

2026

Summer Holiday Fun Info Pack



acorns

Family Support
Acorns Project

Summer Holiday information 2026 index

1. **Children's Parks page** 2-3
2. **Beaches** Page 4
3. **Local Events** Page 5-8
4. **Free Days out near a Metro Station** Page 9-10
5. **Other Museums** Page 10
6. **Cinema Deals** Page 11
7. **Activities in the area** Page 11-12
8. **Travel** Page 13
9. **Clubs** Page 13
10. **Places to eat** Page 14
11. **Leisure Centres** Page 14-15
12. **Uniform** Page 15-16
13. **Food Bank, Diet & nutrition** Page 16
14. **Useful numbers & Apps** Page 16-18
15. **Our Family Notes** Page 19
16. **What the Kids have to Say** Page 20

In this booklet you will find information about what is going on in the local area at a low cost or free of charge. We hope you find it useful.

All places named in this booklet are accessible by either bus, car or train.

(All events mentioned in this booklet should be checked before either booking or attending as they may be subject to change.)

Children's Parks

Exhibition Park Newcastle

- ✚ Skate park
- ✚ Two croquet lawns
- ✚ Tennis courts that are free to play.
- ✚ Free Park Run every Saturday at 9am
- ✚ Children's Playground
- ✚ Urban Green Cafe
- ✚ Public toilets free to use at the Urban Green Café

<https://newcastlegateshead.com/business-directory/things-to-do/exhibition-park>

Richardson Dees Park, Wallsend

- ✚ multi-age play area
- ✚ Verandah Café
- ✚ bandstand
- ✚ bowling greens
- ✚ outdoor gym
- ✚ tennis and basketball courts
- ✚ skate park
- ✚ multi-use games area
- ✚ lakeside and woodland walks
- ✚ sculpture story trail
- ✚ plant hunter trail
- ✚ public toilets

<https://my.northtyneside.gov.uk/category/384/wallsend-parks>

Rising sun country park, Benton

- ✚ extensive footpaths, bridleways and cycleways to explore
- ✚ selected routes are wheelchair-accessible
- ✚ bird hides
- ✚ cafe with terrace and park views
- ✚ free parking with picnic and barbecue area
- ✚ children's play area and water play feature
- ✚ toilet facilities

<https://my.northtyneside.gov.uk/category/385/rising-sun-country-park>

Northumberland Park, North Shields

- ✚ Medieval herb garden
- ✚ Victorian-style bandstand
- ✚ Woodland and lakeside walks
- ✚ Butterfly meadow
- ✚ Multi-age play area
- ✚ Sculpture trail
- ✚ BMX pump track
- ✚ Himalayan Dene and water cascades
- ✚ Visitor Centre and tea room
- ✚ Public toilets

<https://my.northtyneside.gov.uk/category/396/northumberland-park>

Whitley Bay Water Park

- ✚ Splash and spray features
- ✚ Water rill, channel and damn leading to pooled area
- ✚ Multi-use sports area
- ✚ Cafe

<https://www.visitnorthtyneside.com/activities/activity/whitley-bay-water-park/>

Killingworth Lakeside Park

- ✚ open grassed spaces for leisure uses
- ✚ woodlands and lake provide a fantastic refuge for birds and wildlife
- ✚ a great place for you to explore
- ✚ play area

<https://my.northtyneside.gov.uk/category/394/killingworth-lakeside-park>

Ridley Park & Splash park, Blyth

- ✚ Café
- ✚ Woodland walks and wildflowers
- ✚ Water play area
- ✚ Play areas suitable for all ages

<https://www.northumberland.gov.uk/Local/Ridley-Park-Blyth.aspx>

Carlisle Park & splash park, Morpeth

- ✚ Play area
- ✚ Paddling pool
- ✚ Sports courts
- ✚ Woodlands and Herb Knot garden
- ✚ Morpeth Castle

<https://www.northumberland.gov.uk/Local/Carlisle-Park-Morpeth.aspx>

North Marine Park, South Shields

- ✚ Play area
- ✚ Fitness trail
- ✚ Pavilion
- ✚ Artwork
- ✚ Bandstand
- ✚ Community garden

<https://www.southtyneside.gov.uk/article/11252/North-Marine-Park>

South Marine Park, South Shields

- ✚ Art trail
- ✚ Boating lake
- ✚ Cafe
- ✚ Miniature steam railway
- ✚ Open space
- ✚ Picnic tables
- ✚ Play areas
- ✚ Toilets

