

Summer Holidays are coming.....

....and we hope you all have a happy and safe break.

To help with this, below are some ideas, activities and days out which are either free or low cost.



Pond dipping and wild flower hunt

Creekside Discovery Centre 14 Creekside, Deptford

Discover the secret life in the grassland, take part in a duck race or catch crabs in the Creek! Visit Creekside Discovery Centre for a mini adventure on your doorstep. We are a unique nature reserve and wildlife centre in the heart of Deptford. We have over 300 species of wild flowers and lots of ducks and fish in the pond

Free - 28 July @ 10:00 am - 1:00 pm



Holiday Fun Fridays – free, family days **Holiday Fun Fridays** are taking place on five Fridays through the summer school holidays, giving families some fantastic, **FREE**, ideas on how to keep the kids entertained. Each Friday in the school summer holiday, General Gordon Square in Woolwich will be festooned with colour, with lively free entertainment and activities for children (and grown-ups!), market stalls featuring gifts and treats from local businesses as well as fab food from across the world to tempt your tastebuds.

When: Friday 30 July, 6 August, 13 August, 20 August, 27 August

Where: General Gordon Square, Woolwich **Start:** 10am **End:** 4pm

Youth First – Instagram LIVE schedule

Youth First has a packed programme online! Join **virtual youth club sessions** Monday to Saturday throughout the summer, from Monday 27 July. Register for interactive virtual projects including girls' workshops, writing challenges and the Universal Safety programme.



Days in.....

David Walliams reads 30 of his audio books <https://www.worldofdavidwalliams.com/elevenses/>

Make your own paint using spices from the cupboard <https://craftulate.com/sensory-spice-painting> This website also has lots more craft activities.

Watch seeds grow in this science lesson for children <https://littlebinsforlittlehands.com/seed-jar-science-experiment-kids/> This site also has more science themed activities.

Did you know you can access e-books, e-comics, audio books, newspapers and films for free through Lewisham Libraries? Check out the link below for information on how to access these resources.

<https://lewisham.gov.uk/myservices/libraries/elibrary/using-the-elibrary>

Useful numbers and contacts

- info@lewisham.foodbank.org.uk
- citizensadvice@lewisham.org.uk 0800 231 5453
- Bromley, Lewisham & Greenwich MIND 01689 811222
- Refuge www.nationaldahelpline.org.uk/ - Freephone 0808 2000 247 (24 hours)
- Mental Health Crisis Support 0208 3333000
- Child Line 08001111