheddar Valley	
07922 309369	
OPENING TIMES	
Mon	10:30 - 12:30
Tue	Closed
Wed	Closed
Thu	Closed
Fri	Closed
Sat	10:30 - 12:30
Sun	Closed

Highbridge Area Foodbank

Hope Baptist Church, Church Street, Highbridge,

TA9 3HW

Hope Baptist	
OPENING TIMES	
Mon	Closed
Tue	Closed
Wed	Closed
Thu	09:30 - 12:00
Fri	Closed
Sat	Closed
Sun	Closed



*Hope you have a
great Christmas!
Remember, Christmas is
just one day! It's more
Important to start the New Year
happy and without the worry of
paying for the Christmas that
has just gone.*