<https://www.southtyneside.gov.uk/article/11254/South-Marine-Park>

Beaches

+ Tynemouth, Longsands Beach

<https://newcastlegateshead.com/business-directory/things-to-do/tynemouth-longsands>

+ Cullercoats Bay

<https://www.visitnorthtyneside.com/activities/activity/cullercoats-bay/>

+ Whitley Bay Beach

<https://www.visitnorthtyneside.com/activities/activity/whitley-bay-beach/>

+ Blyth Beach with play park

<https://www.blythtown.net/blyth-beach>

+ Seaton Sluice Beach with play park

<https://northumberland-beaches.co.uk/seaton-sluice.htm>

+ Newbiggin Beach

<https://www.thebeachguide.co.uk/north-east-england/northumberland/newbiggin-north.htm>

+ Druridge Bay Country Park (best accessed by car)

(playground next to beach)

<https://www.northumberland.gov.uk/Local/Country-parks-visitor-centres-coastal-sitesPub/Druridge-Bay-Country-Park-visitor-centre.aspx>

+ Sandhaven Beach, South Shields

(events often arranged on beach)

<https://www.visitsouthtyneside.co.uk/article/11257/Sandhaven-Beach>

Local Events

Screen on the Green- Free

The green, old Eldon Square Monument, Daily throughout July & August

NE1's Screen on the Green runs from June 29 to August 31, 2026, at Old Eldon Square. The free event features over 100 films, live Wimbledon coverage, and interactive outdoor play zones like the miniature city, Tiny Toon. For the full movie schedule and showtimes, check the [Get Into Newcastle Events](#) page

Summer Nerd Fest 2026 @ Gateshead Stadium

Saturday 25th July 10am-4pm

Gateshead International Stadium
Neilson Road Gateshead NE10 0EF

Get ready to geek out at Nerd Summer Fest 2026 with all things retro, games, and comics - it's gonna be a blast!

Welcome to Nerd Summer Fest 2026! Get ready to geek out at the Gateshead International Stadium on July 25, 2026. Join fellow nerds for a day filled with all things pop culture, gaming, comics, and more!

Supporting Cash for Kids charity

<https://www.eventbrite.co.uk/e/nerd-summer-fest-2026-tickets-1980649920229>

Northumberlandia- Free

- **Tales from the Trail:** A self-led, family-friendly woodland trail running daily from **July 4 to September 1, 2026**. It's hosted in partnership with Cramlington Learning Village
- **Food and Craft Market:** Browse local stalls for crafted products and treats on **Sunday, July 5** (10:00 AM - 3:00 PM) and **August 2, 2026**. Parking is a £3 suggested donation.
- **Cramlington Town Council Youth Sessions:** Look out for free summer holiday sessions (including drumming, dance, and filming) funded by the Town Council at the venue, running throughout the six-week holiday period.
- **Wilder Wellbeing:** Nature connection workshops scheduled for **July 15, 2026**

Nature scavenger day- Free

Church of Our Lady, The Avenue, Seaton Delaval, Whitley Bay, NE26 4QR

Friday 7 August 2026 11am-3pm

Join us in the grounds of the Church of Our Lady near Seaton Delaval for a day of nature discovery, including scavenger hunts and searching for minibeasts. Just a short walk away, you can visit the National Trust's beautiful Seaton Delaval Hall, or watch the waves on Seaton Sluice Beach.

A great day out for the whole family! Recommended for ages 4+, children must be accompanied by a responsible adult. This is an outdoor event. Please wear clothing and

footwear suitable for the activity and the weather. For information about access and parking at the church, please visit: www.achurchnearyou.com/church/16147/

Whitley Bay Sand Castle competition- Free

The Whitley Bay Sandcastle Competition is a free, annual event held on Whitley Bay Beach (right in front of the Rendezvous Café). While the exact 2026 date is yet to be fully finalized, the competition typically takes place in early-to-mid August
Keep an eye on North Tyneside council website for confirmed dates/times

Spanish City's Summer Funfair

August 27 to August 31, 2026

The Links in Whitley Bay (NE26 1BQ). Hosted by Turners Funfairs

The annual summer funfair returns for lots of family fun. All the traditional favourites will be there including the Waltzer and many more. You'll find it on The Links, just a stone's throw away from the new Spanish City, some great arcades and some of the best ice cream and fish and chips in the country.

