

Summer 2025 safety advice/guide

Keep active and get outside [Holiday Clubs & Activities - Lincs Inspire](#)

EMBRACE THE HEAT

- ☐ Go to the pool
- ☐ Go on a hike or walk
- ☐ Go to the lake or beach
- ☐ Have a picnic or BBQ
- ☐ Attend cultural events
- ☐ Go to a farmer's market
- ☐ Play sports
- ☐ Draw with chalk

BEAT THE HEAT

- ☐ Bake or cook
- ☐ Workout
- ☐ Do some DIYs or crafts
- ☐ Watch movie or TV show
- ☐ Play some board games
- ☐ Do a puzzle
- ☐ Write
- ☐ Read
- ☐ Relax



Make safe choices



Switch off from devices



PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 21st July - 29th Sept

BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids Eat Free from 14th July - 31st August 2025

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free this summer holidays (ex Saturdays)

Childline- 0800 1111 www.childline.org.uk

NSPCC- 0808 800 5000 www.nspcc.org.uk

Young Minds Matter-
www.youngminds.org.uk

Compass Go- www.compass-uk.org



HAVE A GREAT SUMMER!