

SURVIVING SUMMER

TOP TIPS FROM PARENTS FOR PARENTS!

BRADFORD
PARENTS

Summer holidays can feel overwhelming...

Try writing a list of big or small ideas of things to do during the hols. Ideas could be – walks, crafts (like making play-dough), visits to the museum or park, and baking or a film day. Let the kids choose 1 thing from the list per day.

Try getting together with other families to pool resources such as sharing board games and going on trips together.

Try the other ideas below:

GETTING ACTIVE

- "Schools Out Bradford" is choc full of ideas for local adventure activities, sports centres, swimming and lots more, check it out at www.bradford.gov.uk/summer
- See moneysavingexpert.com for tips on free tennis, swim safe and football sessions
- "50 Things to do before you're 5" is full of great ideas for little ones including Wonderful Waiting Games, Mini Beast and Bug Hunting and Creative Junk. Find out more at bradford.50thingstodo.org
- "Bradford Healthy Holiday Schemes" are great summer activities including free food for kids. Contact your local community centre to see what is happening in your local area.
- Community Centres may also have "Pay as You feel" or community meals.

Don't forget your Mirror Pool in the heart of Bradford city centre!

RAINY DAYS

- **Cinema trips** are a huge hit but can cost a lot so look out for cheap holiday deals including:
 - Odeon kids screenings for £2.50 in the holidays and VUE weekend and holiday tickets for £2.49
- **Free in-store activities.** Check activities such as free animal workshops at Pets at Home and free toy sessions on the first Thurs of the month at Lego stores.
- **Museums and libraries.** See www.bradford.gov.uk/summer for great free activities running in local libraries and museums. Our art galleries are all free to enter and are a great place for reflection
- - Don't forget the **Science and Media museum** have a free indoor picnic area which is perfect for rainy days. Why not team up with friends to build a picnic from BOGOF and other offers in local stores.
- **Free audience tickets.**
 - Watch TV shows in person with free audience tickets for popular programmes. Google Applause Store, SRO Audiences or Lost in TV to find out more.
- Staying at home? Check out Facebook marketplace for free or low cost arts and crafts materials or join the 'Freecycle' community to pick up no-cost recycled materials, <https://uk.freecycle.org/>

THE GREAT OUTDOORS

- In Bradford we have beautiful countryside on our doorstep including St Ives Estate, Bingley Five Rise Lock, Saltaire as well as our wonderful local parks.
- **Family Railcards and National Express cards** can help with cheaper travel. Get more information from Bradford Interchange Travel Centre or <https://www.familyandfriends-railcard.co.uk/>

DAYS OUT

- Why bother with theme parks and attractions that can be incredibly expensive so check out the following:
- **Local Community Centres** often have subsidised trips, check out what is happening in your local area.
- **Check out Facebook groups for ideas** – examples of local Bradford groups include “Free things to do in the 6 weeks holiday”
- Local radio stations such as Pulse Radio can also offer deals for low cost days out.