The Meadows Summer Fayre- Free entry

Saturday 1st August 11am-3pm

The Meadows is a Community Centre and Gardens based in the heart of Meadow Well. They are holding a summer fayre where there will be stalls, music, inflatables, food and more.

The Barking Dog Club- Kings Road North, Wallsend-Free entry

Saturday 11th July 12pm-8pm

Live Music from 12pm – 8pm

Featuring:

★ Rhys Breen ★ Jade Sanders ★ Jam Junkies ♀ Giant Inflatables 🍷 Ice Cream 🍷 BBQ
🍬 Sweets & Toys 🍹 Slush

Bring the whole family along and enjoy a full day of great entertainment, delicious food, and fun activities for the kids

The Rising Sun Countryside Centre Summer Fun

🤝 Roll up, roll up 🤝 🎪 "SUMMER HOLIDAY FUN"

Spaces now available for Circus/Bubble Skills Workshop at The Rising Sun Countryside Centre on Wednesday 5th August.

90 minutes of learning the tricks of the Circus trade and creating giant magical bubbles. 2 Sessions available!

Tickets ONLY £10.00 per child and available via bookwhen

11AM-12.30PM

1PM-2.30PM

WE ARE CURRENTLY HAVING ISSUES WITH BOOKWHEN TO ORDER TICKETS - PLEASE CONTACT RISING.SUN@NORTHTYNESIDE.GOV.UK AND LEAVE YOUR CONTACT NUMBER SO WE CAN THEN TAKE PAYMENT OVER THE PHONE - THANK YOU

Bumblebee Conversation Trust Bee Walks- Free (book tickets via link below)

Northumberland Park, North Shields

11am-1pm meet at The Medieval Garden at 11am

- **Saturday 18th July**
- **Saturday 15th August**
-

Join the Park Warden and members of Northumberland Park Wildlife Group to help count bees in the park to add to the records kept by the Bumblebee Conversation Trust.

https://bookwhen.com/norhtynesideparks?fbclid=IwY2xjawS4VMZleHRuA2FibQIxMABzcnRjBmFwcF9pZBAyMjIwMzIxNzg4MjAwODkyAAEes46NZ3L9CMYRxnJXCnlfdtNrcwOcwByeQWenpDo1mMh3aYD8zjwjOiHrqqQ_aem_BXU_BPHtsBw4ETvNufPLIA#focus=ev-soyul-20260718110000

Wild Wednesdays at Woodhorn Museum

11am - 3pm on Wednesday 22nd and 29th July, 5th, 12th, 19th and 26th August

Enjoy wild-themed crafts, take part in bug hunts, and meet the Woodhorn Weeders, our friendly Age UK gardening group. With different craft activities each week, there's always something new to discover.

While you're here, pick up a map and set off on Woodhorn's Wild Trail. Explore the site, track down the brass rubbing posts, and create your own unique artwork along the way under 18 go free

Adult: £11 (£10 without optional donation).

South Tyneside Summer Parade

Saturday 11 July 13:00-17:00 South Shields Market Square

The theme of this year's parade is "Wild and Wonderful - Colours of Our Community," a celebration of our vibrant and diverse borough featuring wild, colourful costumes created from reused and recycled materials.

Join us in Bents Park from 12.30pm for an afternoon of family fun activities, before heading out to welcome the vibrant parade from the Market Square.

We look forward to welcoming local community groups, schools and voluntary organisations in South Tyneside to be part of the celebrations. The parade kicks off at 1pm from South Shields Market Square, the Summer Parade will make its way along King Street and Ocean Road to the seafront and Bents Park.

Fabulous local groups, performers and entertainers will lead the way, with even more entertainment waiting in the park for a fun-filled, family-friendly afternoon.

South Shields Kids Fest- free

4th August-20th August every Tuesday and Thursday 2pm-4pm

This summer come along to South Shields' Seafront Amphitheatre and enjoy afternoons of free fun, games and activities with a host of amazing performers and entertainers. It's a great way to keep the kids entertained during the school summer holidays!

The events take place every Tuesday and Thursday afternoon between 4 and 20 August, from 2-4pm.

Stephenson Steam Railway

Various activities on at the museum, see link below for more details.

