

Half-term Activities

12th to 16th February 2024

By the **Waltham Forest Mental Health Support Team**



Space4All the Family

Space4all sessions are available during half term Monday 12 February to Friday 16 February 2024



Leyton Orient Trust

Half-Term Support 14-18 years Monday 12th and Tuesday 13th February 12pm to 2pm Score Centre E10 5JY



Leyton Orient Trust

Trip to Stanford Bridge aged 16 +



Free family friendly activities in Waltham Forest

Cycling clubs. Explore a cardboard Waltham Forest. Valentine's crafts, dancing, family supermarket sweep and more.



Places where kids eat for free or £1 during Feb 2024



ASDA

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

TESCO

Kids eat free with a purchase of 60p+ from From Mon 12th - Fri 23rd February 2024

SAINSBURY'S CAFES

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

BEEFEATER & BREWERS FAYRE

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

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

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 a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 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

PRETO

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

YO! SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

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

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

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

PAUSA CAFE @ DUNELM

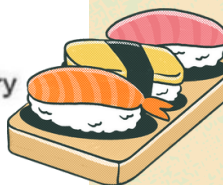
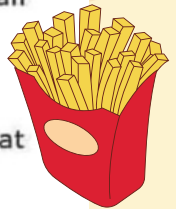
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



Where can I get help from?

Click on the circles to find out more!



National Bullying Helpline

Tel.: 0300 323 0169

Childline

Tel.: 0800 11111

NELFT Crisis Helpline

Tel: 0800 995 1000

Kooth
Free, safe and anonymous support

PAPYRUS
(Suicide prevention)
Tel.: 0800 068 4141

Samaritans
Tel.: 116 123

Other support in Waltham Forest

Shout
(24/7 crisis textline) TEXT 85258