<https://www.northeastmuseums.org.uk/whats-on/search/-/-/-/-/246>

Newcastle Mela, Exhibition Park, Newcastle Free Entry

Sunday 30th & Monday 31st August

The festival showcases the rich heritage of Pakistani, Bengali, Indian, and other South Asian cultures. Immerse yourself in the lively music, mouth-watering food, and captivating entertainment that these cultures have to offer.

Over the course of two days, you'll enjoy live music and performances, indulge in a wide array of hot and cold foods from our traders, shop for unique clothes, gifts, and jewellery, participate in arts and crafts, and be amazed by circus acts, dance performances, and local talent. All topped by a huge array of musical talent from near and far. Don't miss out on the excitement—there's something for everyone at Newcastle Mela!

<https://newcastlemela.co.uk/>

Newcastle NOVUM Festival

Friday 7th-Sunday 9th August

Newcastle is set to become one giant playground this summer!

The City Centre will be transformed into a vibrant celebration of performance, creativity and community with free events for all ages.

Experience spectacular outdoor performances, dance, circus, theatre & live music. Roaming performers, hands on family fun at the Civic Centre with workshops, games, giant swins, face painting.

Interactive art and immersive story telling trails.

Don't miss Dominoes Newcastle, an unforgettable finale where thousands of blocks cascade through the streets in stunning chain reaction.

Free Days out near a Metro Station

South Shields, Various places

Metro Station: South Shields

Arbeia Roman Fort, South Shields (ideal for sunny day)

See real Roman Artefacts which were discovered on the site, explore the ruins and visit the reconstructed Roman Barracks.

South Shields Museum & Gallery (includes small reptile house)

Often runs free or low-cost events during the school holidays

North & South Marine Park (ideal for picnic and play)

Discovery Museum & The Common Room (ideal for a rainy day)

Metro station: Central Station + 10-minute walk

Usually run free events during the school holidays, information will be on their website. The common room hosts a range of STEM workshops and activities (usually free but requires a ticket)

Jesmond Dene and Pets Corner (ideal for a sunny day)

Metro station: West Jesmond + 25-minute walk

Beautiful walks, perfect for a picnic with lots of grass areas to run around, waterfall and free pets' corner.

Great North Museum & Exhibition Park (ideal for a day of mixed weather)

Metro: Haymarket + 14-minute walk

The museum is always a favourite with the kids, they can see dinosaurs, a range of animals, learn about Hadrian's Wall and ancient Mummies.

Near by is exhibition park where there are often free events running during the summer

Richardson Dees Park (ideal for a sunny day)

Metro: Wallsend + 10-minute walk

Great park where you can make a day of it with the playground, skatepark, sports pitches, duck pond, sand and water play, gardens and great walks.

North Tyneside Coast (ideal for sunny day)

Metro: Cullercoats, Tynemouth, Whitley Bay

Beautiful beaches with playgrounds overlooking the sea. You can visit St Mary's Lighthouse and it is ideal for rock pooling and seal spotting.

Rising Sun Country Park (ideal for sunny day)

Metro: Palmersville + 17-minute walk

Playground, visitor centre, woodland walks and trails, ponds and free community farm

Shiremoor Adventure Playground (ideal for a sunny day)

Metro: Shiremoor + 9-minute walk

Not your usual playground which is only open at set times (times often change) Some sessions are dedicated to families with additional needs so it is important to check opening times via their Facebook Page.

Ouseburn Farm & Seven Stories (ideal for day of mixed weather)

Metro Station: Manors +12-minute walk

Say hello to the Sheep, pigs, chickens and other small animals at the farm. Seven Stories has multiple floors of exhibitions all based around children's stories and books

Sunderland Winter Gardens & Museum (ideal for rainy day)

Metro (Park Lane +9-minute walk)

Often run free or low-cost events during the summer holidays. There are interesting exhibits and some cool dinosaurs in the Winter Gardens.

Other Museums

Woodhorn Museum, Ashington

Adults pay £11 (£10 without optional donation) for an annual pass, Under 18s go free

They have a pit yard play ground for children to enjoy.

Located in what was once the largest pit village in the world, the former colliery is now home to a popular visitor attraction

Activities run throughout the school holidays, see the local activities section of this booklet for more information about what will be running

Family pets may also accompany visitors everywhere except inside the main building and the café

<https://museumsnorthumberland.org.uk/woodhorn-museum/>

Durham Cathedral, Free entry

Various locations across the cathedral were used in Harry Potter and the Philosopher's Stone, Harry Potter and the Chamber of Secrets, and Avengers: Endgame.

As an extra, Kids under 18 can climb the 325 spiral steps to the top of the tower for free with a paying adult (check website for price) Children must be accompanied by an adult.

<https://www.durhamcathedral.co.uk/>

Sgedunum Roman Fort, Wallsend

Various activities running

Adults: £7.75* | £5.50* Concessions (* includes £1 voluntary donation)

Young people aged 21 years and under: FREE

North Tyneside residents with an NE28 postcode: FREE

Pre-booking not required

<https://segedunumromanfort.org.uk/>

Cinema Deals

Odeon

The government's temporary VAT cut applies to standard tickets, and they are continuing their popular ODEON Kids scheme with select morning and weekend screenings available for just £1 when booked online

Vue

Take advantage of Vue Mighty Mornings where both adults and children pay £2.49 per ticket for select summer holiday screenings.

Cineworld

Enjoy the "Be More Childish" campaign, where adults pay kids' prices with their Family Ticket. Pair this with their **Movies for Juniors** where tickets for adults and children are just £2 each

Activities in The Area

Ease into

This is a free activities programme, it is a perfect opportunity for children to try new activities and find new hobbies and interests. All Activities include a lunch for the child.

Any families which qualify for free school meals will automatically be eligible for this service. If you are entitled to free school meals then register on the link below
There are a small number of free spaces available for children who are not eligible for income-related free school meals, these are called 'non-eligible' spaces. The criteria for these 'non-eligible' spaces includes:

children with a special educational need or disability (SEND)

children in care

young carers

children on EHCP plans

children and young people from low-income working families

children and young people known to social care

children of refugees and asylum seekers

young people between 16 and 18 with SEND

Email easeinto@northtyneside.gov.uk to self-refer

Northumberland's Holiday Activities and Food Programme (HAF)

Families across Northumberland will benefit from a new and improved booking system for the Holiday Activities and Food Programme (HAF) in 2026, making it easier than ever to access free, fun-filled holiday activities. The programme offers a wide range of inclusive activities designed to engage children of all abilities and backgrounds.

Most schools should identify eligible children and parents should receive vouchers via email, if you have not been identified by the school by the beginning of the school holidays but think you may be eligible you can email haf@northumberland.gov.uk

Howdon Hub

Howdon Hub offer low price activities for children. They have a calendar on their website of upcoming dates, they also have a cafe offering delicious and affordable drinks and food. An outdoor MUGA (Multi-Use Games Area), facilitating a range of sports sessions as well as private hire. Perfect for a kick about!

Direct access to support services offered by our Family Services Team, Health and Wellbeing Coaches and our colleagues in other charities

<https://familygateway.co.uk/>

Whitley Bay Mini Golf and Footgolf

A scenic nine- and 18-hole course situated on the Links, Whitley Bay (NE26 4NQ)

<https://my.northtyneside.gov.uk/category/217/mini-golf-and-footgolf>

YMCA

YMCA North Tyneside run a range of clubs for children of all ages including specific clubs for home educated children

<https://ymcanorthtyneside.org/programmes/>

Family Hub

If you live in the Northumberland area

Family Hub have some useful information and activities running throughout the year

<https://www.familyhubsnorthumberland.co.uk/register>

YMCA Northumberland

Free youth sessions

<https://ymcanorthumberland.org.uk/youth-sessions-1/>

Travel

Nexus

Up to three kids aged 11 and under can travel for free on Metro and the Shields Ferry, all day, every day when accompanied by a fare-paying adult. Local bus services in Tyne & Wear and Northumberland offer travel deals during certain times of the days.
(Keep an eye on their website and social media pages for updates and confirmation of deals)

Arriva

Arrive usually offer during school holidays free travel for up to 3 children 11 and under when travelling with a paying adult. Travel is otherwise £1 per journey for children and £2 per journey for adults. Arriva can also offer family day tickets for school holidays and weekends allowing a maximum of 2 adults and 3 children to travel together in specified zones.

Clubs

+ Blue Flames Kids Summer Multi Sports Camp

Various dates throughout the school holidays

Paid spaces are £22.50 per day. A 3 day bundle discount is available

<https://blueflames.co.uk/product-category/multisportclub/>

+ East End Youth and community Centre Youth Club

6-10 years old

Youth club and summer programme

<http://www.eeycc.org.uk/>

+ Discover Me- 16-25-year olds

North Tyneside Young Person's Recovery College.

Weekly activities including a mindful kitchen, Wellbeing drop-in, Game Hub and a Neurodivergent Group.

To express your interest, visit <https://voda.org.uk/our-projects/discoverme/>

Or contact Tel: 07598893116 email: discoverme@voda.org.uk

+ CVYP- Cramlington

Junior drop-in Thursday evenings 5.00-7.30pm

for young people aged 8-13 years

<https://www.cvyp.org.uk/junior-drop-in>

Places to Eat

- Many restaurants and cafes offer deals for children to eat free or at lower price during the school holidays.
- **Asda:** Kids eat for £1 all day, everyday no minimum adult spend
- **Morrisons:** 1 free kids meal, all day with every adult meal for £5 or more
- **Sainsbury's:** buy 1 adult hot main & get 1 kids hot meal or lunch bag for £1
- **Dunelm Pausa Cafes:** kids eat free for every £4 spend in café
- **IKEA:** kids hot meals from 95p
- **Dobbies Garden Centres:** Kids eat for £1 with purchase of adult main
- **Tesco:** Kids eat free in café with any adult purchase.
- **Bella Italia:** kids eat free on Thursdays, or for £1 between 4pm-6pm Sunday-Wednesday
- **Purezza:** Kids under 10 get free mini pizza with every adult meal
- Travelodge & Premier Inn: Up to 2 kids eat breakfast for free per full-paying adult

Leisure Centres

Northumberland

Concordia Leisure Centre

Bowling, swimming pool, soft play, clip & climb, holiday activities

<https://www.placesleisure.org/centres/concordia-leisure-centre/>

Ashington Leisure Centre

Swimming pool, soft play, holiday activities

<https://www.placesleisure.org/centres/ashington-leisure-centre/>

Blyth Sports Centre

Swimming pool, soft play, holiday activities

<https://www.placesleisure.org/centres/blyth-sports-centre/centre-activities/family-kids/>

Prudhoe Waterworld

Swimming pool with aquaslide and waves and the beach walk in is perfect for little ones, soft play, holiday activities

<https://www.placesleisure.org/centres/prudhoe-waterworld/centre-activities/family-kids/>

Morpeth Sports and Leisure

Swimming pool, soft play, holiday act

<https://www.placesleisure.org/centres/morpeth-sports-and-leisure-centre/centre-activities/family-kids/>

North Tyneside

Hadrian Leisure- Wallsend

Swimming pool, sports hall & football courts

<https://my.northtyneside.gov.uk/category/258/hadrian-leisure-centre>

The Parks- North Shields

Sports hall, football pitches, soft play

<https://my.northtyneside.gov.uk/category/259/parks>

Tynemouth Pool- North Shields

Swimming pool

<https://my.northtyneside.gov.uk/category/260/tynemouth-pool>

Waves- Whitley Bay

Swimming pool with slide, soft play

<https://my.northtyneside.gov.uk/category/261/waves>

The Lakeside centre- Killingworth

Swimming pool, soft play, sports hall

<https://my.northtyneside.gov.uk/category/257/lakeside-centre>

Whitley Bay Mini Golf and Footgolf

A scenic nine- and 18-hole course situated on the Links, Whitley Bay (NE26 4NQ)

<https://my.northtyneside.gov.uk/category/217/mini-golf-and-footgolf>

Uniform Support

North Tyneside Council

Certain schools in the borough are running uniform support schemes to support families and reduce clothing wastage. Information on schools taking part can be found at the following link, if your school is not listed still speak to your school to see if there is any support they can offer.

<https://www.northtyneside.gov.uk/schools-education-and-childcare/support-schools/school-uniform-support>

Uniformerly

This is a national uniform scheme, here you can check if there is anything for sale from your school. You can register then buy, sell or swap your items with other parents from your school.

<https://uniformerly.co.uk/listing-categories/>

Hope Centre Uniform Bank- Cramlington

Tuesday 10am-2pm, Thursday 11am-1pm

Email: hop1uniform@gmail.com

https://www.facebook.com/p/Hope-Centre-Uniform-Baby-Bank-100066645039666/?locale=en_GB

Uniform for All Northumberland, Blyth

<https://www.facebook.com/uniformsfourall/>

Community Help Hub, Bedlington

<https://hopechurchbedlington.co.uk/what-we-do/community-help-hub/>

Foodbanks, Diet & Nutrition

The Bay Foodbank, Meadow Well

Meadow Well Way, Waterville Road, North Shields, NE29 6BA 0191 257 3820, info@thebayfoodbank.org.uk. To request a voucher, call 0191 6432777 and press option 2 for Adult Welfare Assistance/Food and or Utilities.

The Bread and Butter Thing

Prices range from £5 for an individual bag to £17 for a large family, but whichever offer you opt for, you will be saving on your normal weekly food bill. As the bags vary from day to day, some weeks the savings will be greater than others. However, you will always be paying much less than in the shops and have new foods to try.

<https://www.breadandbutterthing.org/become-a-member>

The Trussell Trust

Trussell Trust support a nationwide network of food banks and together provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK. <https://www.trusselltrust.org/>

Cramlington Foodbank

Based at the Hope Centre

Please contact Lorraine Alexander at info@cramlington.foodbank.co.uk or on 01670 737808 for more information

Useful Numbers

There is always someone to help, here are some useful numbers for during the holidays.

If you are in **immediate danger call 999**

For **non-emergency** situations you can call the police on **101** or report something via the **Northumbria Police website** under 'Tell us something'

Acorns

0191 349 8366

07712 862 858

<https://www.acornsproject.org.uk/>

Harbour (Northumberland)

03000 20 25 25 (24 hours)

info@myharbour.org.uk

Changing Lives (North Tyneside)

0191 251 3305

<https://www.changing-lives.org.uk/find-support/ntidas>

National Domestic Violence

24hr service offering advice and support to anyone experiencing domestic violence and abuse

Tel: 0808 2000 247

National Centre for Domestic Violence (NCDV)

A fast, free emergency injunction service for domestic abuse

<https://www.ncdv.org.uk/>

Child to Parent Abuse

<https://www.pegssupport.co.uk/>

<https://www.newboldhope.org/> (for parents of disabled children / additional needs)

<https://capafirstresponse.org/>

Childline 0800 1111

Samaritans 116 123

Mind 0300 123 3393

Crime stoppers 0800 555111

Family Lives 0808 800 222

FLAWS (Finding Legal Options for Women Survivors)

0203 7457707

<https://www.flows.org.uk/support-for-women>

Men's Advice Line 0808 801 0327

Victims First Northumbria 0800 0113116

REACH sexual assault crisis intervention 0333 3448283

Honour network helpline 0800 5999 247

SHOUT 24-hour text service

If you're struggling to cope and you need immediate help. Text Shout to 85258

North Tyneside

Citizens Advice North Tyneside

Adviceline is open between 9am & 5pm, Monday to Friday: 0808 278 7822

<https://www.ntcab.org.uk/>

NT LIFE Recovery College North Tyneside

<https://voda.org.uk/ntlifef/>

North Tyneside Mental Health Crisis Team 0303 123 1146

Northumberland

NDAS (Northumberland Domestic Abuse Service) 01434 608030

GRACE 0800 035 2794 (Rape Crisis Northumberland) aged 13 +

CYGNUS 01670 853977

Mental Health Crisis Team

Adults 0800 652 2861

Children 0800 652 2862

Citizens Advice Bureaux 0808 278 794

<https://www.citizensadvicenorthumberland.org.uk/>

General debt helpline 01670 339 960

Energy related helpline is 01670 339749

Escape Family Support – support families impacted by drug and alcohol 07702833944

Northumberland Recovery College

<https://northumberlandrecoverycollege.co.uk/>

Holding Hearts Blyth bereavement support for 9-13

01670 542867

holdingheartsinfo@gmail.com

Online and App support for kids

Kooth

Anonymous website with free mental health support

www.kooth.com

Headspace

Meditation app

www.headspace.com/teens

Mindshift CBT App

Free self-help app for anxiety relief

Not OK App

Free digital panic button which provides immediate support via text, call or GPS location when a young person is struggling to reach out for support

www.notokapp.com

Lonely Not Alone

Platform where young people share stories and can message peers to support

www.lonelynotalone.org

Young Minds

Practical tips and information for young people

www.youngminds.org.uk

Our Family Notes

Use this page to make a list of what activities you have planned for the summer holidays. Have fun!

What the Kids Have to Say

Draw your favourite summer activity



Draw what activity you would like to try next time

